

Rowing: The Skills of the Game



Part of The Skills of the Game series, this book explains both sculling and rowing strokes, coxing, steering, watermanship, rigging and training schedules for the year. Another feature discussed is boat propulsion and how this is linked to technique. Rosie Mayglothing instructs rowing and sculling enthusiasts so that they can progress from a novice level to a proficient standard, and reminds the more advanced oarsperson of the fundamental principles involved.

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