



Photo credit: Persephone Wynn






THINKING ABOUT IT...

- Disassociate different parts of the spine
- Keep the pelvis still
- Abs vs core
- Pelvis vs spine

The impact of pelvic tilt on body position



ASSESSING YOUR CATCH POSITION

Score	1	2	3	4	5
Rotation of Pelvis	Significant anterior tilt of pelvis	Some anterior tilt of pelvis	Pelvis vertical	Some posterior tilt of pelvis	Significant posterior tilt of pelvis
Lumbar spine/core strength:	Excellent lumbar/core strength position	Slight curve of lumbar spine	Some curve of lumbar spine	Obvious curve of lumbar spine	Pronounced curve of lumbar spine
					

Note: all rowers must be set with heel position as low as possible

HIP HINGE

To test the movement of the rock over can be achieved effectively



QUESTION 3

Why is an effective hip hinge important?

- To ensure core is correctly engaged
- To ensure you are using your six pack
- To ensure effective application of power on the water
- To ensure effective application of power in the gym

WHAT DOES 'GOOD' LOOK LIKE?

- Feet shoulder width apart, toes pointed slightly outwards
- Body should remain straight with neutral spine
- Shoulder blades retracted and chest open
- Knees may be slightly bent
- Rock over from hips until at 90 degrees/upper body parallel with the floor
- Hips should move backwards while maintaining the same angle at the knees

COACHING POINTS

How do you explain the hip hinge?

‘Rock over from your hips’

‘Pivot from your hips’

HIP HINGE Vs LUMBAR BEND





Starting point

Hip Hinge

Neutral spine

Shoulder blades retracted

Chest open

Deviations





HIP HINGE

Assessment Protocol

- Head and shoulders must remain in place
- Lumbar spine should remain straight
- Pelvis and lumbar spine should remain aligned
- You must reach 90 degrees
- Record pass or fail

SQUAT ASSESSMENT

To assess the ability of a rower to achieve the positions required to row powerfully and safely on an ergo or in a boat

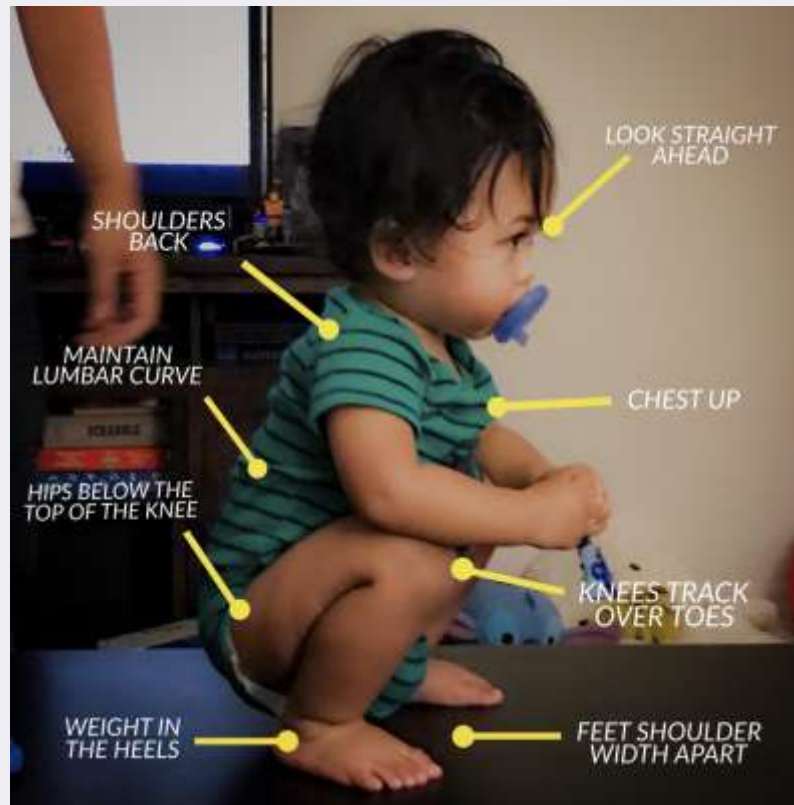


Photo credit: Pinterest

QUESTION 4

Why is a good squat important for rowing?

- To ensure the rower has strong legs
- To ensure a good connection through the footplate
- Because rowing is a leg sport



Testing Procedure

Ensure you have a flat surface

- Feet shoulder width apart, toes slightly outwards
- Body upright, shoulder blades retracted and chest open
- Push hips back, descend by flexing hips and knees
- Maintain natural curve of spine and open chest
- Keep heels on floor and knees aligned over feet
- Flex knees and hips until thighs parallel to the floor



COACHING POINTS

What are some of your key coaching points/phrases when coaching a squat?

‘Heels through the floor’

‘Hips back and flex knees’

...





Deviations

- Heels lifting from floor
- Disjointed hip hinge
- Chest falling forwards



Deviations

- 'Knocked knees'
- Uneven leg drive
- Lack of glute engagement



Deviations

- Heels lifting off floor
- Knees and toes not aligned



Assessment Rules

- **Head and shoulders must remain in place**
- **Lumbar spine should maintain normal curvature**
- **Pelvis and lumbar spine should remain aligned**
- **Thighs must reach parallel position with the floor**
- **Heels must remain on floor**

YOUR ASSESSMENT TOOLKIT

What do you need to assess your movement patterns?



SUMMARY

Assessing Movement Patterns

- **Use time off the water to assess your current movement patterns.**
- **Join the Webinar on Thursday to identify how to ensure good hip health.**
- **Think about where and how you are sitting during lockdown!**

Questions





Thank You

TEAMWORK | OPEN TO ALL | COMMITMENT