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About Dan

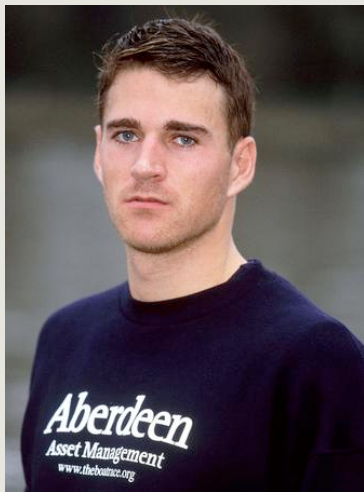
A two time brain cancer survivor, Dan was first diagnosed the day after placing 6th at the Eastern Sprints in 2005. After a biopsy and operation, Dan returned to rowing the following year, became captain of the Dartmouth heavies for two years, and stroked the U23 4x in Italy.

In 1999, after winning the US 2x trial, Dan had a relapse, which was followed by another operation and 5 weeks of radiation. Dan fell a few seconds short at the Olympic Trial in 2000, but was named the spare for the 2001 team. In 2002, Dan went to Oxford University and, in an epic race, came from behind on the outside of the final bend to win the

Boat Race against Cambridge .

Dan has coached rowing at CJRC, Tufts, MIT, Columbia, and has coached sculling at Craftsbury Sculling Center and Black Bear Sculling. July, 2009 will mark 10 years of cancer-free rowing and over 14 years since Dan's diagnosis.

Dan and his wife Mia live in Walnut Creek, CA



<http://sanjoseog.livestrong.org/perkins77>



2009

Dan Perkins

Executing the Catch

May 23rd and 24th
Berkeley Paddling & Rowing Club

Saturday – catch motion

Introduction

The catch is one of the most important and elusive parts of the rowing stroke. The goal of these practices is to improve our ability to place the blade effectively at the correct time in the stroke-cycle.

Ergometer Demo – “layups”, get a target

The handles should be rolled up from underneath the way a basketball player lays a ball up onto the backboard. It's important to have a visual target, somewhere in space, to aim the handles as they move upward to the catch. The hands must be low enough on the recovery to move upwards, and the grip must be loose enough to execute the motion with cat-like quickness and agility.

On the Water – Grip and Motion

An easy way to practice the hand motion is to row one oar at a time. Make sure the wrist is moving up to the sky and the knuckles don't move down. Grip loosely and use different stroke lengths. After getting the hang of this, think back to lay-ups and try to work both hands at the same time. It's easier in a 2x or 4x, but use some speed to balance. Pick a spot out in the space in front of you- this is where you will slot your hands up into the catch. Then target one inch higher for a more solid lock into the water

Review

The lay-up is your bread and butter, roll from below.

Pick a target for your hands, then aim higher to trick your brain.

Grip loosely and practice when you spin the boat.

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Sunday – catch timing

Introduction and Review

After a quick refresher on yesterday, we will start talking about the timing of the catch. There are all kinds of catches, but the good ones have one thing in common: they are executed at the moment the seat is at the top of the slide. You are an excellent sculler if you use 70% of your available track space.

Ergometer Demo – In-Sync

Having a good catch motion is only useful if you can figure out *when* to catch. In order to time the catch, you will need a marker. Many people use stationary points in the boat, but using the seat (a moving object) is better for timing.

On the Water – The Impossible Dream

Be patient and move slowly at first. Try rowing $\frac{1}{2}$ slide and catching with back splash. Then move up to $\frac{3}{4}$ slide and full. After you've failed at this, do some set-ins (placements) while rowing very slowly. Next, do single strokes pausing at the finish. Make sure your roll swiftly through the catch and you allow the stern-end of the seat to push the blade into the water on the way forward. Time the seat and blade and you will catch on time no matter what rate you are rowing at.

Full Review

Practice the motion of the hands into the catch by using a target

Practice the timing of the catch in relation to the seat

If you can get your hands up and into the catch before the seat arrives at the top of the track, you will be in the top 1% of scullers