



Riverfront Recapture's Learn to Row Program Overview

Learn to Row

This class is the starting point for those who are brand new to sports or for those with no experience in one of the types of rowing. It will address the fundamentals of both sweep rowing and sculling over the course of four weeks, starting with either sweep rowing or sculling depending on the river conditions and transitioning to the other during the last 2-3 classes. By the end of the LTR class, athletes will understand the basics of the stroke, equipment handling, foundational terminology, and they will know the difference between sweep rowing and sculling. Athletes will be asked to demonstrate these proficiencies in order to progress to the next class.

Intermediate Sweep

This class is a continuation of the initial LTR class and the beginning of a sweep rowing focus. The class is centered around sweep rowing in 'big boats' (8-person or 4-person boats) with the goal of creating confident sweep rowers and coxswains, while learning to row as one unit: everyone rowing smoothly and together in the boat. Athletes will become comfortable "rotating" through the lineup, with some taking turns sitting out while others continue to row. Successful completion progresses the athletes to the morning or evening recreational rowing classes.

Intermediate Sculling

This class is a continuation of the initial LTR class and the beginning of a sculling focus. The class is centered around rowing in one-person boats. This class will tend to stay in the immediate vicinity of the boathouse between the bridges. The goals for

athletes are to gain confidence sitting and rowing in a racing shell, navigating the traffic pattern, independently launching and stowing shells, and flipping and recovering (under coaches' guidance). Firm knowledge of rowing terminology and understanding the idiosyncrasies of the Connecticut River are key to success in the course.

Experienced Sweep

The recreational rowing program is the bread-and-butter of any community boathouse. Rowers in these programs row for a vast variety of reasons including exercise, socialization, camaraderie, experience in nature, and discovery of self and sport. Further understanding of the rowing stroke and terminology will come with each practice.

Athletes with at least two years of experience will have the opportunity to join the Rec. Racing Team. This team offers one additional practice per week and attends a few local races in the summer and fall. Transition to the Masters Racing Team is also a possibility, but it must be discussed with the coaches.

Experienced Sculling

This is the final class in the LTR series for sculling, with similar goals: creating confidence in rowing a narrow, racing-style single. Athletes will be taken farther from the boathouse to work on fluidity, flip recovery, and obstacle navigation. They will also be taught to use our GPS tracking app for safety. Per club policy, athletes are required to take experienced sculling and/or receive coaches' endorsement before registering for independent sculling.