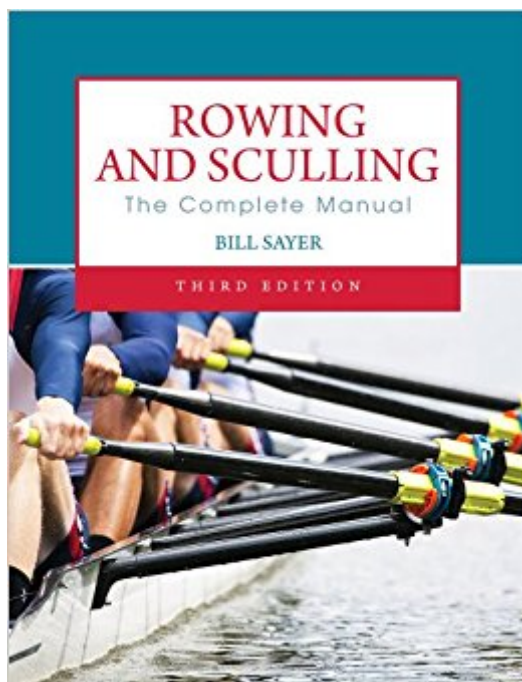


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# Rowing And Sculling: The Complete Guide



## Synopsis

A revised and updated edition of Bill Sayer's comprehensive guide to the sports of rowing and sculling. Rowing has undergone many changes in recent years, with levels of skill and professionalism increasing all the time and new developments in training and equipment all going toward further increases in performance. This new edition takes into account these changes and incorporates recent research findings and experience that underpin improved training methods and nutritional advice. It offers invaluable instruction to maximize the athlete's efficiency, strength, and endurance on the water. It surveys the basic equipment, the rigging and design of boats and their oars and sculls, the principles and practice of training—including the special requirements of women and juniors, and the significance of environmental factors, nutrition, and psychology. The body of the book deals with different techniques required for rowing and sculling, illustrated by new sequences of photographs, and offers advice on steering and coxing and the special challenges of both head-of-the-river and regatta racing. This book aims to provide every enthusiast, whether beginner or experienced competitor, with the information they need for greater success in the sport.

## Book Information

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## Customer Reviews

Bill Sayer is the former master in charge of rowing at St Edward's School, Oxford, and at Shrewsbury School, two of Britain's premier rowing schools. After rowing and sculling with some success at Southampton, Bangor and Cambridge universities, he rowed, sculled and coached at a number of clubs. He has had many coaching successes in both rowing and sculling over the years, including national championships, international regattas and Henley Royal Regatta. His

record-breaking age group crews have won many National Schools regatta and Schools Head titles across a range of boat types. Crews and former pupils under his guidance have frequently represented England and Great Britain and include World Championship medallists and champions. In 1988 as chief coach he was responsible for the selection and training of the very successful British junior teams in the World Championships and other international events. As a biologist he is particularly interested in the scientific basis of modern rowing training and equipment, and he has even made some high-performance racing boats to his own designs, using advanced materials and methods of construction.

I am beginning my rowing career for as long as it may last... starting at age 68. I thought it would be simple but after reading the book and starting the classes I am amazed at how complex it is. I appreciate all the subjects related in the book as to everything from what to eat to how to hold the oars and even to getting in and out of the boats.. I would highly recommend it to those just beginning and those who like to do it for them selves rather than taking a class. My only addition would be more photos mostly details like hand placement on the oars when working and resting and how to feather the oars in a sequence, dealing with foot placement with a more "actual photo setting", those sort of things, etc.

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