



Rowing and Sculling: Skills. Training. Techniques (Crowood Sports Guides)

Rosie Mayglothling

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Crowood Sports Guides are the perfect tool for anyone wanting to improve their performance, from beginners learning the basic skills to more experienced participants working on advanced techniques. These practical, no-nonsense guides will help give you that all-important advantage. Rowing and Sculling - Crowood Sports Guides covers a brief history of rowing; choosing and setting up equipment; safety and risk assessment; capsize drill, steering and coxing; skill development and techniques; psychology and rower well being; understanding refuelling and hydration, and planning an effective training programme in order to optimise flexibility, stability and strength and prevent injury. Fully illustrated with 119 full colour photographic sequences, 33 diagrams and 19 tables.



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