



# Rowing and Sculling: Skills - Training - Techniques (Crowood Sports Guides)

*Rosie Mayglothling, Tristan Mayglothling*

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**An instructional and no-nonsense guide aimed at beginning rowers and scullers at the club, university, and junior levels**

This guide to rowing and sculling covers choosing and setting up equipment, safety and risk assessment, capsize drill, steering and coxing, skill development and techniques, and much more. Providing a brief history of rowing, this book explains the psychology of rowing and how to keep mentally as well as physically fit, with information on refueling and hydration. Learn how to plan an effective training program which optimizes flexibility, stability, and strength, and which prevents the chances of injury.



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