

Capstone Presentation

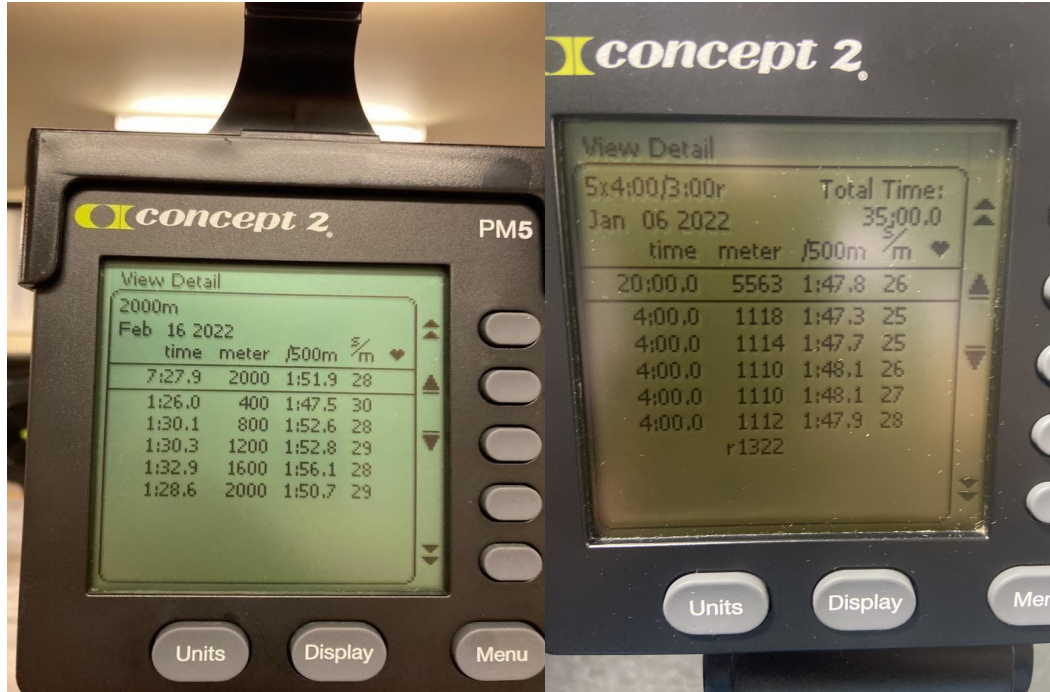
Skylor W

Inquiry Question

Can I help to better the process of training for younger rower?

Artifacts

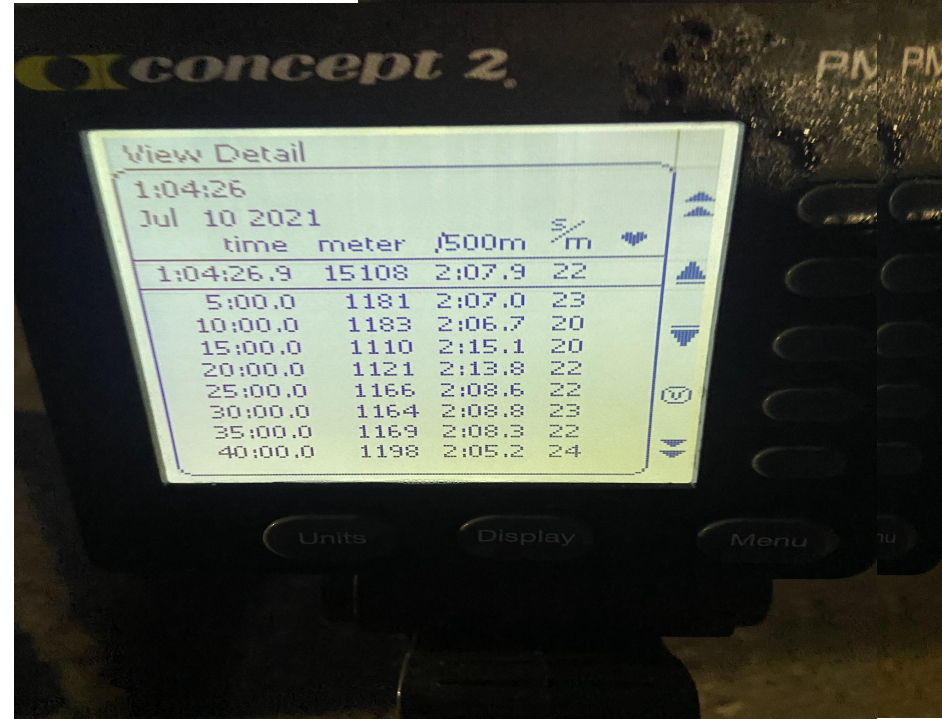
This is a 2k test the main focus of practice on the erg and the best standard for rowing this is a 2k test the main focus of practice on the erg and the best standard for rowing



This is a 20 minute test ut is really good at showing potential and effort

Artifacts

This is one of the practices done on the erg(the main focus of the winter practice season)This is one of the practices done on the erg(the main focus of the winter practice season)This is a normal practice given to the rowers it is helpful to see how people are able to hold themselves throughout a practice and build stamina



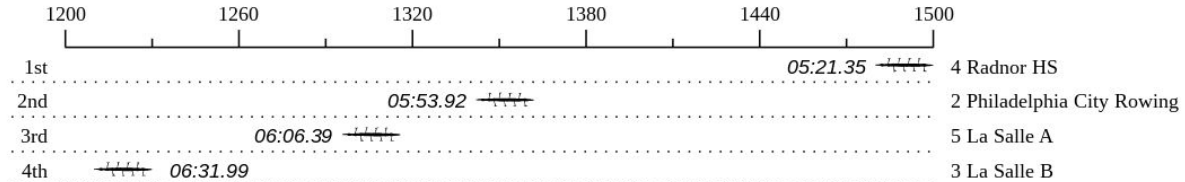
Artifacts

- Home
- Dashboard
- Linked Results
- Single Page Results
- Heat Sheet
- Team Points
- Medal Count
- Coaches

2022 1st Manny Flick / Horvat Series

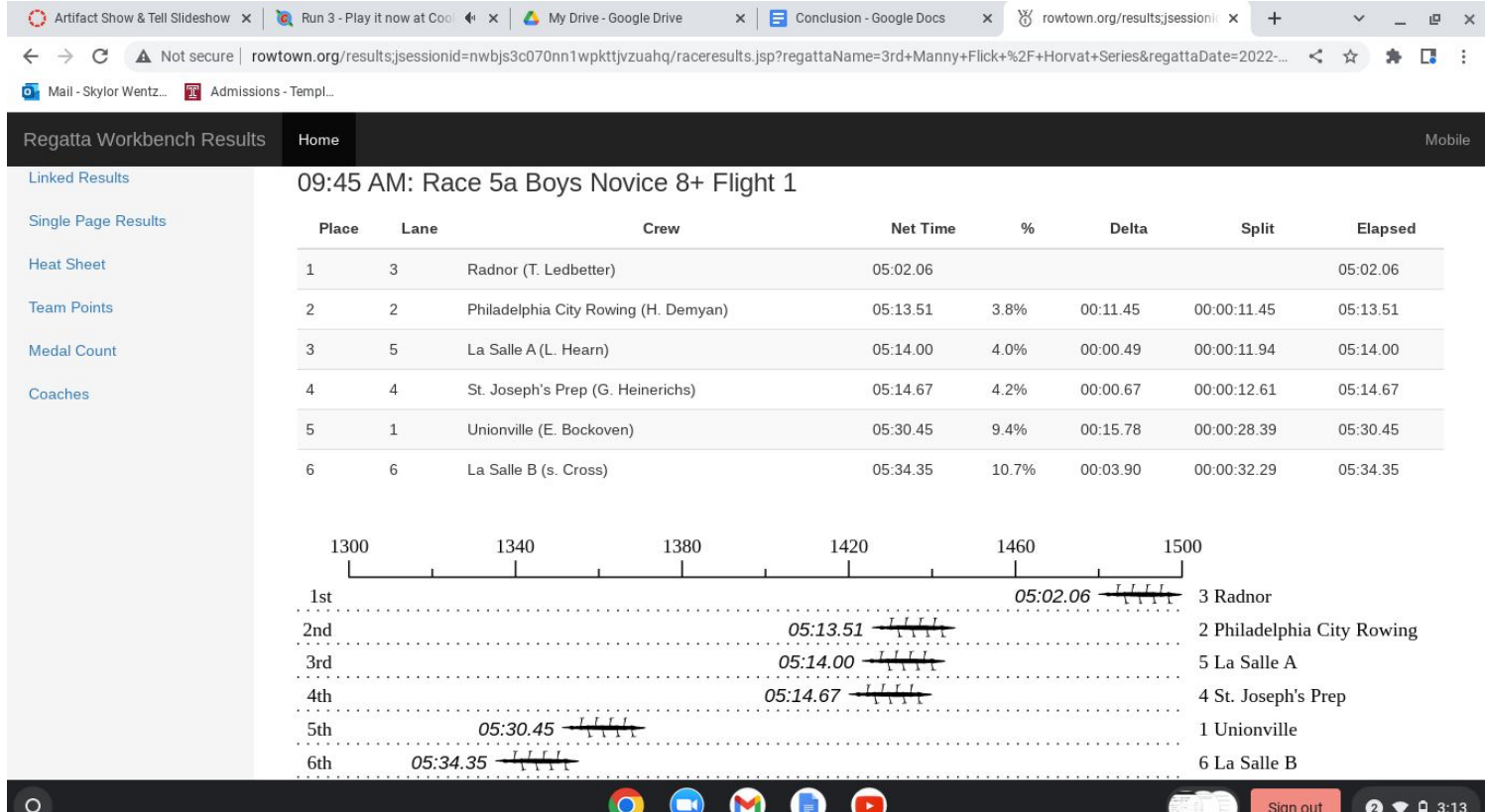
09:44 AM: Race 10a Boys Novice 8+ Final 1

Place	Lane	Crew	Net Time	%	Delta	Split	Elapsed
1	4	Radnor HS (T. Ledbetter)	05:21.35				05:21.35
2	2	Philadelphia City Rowing (T. Falleti-Moore)	05:53.92	10.1%	00:32.57	00:00:32.57	05:53.92
3	5	La Salle A (J. Wilson)	06:06.39	14.0%	00:12.47	00:00:45.04	06:06.39
4	3	La Salle B (w. stefanik)	06:31.99	22.0%	00:25.60	00:01:10.64	06:31.99



Apr 21, 2022 3:01:41 PM EDT

Artifacts



Artifacts description

They got 2nd in the most competitive boat for novices. In the lineup for the boat Teddy is in bow seat which is the seat for the most technically proficient rower in the boat.

Reflection

During the winter season there is a lot of training on the erg that is important to setting a point for a rowers physical capabilities before they practice technique on the boat During the winter season there is a lot of training on the erg that is important to setting a point for a rowers physical capabilities before they practice technique on the boat The winter season is heavily focused on the erg and building a level of fitness before the rower gets on the water and works on technique.