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Rowing and Sculling: The Complete Guide

Bill Sayer

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A revised and updated edition of Bill Sayer's comprehensive guide to the sports of rowing and sculling

Rowing 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. It offers invaluable instruction to maximize the athlete's efficiency, strength, and endurance on the water. It surveys the basic equipment, the rigging and design of boats and their oars and sculls, the principles and practice of training—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.

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