DRAGONBOAT TECH CHECK

Trunk Peterbian, top shoulder back, slight forward bend from welst Uoustide leg bent Bottom arm extended parallel to water. Brilling open, butly finger is hooked arround shaft but not a "death" grip Top arm over the water Writs in nextfal position Blade height is blade width above the water Grant finger is relaxed, from its up, eyes forward, BREATHING IN H Catch Core/Ahoulders and arms firm up, prepping to find the sweet soot. EXHALEII Drives forward with body and experience down with both arms/shoulders Amelie at the 15 should be started that the started of the sweet soot. EXHALEII Drives forward with body and experience down with both arms/shoulders Caten extry with no sigilar for sterplutik_clica and quiet! Blade thigh Started in the water Upper torso weight fish onto, and is supported by blade. Find pressure! Care rotations still pieck, logs shoulder back, bortom are still forward, no top arm punch! Back muscles are relaxed, body is failing, not held up by back mascles Press Outside leg drive. Knee extends a bit and higr rotates back, inded help goes forward Tills is rotating on sext widning back Sottom arms/shoulder stay forward, gap is increased between High and Blade Arms are floats held freet. Top arm is over the water, blade is close to hull. First movement by seesing down, no building back! Derotation stars at this high and lower body, followed by the upper core, then shoulders The same presses trunk up with coresis country arms, and starting up using back. Abotted presses trunk up with coresis down arms, not starting up using back. Angel extresses, both did gard upper core, then shoulders Top arms/shoulder presses down. In gard many, not starting up using back. Accelerates paddle to one in such several shoulder shoulder him front. Beck many and the starting that is all to be subjected to the sex of the starting that is a starting by bursel. And these presses trunk up with coresis country in purph. Abbites presses trunk up with coresis country in purph. Abbites presses	ATHLETE:	<u>DATE:</u>										
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Tension released in arms , core and hands.	Body stays forward, weight does not flop back into the center of the boat or behind the seat											
	Body rotates in concert with shoulder and arms leading to set up position					Ι						
Breathing through mouth - inhaling	Tension released in arms , core and hands.											
	Breathing through mouth - inhaling											

Rating:

0 - Element is not observed

1 - Element is observed yet still requires some attention

2 - Element is observed consistantly and with high quality
E- Equipment/ A- affective / C- Cognitive/ S- Strength/ B- Balance/ F- Flexibility/ F- Fitness Causes: