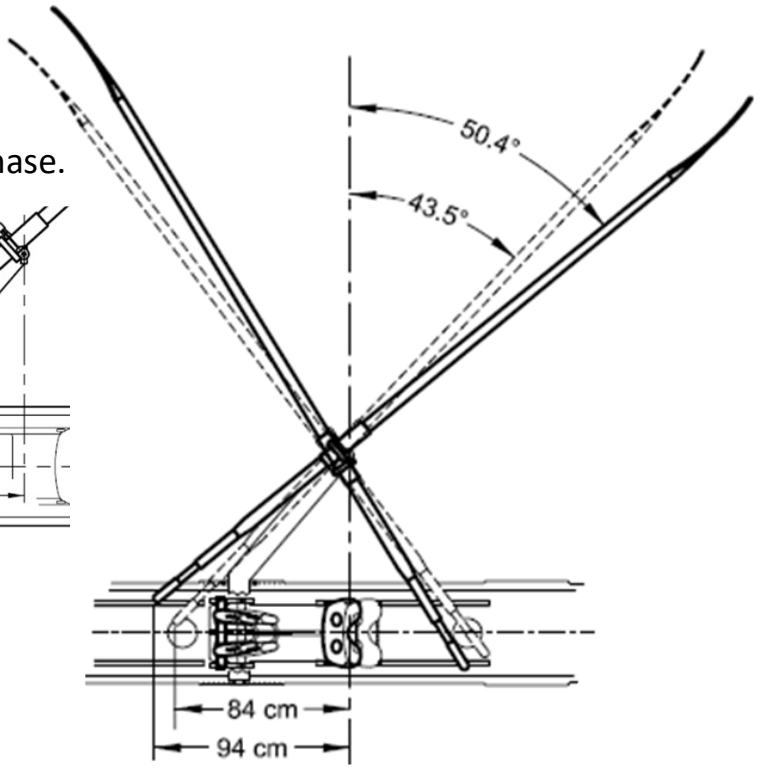
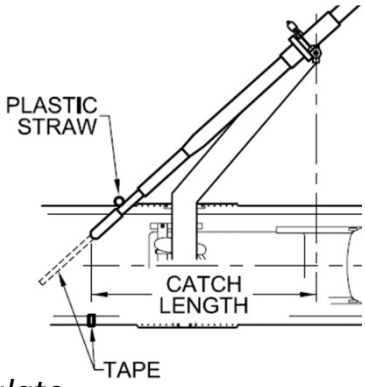
Stroke Position

By Mike Purcer

The position of the stroke relative to the boat is important to provide the most effective stroke length during the drive phase.



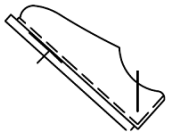
1. **Catch Length** *(sweep)* – is the distance from the pin line to the end of the oarhandle at full reach.

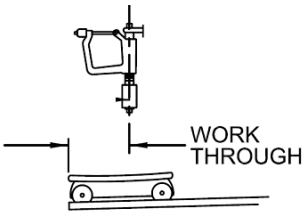


Catch Length distance controls the position of the stroke relative to the boat and allows you to calculate the catch angle of the oar. <u>This distance is related to the Footstop Distance and moving the footstops changes the Stroke Position</u>.

Catch Angle calculation (approximate):

Catch Angle = arcsine (Catch Length / (Inboard + 7))

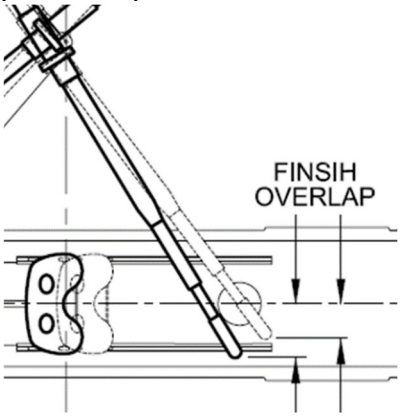




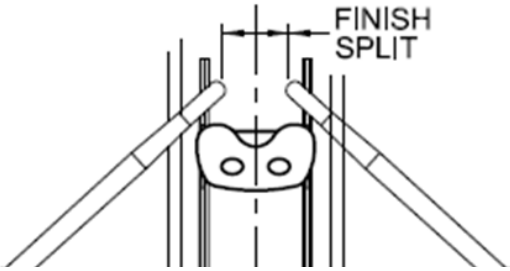
2. **Work Through** – is the distance from the pin line to the front of the seat at the front stops.

This measurement provides an insight as to how far the athlete is moving past the pin line at the catch.

3. **Finish Overlap** *(sweep)* – is the distance from the centreline of the boat to the end of the oarhandle when the athlete is in the finish position.



This distance is important to provide the athletes with an effective biomechanical position for the outside arm to pull the oarhandle to the body.



4. **Finish Split** *(sculling)* – is the distance between the end of the oarhandles when the athlete is in the finish position.

This distance provides the athlete a comfortable and biomechanically effective position for hands and arms in the last part of the drive phase of the stroke.