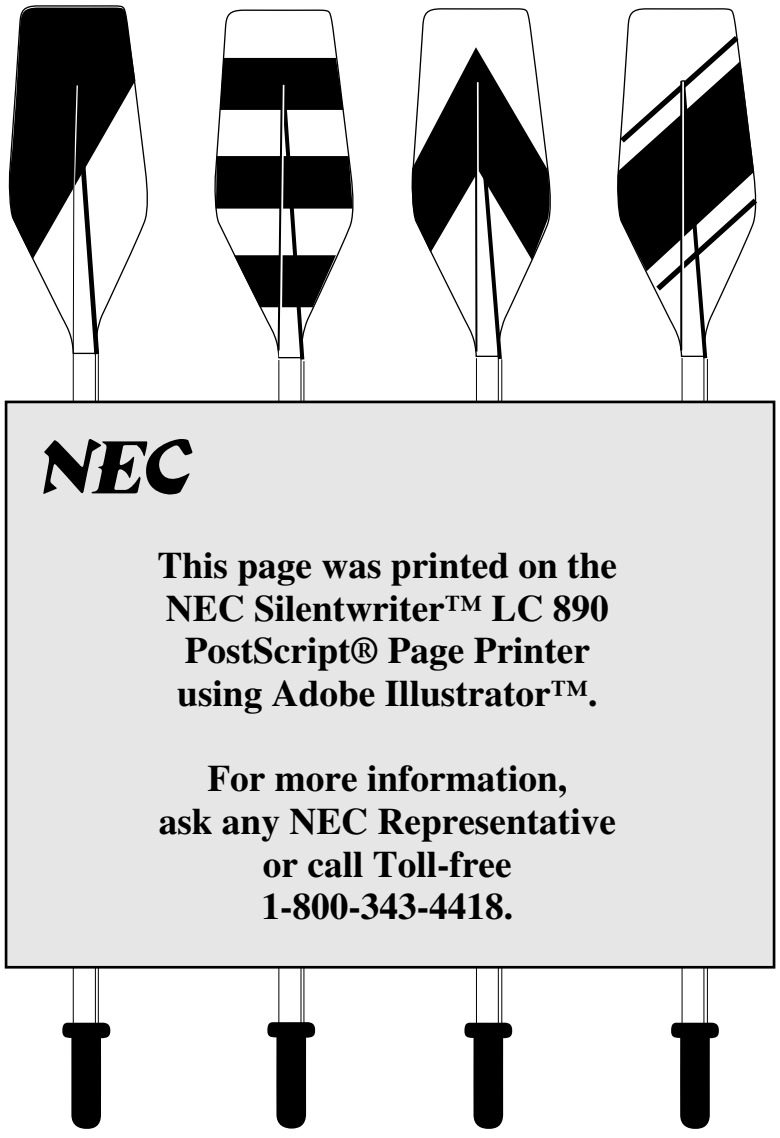
RIVERSIDE BOAT CLUB

OARSMAN

ROWING or SCULLING or whatever you want to call it is not just for Ivy League college students anymore. It's not even just for people who live on a river or pond. Today, there are people rowing recreational and racing shells on rivers, ponds, lakes, bays, marshes, inlets, even the open ocean. And of course, for those who are landlocked completely, there are rowing machines.



NEC

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For more information, ask any NEC Representative or call Toll-free 1-800-343-4418.

HOW TO ROW

The sport is seemingly simple. You put the oar in the water, pull like hell, lift it out and start all over again. Of course, like any simple process, it is really the subtle fine points that count. In slide-seat rowing the point is to use your legs to propel the shell through the water. Body and oars should always be in motion, the stroke fluid and continuous. To help get into the swing of things, follow these steps.

1. The CATCH. Hold a single oar with both hands loosely for sweep rowing or both oars loosely with thumbs across the ends for sculling. Arms and upper boday should be extended forward, knees bent and chest resting on thighs.

2. Leg Drive. Push with your heels and start extending legs. When almost extended, pull oars in toward your chest, keeping your shoulders down and wrists flat. Keep the oar blades square and just below the surface.

3. Finish. As the drive ends, push your hands down toward your thighs. Feather oars by rotating handles so they are flat after leaving the water.