

2.1.2 Entry

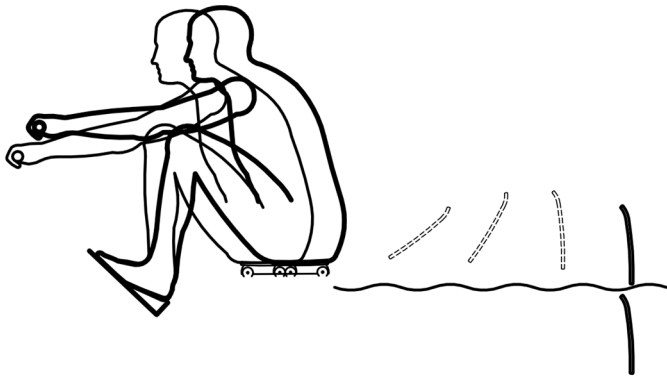
The entry phase of the stroke, also known as the catch, is the movement from the full reach position to when the blade is fully submerged. During the entry, the athlete presses the balls of their feet against the footboards, opening the knee joint while lifting their hands and arms from their shoulders. The torso remains forward at the catch angle, and their arms stay straight. Typically, the entry takes less than two-tenths of a second, with top performers approaching one-tenth of a second. The speed of the movement and the accuracy of the blade entry directly impact performance.

The effectiveness of the entry is highly dependent on the athlete's body and blade preparation during the final part of the recovery. In the last few inches of the athlete's seat moving sternward, their torso and arms are in the full reach position as they lower the squared blade down to the water's surface. This preparation is essential and cannot be overstated in its role to reduce the entry time.

Figure 2.1.2a Entry shows the knee joint opening as the arms lift to bury the blade in the water. The torso stays at the forward angle, and the arms remain straight. The oar handle is pulled to allow the blade to match the speed of the water passing the boat as it moves vertically, burying the blade with minimal splash. It is crucial to apply pressure on the blade face as quickly as possible.

An effective entry reduces the time between full reach and blade bury. The shorter time achieves two goals. First, it reduces the boat's deceleration by accelerating sooner through an earlier connection. Second, by burying the blade quicker in the water, the crew or sculler increase their effective stroke length. Although the quickness is emphasized, it is the timing and placement that matter most. Coaches aiming to enhance boat speed would be wise to focus on improving the entry.

Figure 2.1.2a

Entry**Legs**

- entry begins with the athlete pushing on the balls of their feet, engaging the calf muscle.
- legs compressed in the full reach position begin the drive with a quick movement opening at the knee joint.
- the legs alone drive the seat while the torso and arms connect to transfer the leg force to the oar handle.

Torso

- the torso holds the catch angle, with the lower back straight in the neutral spine position.
- upper back and shoulders reaching forward to hang onto the position
- sweep rowing, the shoulders are turned towards the oar handle

Arms

- arms remain straight and lift the oar handle quickly from the shoulders at the beginning of the entry
- oar handles are held firmly in the fingers

Oar

- the oar begins at the catch angle with the blade just above the water
- the blade is quickly buried from full reach with minimum splash as it enters the water.