



Welsh Rowing Resource Library

The resource library is available to rowers, coaches and parents within Wales. The items below are available on short-term loan, 2 weeks, and it is the borrower's responsibility to return the items after this time period. To loan an item please email admin@welshrowing.com with your details and we will be in contact to arrange for the item to get to you.

Should an item not be returned on time, after two warnings, the borrower will be invoiced for the cost of a replacement resource.

Resources

Will it Make the Boat go Faster?- Olympic-winning strategies for everyday success

Hunt-Davis & Beveridge, 2011

Ben Hunt-Davis won Olympic Gold at the Sydney Olympics in 2000 as part of the Men's Rowing Eight. He and Executive Coach Harriet Beveridge have teamed up to show you how to use similar strategies to improve your own life. The pair have been road-testing these methods for 10 years, with clients from all walks of life; managers, leaders, call centre staff, sales reps, athletes and shop assistants; whatever your challenges, whatever your goals, there are ideas that will help everyone. Will It Make The Boat Go Faster? is divided into 11 chapters, each of which is split into 2 halves. Firstly, Ben provides a narrative, recounting an episode from the eight's journey to Gold, and shows the team using the methods in action. Then comes the analysis, explaining why and how the crew did what they did. Simple and chatty, the book is a warts-and-all authentic account of a journey to success that will show you how you can succeed in whatever you want to do. It is aimed at readers interested in personal development and managers wanting to achieve corporate goals. It will appeal to sports enthusiasts, practitioners and coaches who will find the Olympic story compelling and learn plenty of techniques for improving their own game strategies.

Yoga for Rowers

Kozak, 2009

Attention rowers! YOGA FOR ROWERS is a brand new way to train that's great for all program levels & coaches - from high school up to Masters. With testimonials from an Olympic coach, FISA World gold medalists, National gold medalists, an Oxford Boat Race champion, Head of the Charles competitors & more! Yoga For Rowers is 65 pages & includes workouts & calendars. This book shows targeted poses for each phase of the rowing cycle in large full color photos & outlines specifically

what these poses do. The instructions are easy to follow & the program is easy to fit into your existing training program. Yoga For Rowers will dramatically improve your oarsmanship: * Increasing your length of stroke * Improving power * Allowing you to train harder with fewer injuries * Exponentially developing flexibility & core strength * Fine tuning your sense of balance & sensory awareness * Developing your mental focus A minimum of 15 minutes a day is all it takes to ohm your way to gold next season!

A Parent's Guide to Rowing

Banning Lloyd, 2009

There are many books on rowing written for rowers; this book is for the parents of a young rower who has recently taken up the sport. It has been produced by three parents who have found out the hard way, how to support their children and who want to share their experience. The authors explain the technical aspects of the sport and the jargon, the different kinds of boats and races, the training schedules, and the various forms of competition. Above all they answer the questions that every parent of a young rower has to confront: what should my child eat every day and on race days, what kit will they need when rowing in an event, and what should I do - and, importantly, not do - when I get there? These and many other questions are answered clearly and in a lighthearted style that makes the book a pleasure to read. And it is not just for parents: it will help grandparents and anyone else who knows a young rower, to share more fully in their enjoyment of the sport and in their achievements.

Memories of a Cox- A Personal History of Bewdley Rowing Club 1929-1939

Sollom

In Pursuit of Excellence

Orlick, 1990

Whether you're an athlete, aspiring coach, or business professional, the ultimate goal remains the same: reaching your potential. Author Terry Orlick, an internationally acclaimed sport psychologist, has helped hundreds of Olympic and professional athletes maximize their performances and achieve their goals. In this new fifth edition, Orlick provides the most effective strategies and step-by-step plans for you to develop your personal path to excellence. You'll learn to focus for excellence while living and enjoying life to the fullest. You'll gain a more positive outlook, a more focused commitment, better ways of dealing with distractions and pressures, and strategies for overcoming obstacles. You'll also achieve greater personal and professional satisfaction and discover better ways to work with teammates, respond more effectively to coaching and guidance, and become more positive and self-directed in your thoughts and actions. Both practical and inspirational, "In Pursuit of Excellence" is a guide to daily living and motivation as well as a road map to long-term achievement. Read it, use it, and win with it-- personally and professionally.

They Did, You Can

Finnigan, 2011

Despite being full of interviews and anecdotes from some of the world's leading sports men and women, this book is as much about sport as Baywatch was about lifeguard techniques and Britain's Got Talent is about British people having talent. It is, first and foremost, a book about what human beings can do if they put their mind to it. And when I say human beings, I mean you. This is a book about what it takes to achieve something, anything, in any walk of life and how, when you scratch the surface of any high achiever, you find the same rag tail collection of anxieties, fears, insecurities and self-doubt that the rest of us experience too on a daily basis. The difference is that high achievers don't let the negative thoughts win. And don't kid yourself that the people in this book just got lucky! Being lucky isn't a question of luck at all. If you want to rely on luck to succeed then try bullfighting with your eyes closed. Or do the Lottery. There are amazing sporting stories in this life-changing book about people who got to raise a World Cup or represent their country or break a record (and some did all three). But they didn't get there through luck. They achieved all they achieved by using two things a raw gift and a great attitude. The same two things that you have. So that's lucky. Contributions by Sir Clive Woodward, David Moyes, Sir Tom Finney, Martin Johnson CBE Philip Neville, Gordon Banks OBE, Jonathan Davies MBE, Gary Kirsten, Karen Barber, Dame Mary Peters, Eric Simons, Beth Tweddle and Darren Clarke

Rowing Faster

Nolte, 2005

Get a length up on the competition with cutting-edge technique, training, and racing information. Let the top rowing coaches and scientists in the world steer you to ultimate success, starting with sound training and racing principles and adding increasingly advanced instruction, drills, and insights all the way to the finish. Rowing Faster is the most comprehensive and detailed guide for achieving excellence in the sport. Inside you'll find the following advice: -Techniques, drills, and progressions used by World and Olympic champions to master every phase of the stroke-Tests to assess your rowing fitness and workouts to develop an aerobic base, increase anaerobic threshold, improve VO2max, and build rowing-specific strength and power-A rowing periodization plan to sequence all the training components into a complete training program to maximize boat speed for 1000 meters, 2000 meters, and head racing-Racing plans and tactics that have been proven successful at the highest levels of competition. Cut through the water faster than ever. Rowing Faster will boost your speed and performance to the highest level.

The Down and Dirty Guide to Coxing, 2nd Edition

Kirschbaum, 2002

Hello and welcome to the world of coxing! The Down & Dirty Guide to Coxing© is your guide to being the best. If you are new to the sport or looking to sharpen your skills then the Guide is for you. The goal of The Down & Dirty Guide to Coxing© is to make clear the many tasks, jobs, and skills that a coxswain needs to succeed. The Guide is written in a tone of voice that does not talk down to the novice or intermediate cox, but instead reads like a conversation with a good friend.

It doesn't matter if you are in high school, college, or coxing for your local club the Guide has something for you. The material covered will prepare you for those first hectic days at the boat house and give you the confidence to take charge when it's time to hit the water. Cox-Boxes®, riggers, racing starts, power 10's, and the words "way-enough!" will no longer be part of a alien

language. It will all be there for you to learn and use each day. So get ready to jump right in and become the "quarterback" of rowing- the coxswain!