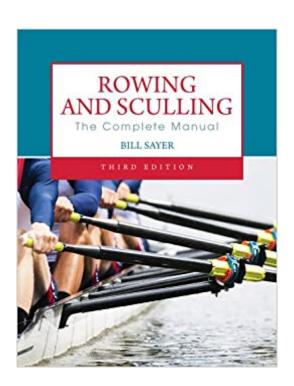


## The book was found

# Rowing And Sculling: The Complete Guide





## **Synopsis**

Aà revised and updatedà edition of Bill Sayer's comprehensive guide to the sports of rowing and scullingRowing 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.à It offers invaluable instruction to maximize the athlete's efficiency, strength, and endurance on the water.à It surveys the basic equipment, the rigging and design of boats and their oars and sculls, the principles and practice of trainingâ⠬⠕including the special requirements of women and juniors, and the signficance 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**

Paperback: 240 pages

Publisher: Robert Hale; Fourth Edition, Fourth edition edition (August 1, 2013)

Language: English

ISBN-10: 0719809894

ISBN-13: 978-0719809897

Product Dimensions: 7.4 x 0.6 x 9.6 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #309,695 in Books (See Top 100 in Books) #246 inà Â Books > Sports &

Outdoors > Outdoor Recreation > Boating #735 inà Â Books > Sports & Outdoors > Water Sports

#### Customer Reviews

Bill Sayer is the former master in charge of rowing at St Edwardââ ¬â,,¢s School, Oxford, and at Shrewsbury School, two of Britainââ ¬â,,¢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.

#### Download to continue reading...

Rowing and Sculling: The Complete Guide Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Sculling: Training, Technique & Performance Course Correction: A Story of Rowing and Resilience in the Wake of Title IX Shell Game: Reflections on Rowing and the Pursuit of Excellence Rowing to Latitude: Journeys Along the Arctic's Edge Rowing Faster - 2nd Edition Boathouse Row: Waves of Change in the Birthplace of American Rowing River Running: Canoeing - Kayaking - Rowing - Rafting Black & Decker The Complete Guide to Sheds, 3rd Edition: Design & Build a Shed: - Complete Plans - Step-by-Step How-To (Black & Decker Complete Guide) Black & Decker The Complete Guide to Decks, Updated 5th Edition: Plan & Build Your Dream Deck Includes Complete Deck Plans (Black & Decker Complete Guide) Black & Decker The Complete Guide) Black & Decker Complete Guide to Outdoor Carpentry, Updated 2nd Edition: Complete Plans for Beautiful Backyard Building Projects (Black & Decker Complete Guide) Black & Decker The Complete Guide to Contemporary Sheds: Complete plans for 12 Sheds, Including Garden Outbuilding, Storage Lean-to, Playhouse, ... Tractor Barn (Black & Decker Complete Guide) Complete Mandolin Method Complete Edition: Book & MP3 CD (Complete Method) The Hollywood

Standard: The Complete and Authoritative Guide to Script Format and Style (Hollywood Standard: The Complete & Authoritative Guide to) Entering the High Holy Days: A Complete Guide to the History, Prayers and Themes: A Complete Guide to the History, Prayers, and Theme Dive Aruba, Bonaire & Curacao: Complete Guide to Diving and Snorkeling (Dive Aruba, Bonaire & Curacao: Complete Guide to Diving & Snorkeling) Blender 3D For Beginners: The Complete Guide: The Complete Beginnerââ ¬â,¢s Guide to Getting Started with Navigating, Modeling, Animating, Texturing, Lighting, Compositing and Rendering within Blender. Code Check Complete 2nd Edition: An Illustrated Guide to the Building, Plumbing, Mechanical, and Electrical Codes (Code Check Complete: An Illustrated Guide to Building,) Black & Decker The Complete Guide to Finishing Basements: Projects and Practical Solutions for Converting Basements into Livable Space (Black & Decker Complete Guide)

Contact Us

DMCA

Privacy

FAQ & Help