



SESSION 1: HOW TO BE SUCCESSFUL AT BEACH SPRINT ROWING

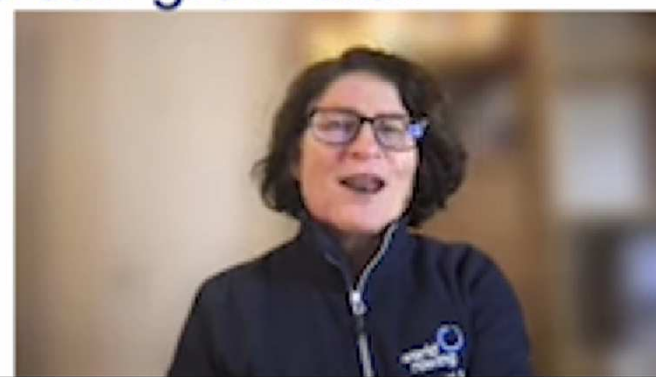
Guin Batten January 2024



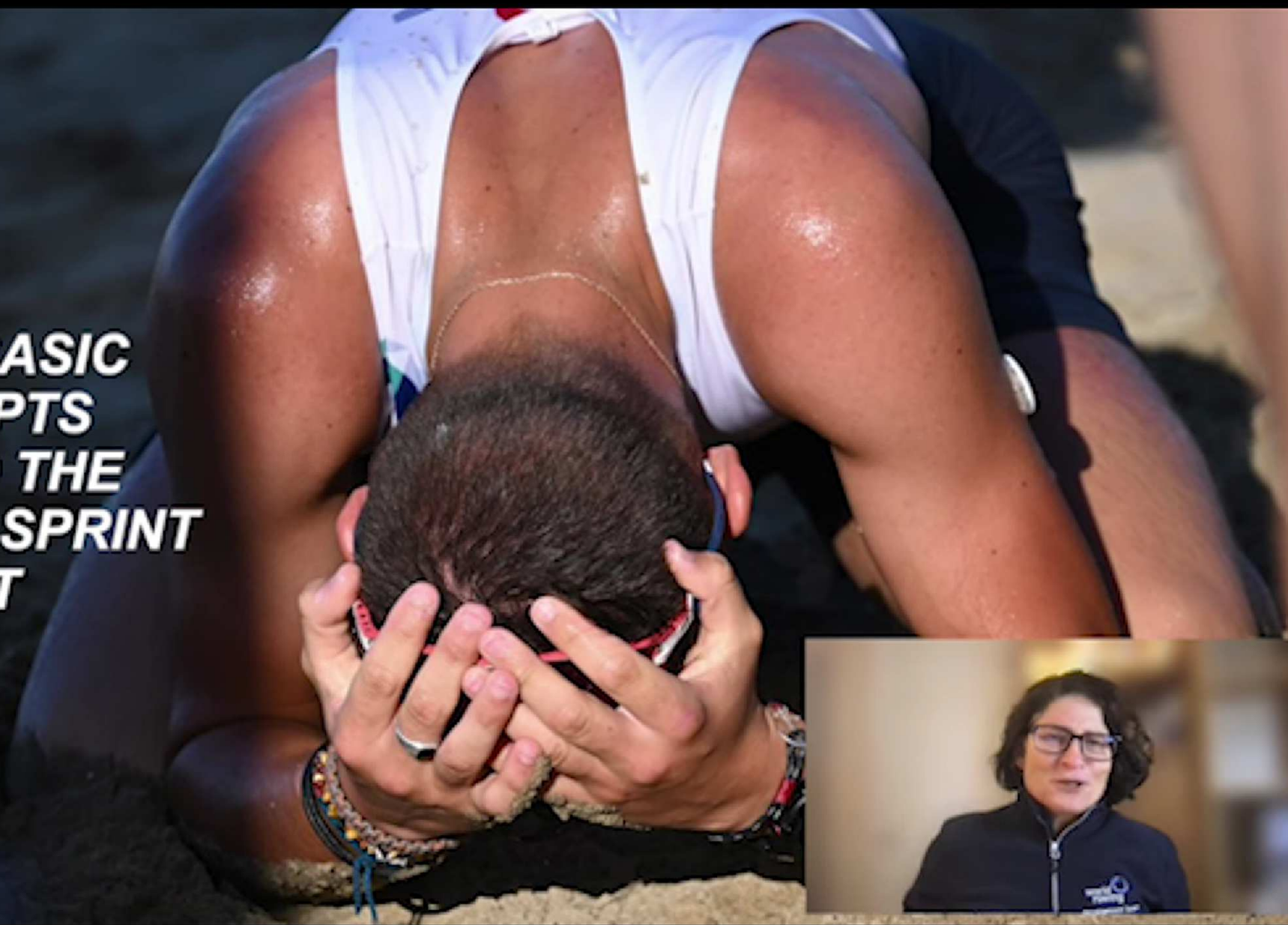
IN THIS SESSION



- A. Four basic concepts behind the beach sprint format
- B. Tips on setting up a national programme
- C. Successful coaching – learning the power of water
- D. Where coaches can grow their skills



A:
**FOUR BASIC
CONCEPTS
BEHIND THE
BEACH SPRINT
FORMAT**



BEACH SPRINT FORMAT AGILE FORMAT



BEACH SPRINT FORMAT CONNECTING THE BEACH AND SEA

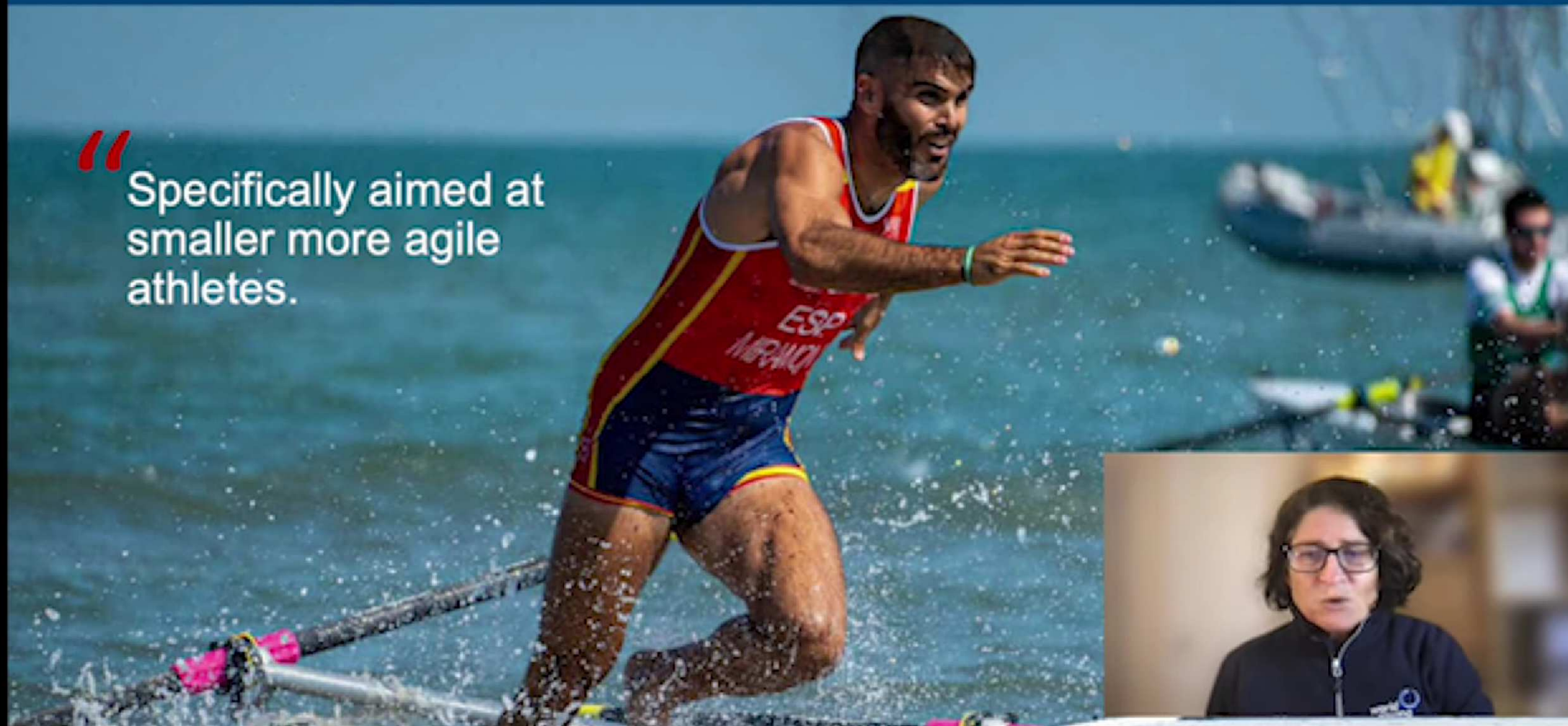


“ The format was born out of the multi-sport beach games and the desire to bring great sport to the beach.



**BEACH SPRINT FORMAT
NEW TYPE OF ATHLETE**

“ Specifically aimed at smaller more agile athletes.



BEACH SPRINT FORMAT BEACH CULTURE MEETS EPIC RACING



Combining music & entertainment
alongside compelling competition.



B:

TIPS ON SETTING UP A NATIONAL PROGRAMME



B: TIPS ON SETTING UP A NATIONAL PROGRAMME



1. **Beach locations** - for rowers to access coaching & boats.
2. **A coaching network** – education & experience.
3. **Boats & equipment** – build a pool of matched boat for training and racing.
4. **Competitions** – set up a national championships open to all. You will need to run introduction training for new people to the sport.
5. **Athlete pathways** - create pathways for athletes to transition from other rowing formats. Run come and try sessions.
6. **Team selection** – develop a selection policy that aims you get the best athletes and coaches. Trials beach is similar to the WRBSF beach.
7. **Water safety** – ensure your coaches and athletes have the skills to operate on the sea, and they can self-rescue. Build a safety team (lifeguards and safety jet ski) to support training and racing.
8. **Planning** – have a long-term performance plan to LA28.
9. **Build the pyramid** – encourage clubs to race endurance and beach, especially U19, U23 to feed the national team. Encourage club teams to race at the WRCC.
10. **Funding** – seek ways to secure funding for equipment, coaches and athletes. This may require success first



C:
SUCCESSFUL COACHING
Learning the power of water



Perhaps the most important lesson for a beach sprint coach

“

The water is dynamic – a crew cannot control this power.

A crew that tries to control the water through power will only win by luck.

A crew that understands the power of the water will win by skill.

A coach needs to understand what gives water its power.

LUCK
VS
SKILL



WHAT GIVES WATER ITS POWER



SLOPE

1. Angle of the underwater slope
2. Underwater slope profile

WATER

3. Blue water wave height and length
4. Wave sets (merging of multiple swells)

WEATHER & TIDES

- 5. Effect of wind and pressure
- 6. Height of tide and tidal currents

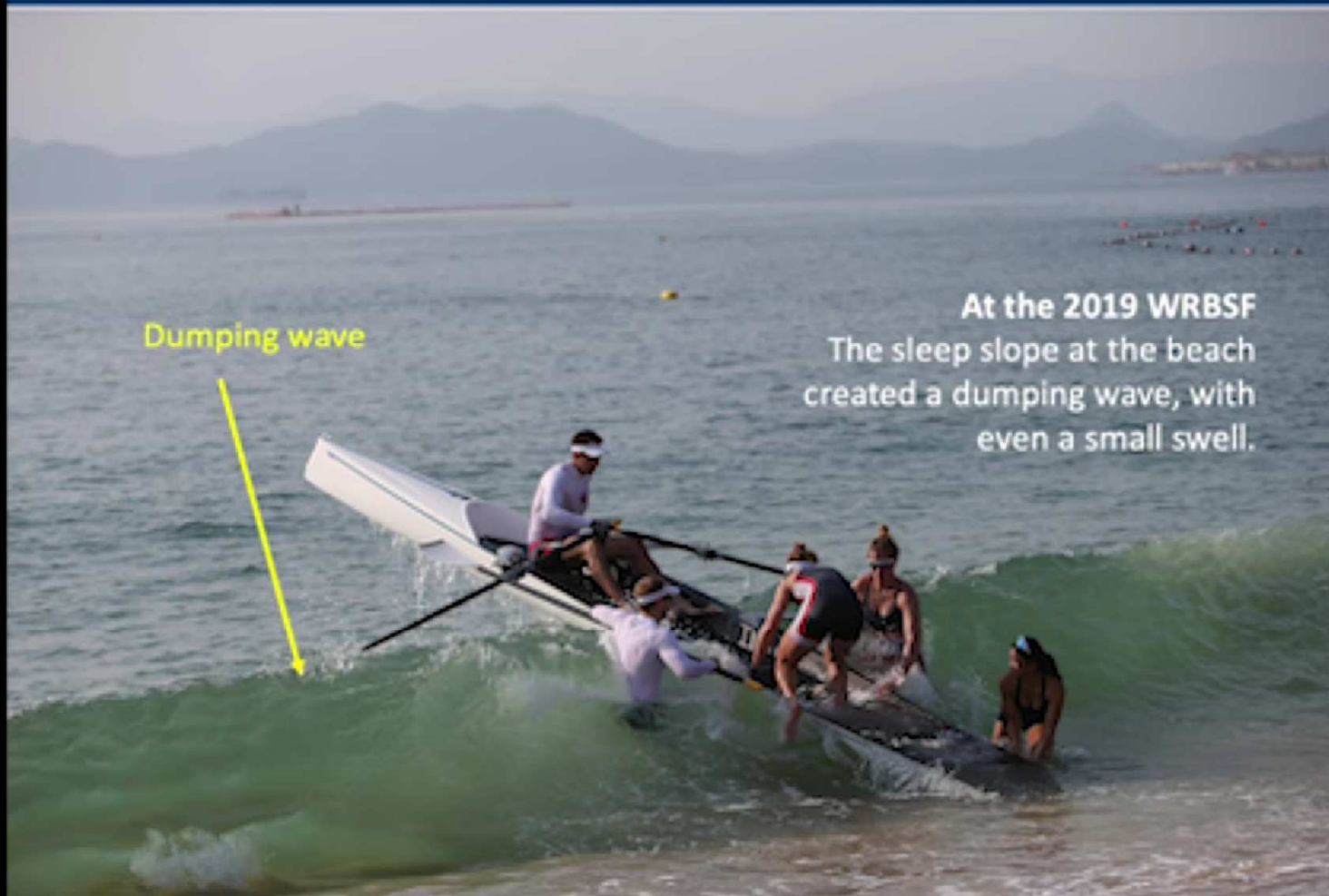
Beach ZONE

Break ZONE

Deep water ZONE

SLOPE

1. Angle of the underwater slope
2. Underwater slope profile



At the 2019 WRBSF
The steep slope at the beach created a dumping wave, with even a small swell.

Some examples ...

SLOPE ANGLE

- The steeper the slope angle the more likely the wave will suddenly appear and break on itself. A dumping wave.
- Beaches with steep slopes get dangerous quickly.

SLOPE SHAPE

- The profile of the beach will affect where and how the waves break.
- Slope profile may change during the competition, especially if the tide and the waves strength change.

SLOPE

1. Angle of the underwater slope
2. Underwater slope profile



Underwater sand ridge



At the 2023 WRBSF
On day 3 the profile
of the beach had
distinct sand ridges.
The one at 100m
was only 1m deep.
Crews that didn't
adapt their rowing
through the wave
on the ridge lost
time or capsized.

Some examples ...

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WATER

3. Blue water wave height and length
4. Wave sets (merging of multiple swells)



Some examples ...

WAVES

- The height and length (period) of the blue water waves. Swell waves tend to be powerful and have gaps between them. Wind waves tend to be smaller and more frequent.

WAVE SET

- Waves, especially swell waves typically come from multiple storms and from a long distance away. These merge to create to sets, with set of bigger and then smaller waves.

WATER

3. Blue water wave height and length
4. Wave sets (merging of multiple swells)



At the 2022 WRCC
On the training days
storms in the Atlantic
created 2-3m swell
which created a
heavy shore break.
Crews had to time
their departures &
arrival on the beach
with the sets.



Some examples ...

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WEATHER & TIDES

- 5. Effect of wind and air pressure
- 6. Height of tide and tidal currents



At the 2022 WRBSF
The strong onshore
winds, over the
short fetch and
shallow depth,
created close period
waves. Making
directional stability
hard to control.



Some examples ...

WIND & PRESSURE

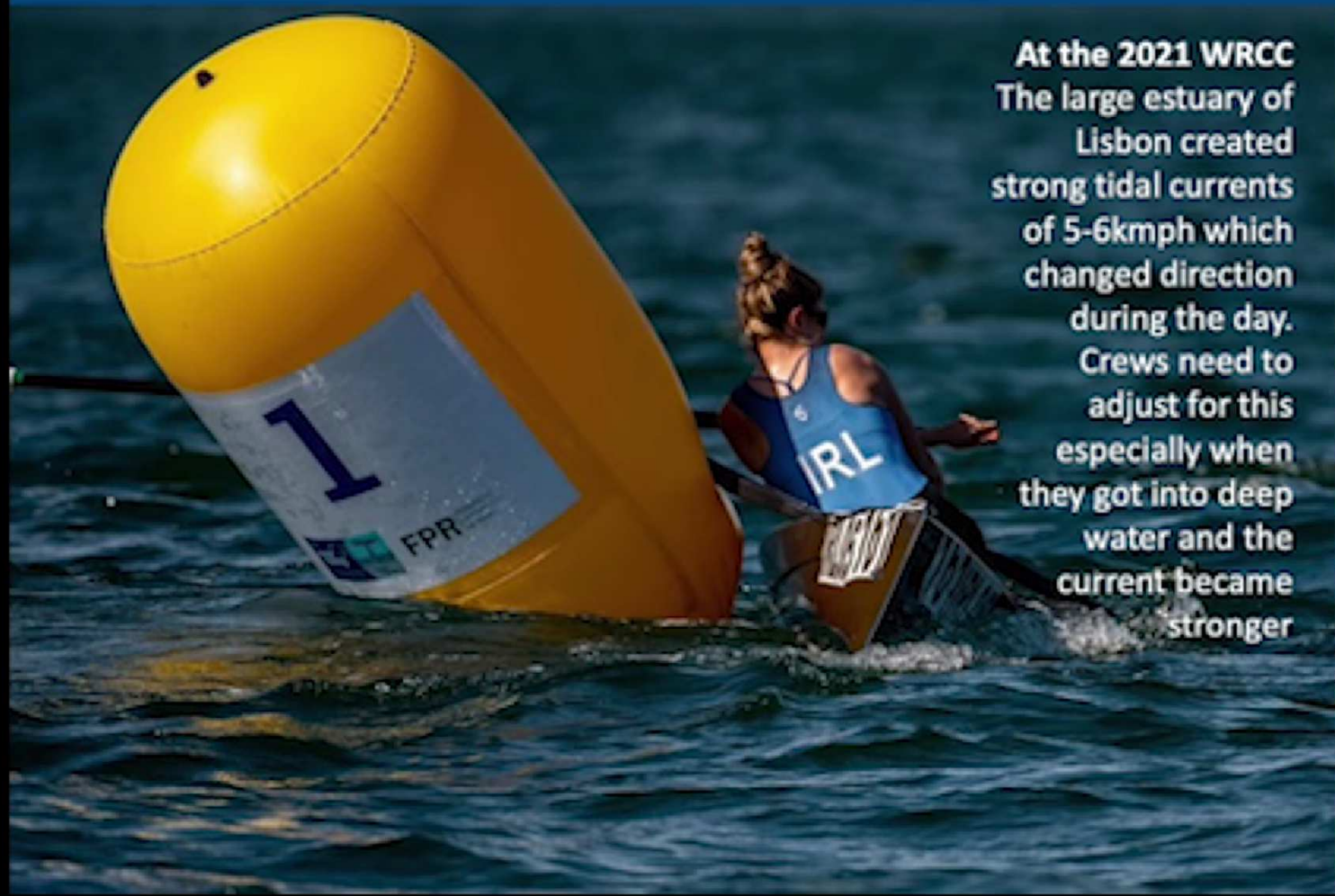
- On-shore winds will create wind waves typically close together
- Offshore winds will make swell stand up
- Lower air pressure make tides higher

TIDES

- The tide is linked to phase of the moon, and typically 50m later every day
- Tides are typically bigger when the continental shelf is wider and where there is an estuary

WEATHER & TIDES

- 5. Effect of wind and pressure
- 6. Height of tide and tidal currents



At the 2021 WRCC
The large estuary of Lisbon created strong tidal currents of 5-6kmph which changed direction during the day. Crews need to adjust for this especially when they got into deep water and the current became stronger

Some examples ...

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Video Thanks to Tim Fenimore



Some examples ...

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Comments · 0

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DON'T REPLY ON LUCK TO WIN



LUCK
VS
SKILL

world
rowing

*“ To coach rowers how to use the power of the waves.....
...a coach needs to first understand where that power comes from....*

”



D:
WHERE CAN
COACHES GO
TO GROW
THEIR SKILLS?

4. WHERE COACHES CAN GROW THEIR SKILLS



FORMAL EDUCATION

- World Rowing Coastal Race Module, and your federation's education offer



SELF-LED EDUCATION

- WR Keynotes and past WR Virtual Coach Conferences.



KNOWLEDGE TRANSFER

- Partnerships with other Federations



OTHER SPORTS

- Sailing, surfing, sprinting, ocean racing (canoe).



<https://academy.worldrowing.com>



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About us

Welcome to the World Rowing Education Academy

The World Rowing Education Academy is a learning hub that aims to offer to all our National Member Federations a platform to develop and educate coaches, umpires, managers, classifiers and athletes.

It will contain modules across all rowing disciplines, classic rowing, coastal rowing, para rowing and indoor rowing.

It was founded in 2021 with the objective to create a learning space to sustain the continuous development of the sport of rowing and includes a variety of engaging learning opportunities. Such as online courses, live and replay webinars and a library with articles, publications, videos and websites of reference





COASTAL ROWING

Coastal Rowing Race Module Online Introduction

Disclaimer

These 13 videos are the technical theory of the Coastal Race Module and part of the Level 1 Development Coach - Coastal Rowing Award. You may be asked to watch some or all of these videos before your workshops. To complete the Coastal Race Module and receive a Certificate you will need to have covered the full syllabus, which includes taking part in webinars and completing a range of written and on water practical tasks. The Coastal Race Module is aimed at experienced rowing coaches who want to build their understanding of coastal rowing with a specific focus on the beach sprint format. The Level 1 Development Coach - Coastal rowing Award is aimed at beginner coaches who are starting out on their coaching journey. If you want to learn more please email development@worldrowing.com

[View Course details](#) ▾



Not Enrolled

This course is currently closed

[COURSE INCLUDES](#)



Beach Sprint Deep Dive – Coach Analysis of the Team Relay

Natalie Firth (SCO)

Coach Analysis of Boat Entries

Lee Hunt (GBR)



2023 WORLD ROWING COACHES CONFERENCE



world rowing
coach development programme

The Coastal Session
French Rowing Experience

Yvonig FOUCAUD – In charge of Coastal Rowing



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Preparing Medal Winning U19 Team
Rowers for Beach Sprint

Ibtissem Trimech (TUN)
Tunisian National Team Coach



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TURNING POINT 1
What happened....?

Justin Schmitz



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coach development programme

PREPARING CLASSIC ROWERS
TO RACE ON THE SEA

Mark Giza, PhD
USA Rowing National Team Coach



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coach development programme

COASTAL SECTION
Introduction Guin Batten




2022 WORLD ROWING COACHES CONFERENCE



Thank you

