



Release Time

By: Mike Purcer

Release Time is the time measured between blade extraction and blade fully feathered. The oar blade begins the release when it begins to travel in the same direction as the boat, typically when it is half out of the water. When the release begins, the hands are close to the body and drawn down to extract the blade. The torso reached the full layback position before the extraction began, and the legs quickly transitioned from pushing to pulling on the footstops through the release. The goal is to extract the blade from the water cleanly and minimize the time required to rotate it to the feather position while connecting to pull on the footstops.

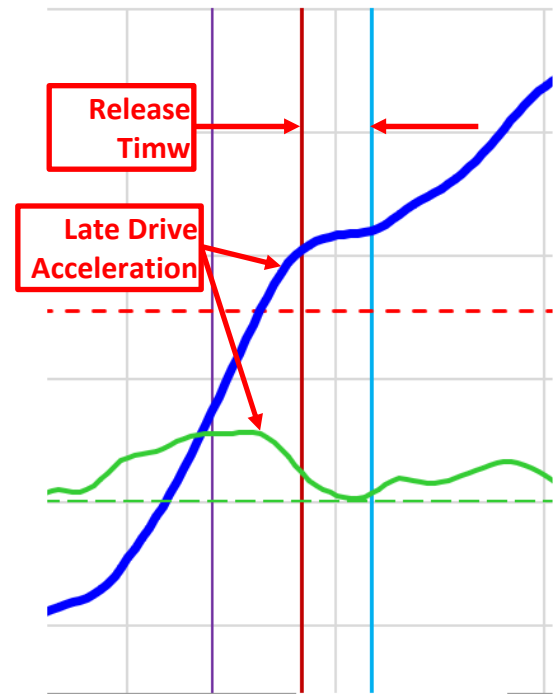
RELEASE	5 Release Time (extract to feather)	0.12	time between blade extraction and feather (finish position)	0.11
	Release Time % of Stk Cycle	7.0%	release time as a percentage of the total stroke cycle	7.3%
	Release Speed Change (m/s)	+0.07	boat speed change - extraction to feather	+0.08

Purcerverance Boat Speed Curve Sheet – release time factors

The above chart section is part of the Purcerverance Boat Speed Analysis Sheet. In this example, 0.12 seconds represents the time measured from blade extraction to full blade feather. The 7.0% value represents the Release Time as a portion of the entire stroke cycle. The Release Speed Change factor is the difference in boat speed between extraction and full feather caused by a quick transition from pulling the oar handles to pulling on the footstops.

Coaching:

- The release begins with a quick downward movement of the oar handles, extracting the blade from the water on the square.
- Just before the initiation of the blade extraction, the torso has achieved the full layback position.
- The blades rise square out of the water during the extraction and rotate very quickly into the feather position.
- The quick extraction and rotation to the feather is achieved as cleanly as possible without splashing or flipping water off the blade's trailing edge.
- In sculling, the oar handles remain under the fingers, and the wrists rotate down quickly to feather the blade.
- In sweep rowing, the outside forearm taps down, from the elbow with a flat wrist to extract the blade. The inside arm, at right angles to the oar handle, is solely responsible for feathering the blade by rotating the wrist.
- The athlete's fingers and forearms relax upon the blade achieving the feather position.
- The quick clean release allows the recovery to begin.



Drills:

- Finish pic drill
- Pause one – emphasis on a clean, quick release and good finish position
- No power finish focused on maintaining blade depth as long as possible with quick release.
- Progression ¼ feather, half feather, ¾ feather.
- Inside arm only, or outside arm only to emphasize the movements of each arm in the release.