

# Milton Keynes Rowing Club - Development Skills and Group Progression

The following skills will help you to build confidence, self-sufficiency, and technique, and will be taught in your development water sessions. Demonstrating competency means you are ready to progress to the next group. If you have any questions please speak to your Squad Captain.

## Group 1 - completed L2R

**Focus:** building confidence and boat handling skills in sculling boats.

### Skills to progress:

- [45 rigger dips in 30 seconds](#)
- [Emergency Stop](#)
- [360 spin in 45 seconds](#)
- [Tap down and feather](#)
- [Sequencing](#)

Skills can be demonstrated in a fine or stable double or single (individually or as crew).



## Group 2 - Mastered group 1 skills

**Focus:** continue to build on skills whilst developing technique.

### Skills to progress:

- All group 1 skills
- [Roll ups](#)
- [Suspension](#)
- [Hands off at the catch](#)
- 20min continuous rowing on ergo at set split - See Captains for split

Skills can be demonstrated in a **fine** double or single (individually or as crew).



## Senior Squad

- Learn to sweep
- Increase mileage

You can ask to be assessed at any time - please let your Squad Captain know ahead of your session so we can arrange this for you!





## Milton Keynes Rowing Club - Senior Groups

In Group 3 you will have the opportunity to learn to sweep (although this is not compulsory!) and you will need to demonstrate competency in the Group 3 sweep skills to progress to Group 4. Group 4 is for athletes looking to race (scull or sweep) and training regularly. Racing in Group 3 is optional.

### Group 3 - Mastered group 2 skills

**Focus:** increase training volume and rowing in crew boats. Optional: learn to sweep + racing

#### **Skills/criteria to progress:**

- [Sequencing](#)
- [Roll ups](#)
- [Suspension](#)
- Attendance
- Desire to race



Skills can be demonstrated in a pair or a four (individually or as crew).

### Group 4 - Racing group

**Focus:** regular training and working towards races

#### **Skills to work on:**

- There are no specific progression skills for Group 4 - club coaches will provide individual areas to work on.

### What else can I do at MKRC?

We have a range of different activities to learn about / get involved in, including:

- Learn to coach
- Boat Maintenance
- Coxing
- Fundraising
- Catering
- And more!

Speak to your squad captain for more information.

You can ask to be assessed at any time - please let your Squad Captain know ahead of your session so we can arrange this for you!