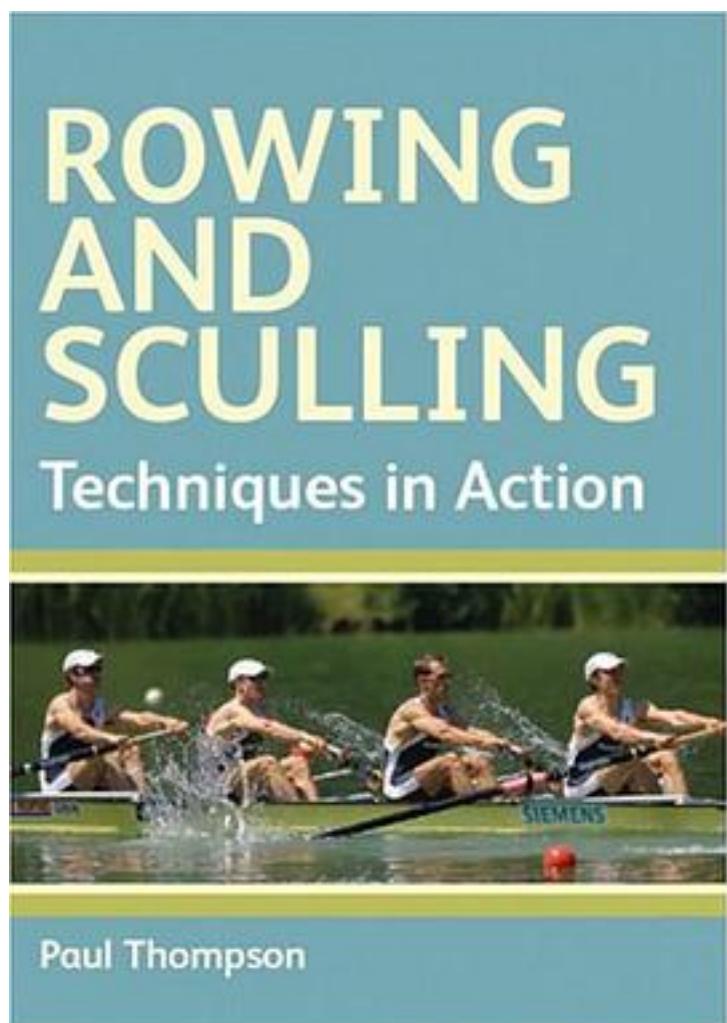


Rowing and Sculling



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This new colour edition of Bill Sayer's comprehensive guide to the sport of rowing and

sculling has been completely revised, updated and expanded. British rowing has undergone many changes in recent years and has enjoyed some spectacular international successes. Levels of skill and professionalism are increasing all the time and new developments in training and equipment all go towards 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. Bill Sayer offers invaluable instruction to maximize the athlete's efficiency, strength and endurance on the water. He 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 significance 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. With the aid of over 120 of his own colour photographs, diagrams and tables, Bill Sayer 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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