

READY FOR SEPTEMBER?

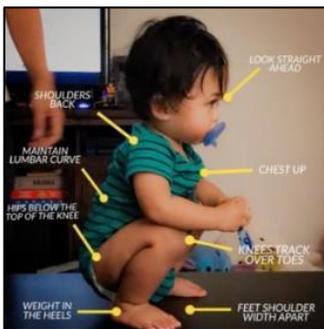
THE September ergo tests for rowers, have been replaced this season by more general assessments of your fitness, strength and flexibility.

This year we will be assessing your ability to skip, run, do a press-up, a hip hinge, a squat and leg raise. These fundamental movements are the things that indicate to us how well you will be able to get back to rowing, and more importantly will help prevent injuries.

The [Start of Season Assessment Sheet](#) outlines the key skills and why they are important for rowing. Everyone will be tested on these at the start of term. By October we should be ready for ergo tests and these will also be introduced throughout the Michaelmas Term. Our priority in September will be to assess your general fitness and athleticism, and teach you to row again! It's been a long time – we were last on the water at Worcester on Saturday 8th February...

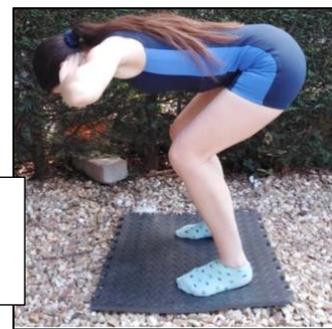
How to prepare for September:

- 1) Running. Every rower should be able to run around the race course at least once, if not twice. There will be a timed run around Pitchcroft in the first week of term (short course for J15s; long course for J16-18s). You have the whole summer holiday to get running. If running isn't your thing then we recommend the NHS Couch to 5k programme which you can download to your phone: [Couch to 5k](#)
- 2) Skipping. Everyone should be able to skip and for rowers it's a really useful skill because it encourages two-footed even pressure (which you need to push off the footplate) and quite complex coordination (which you need to get the spoon in the water and apply force at the same time). Get skipping.
- 3) Press-ups, squats, hip hinges, leg raises – these are all crucial skills for every rower to master. If you cannot do a press-up or a squat then we won't be asking you to lift weights in the gym. The better you are at these core skills the more effective your strength & conditioning training will be.



← This toddler has perfect squat technique

This is a hip hinge, bending from the hip NOT the waist →



If you have an ergo at home

Don't just do ergos all summer! We would prefer you to do two or three ergos a week maximum, and also do a run, bike, skipping, body circuits etc. Variety is the key to being a well-rounded rower. Remember we are looking for athletes who can row not just rowers who can only row.

If you do use the ergo please focus on good technique. Ask someone in your household to film you on the ergo and check that you are sequencing correctly, your shins are vertical at the catch position (not tipping over your toes), and your shoulders stay in front of your hips during the leg drive. More tips here: [Concept 2 Ergo Training](#)

Check out the RGS Rowing ergo plan for training ideas: [Summer Ergos](#)