

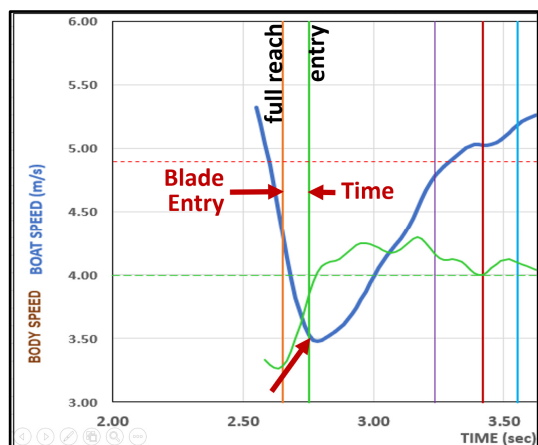
Entry time is the time required for the athlete to bury the blade, measured between the full reach position and entry (full blade bury). Reducing the time between full reach and entry reduces the boat's negative acceleration and increases speed sooner. Lower entry time also extend the effective stroke length and allow increased boat speed during the drive.

¹ Entry Time (full reach to entry)	0.14	time between full reach position and entry (blade full bury)	0.13
Entry Time % of Stk Cycle	8.5%	Entry Time as percentage of entire stroke cycle time	7.6%

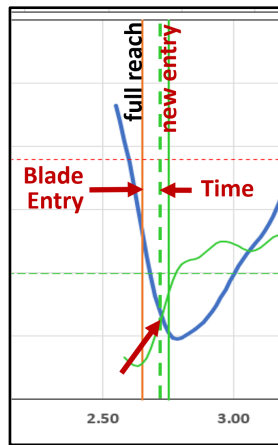
Coaching:

Comparison to other crews in category

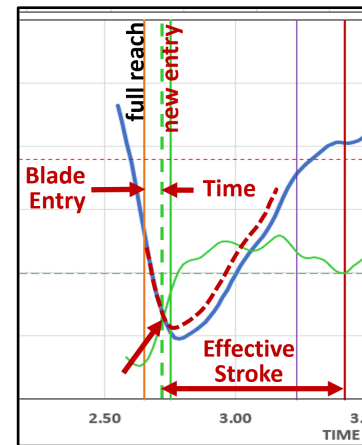
- Break the catch into three parts and identify opportunities separately.
- Part one, blade approach: as hands cross footstops on the recovery, the sculling blade is at a height above the water (15 to 20cm / 6" to 8"), sweep (20 to 25cm / 8" to 10"). From this point, the oar handle rolls to start squaring the blade. The hands reach forward horizontally, at the same level, and do not drop to square the blade. Instead, the wrists rise to rotate the oar handles and square the blade. As the wrists lift to rotate the oar handle, the lower edge of the blades will move closer to the water's surface. When the athlete achieves full reach, the lower edge of the blade will be touching close to the water.
- Part two, entry: at the full reach position, the oar handles lift as fast as possible to bury the blade. The outstretched arms remain straight and lift quickly from a rotation movement at the shoulder joint. The torso remains at the same angle forward with absolutely no opening movements. The goal is to bury the blade in less than a tenth of a second. Monitor the blade entry depth as it should be just below the water's surface and not deep. This part of the catch takes place simultaneously with part three, connection.



Entry Time



reduced entry time



acceleration sooner & longer stroke

- Part three, connection: The balls of the feet connect with the footboards as the calves and quads contract to move the seat and oar handle. The torso and arms muscles contract and hold isometrically, appearing to stretch under the load, as the oar handles take the weight from the resistance on the blade.

Drills:

- Stationary catch (roll-up); teaches approach and entry before the drive.
- Blade bobbing; with straight arms, focus on the movement of lifting the oar handles from the shoulders.
- Rush-in catch; quick leg connection (to knees 90), with focus on holding torso angle and straight arms.
- Backsplash at entry; teaches bringing the blade down to the water surface on the approach.
- Exaggerated blade height on recovery: emphasizes the movement of the blade to the water on approach.