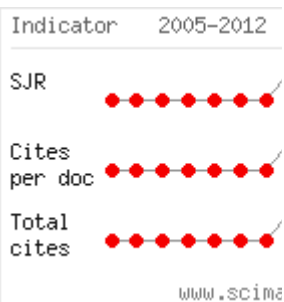


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## A NEW MEASURING AND ON WATER COACHING DEVICE FOR ROWING

*Klaus Mattes, Nina Schaffert*

### Abstract

This article presents a new measuring and on water coaching device for rowing called "Accrow" which measures the boat acceleration with an acceleration sensor (50 Hz) and boat velocity with GPS (4 Hz). The data were analysed with the special software "Regatta", based on scientific criteria and broad knowledge in biomechanical analysis of rowing training and races. In particular, "Regatta" performs three special analysis routines including every stroke: the boat motion for on-water training or tests, a race analysis over 2000m, 1000m or 500m to improve the race profile and an improvement of

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the rowing start. The device supports the rowing training and facilitates the answering of numerous trainings questions. Thus, Accrow is well suited for the analysis of water training sessions and rowing races for athletes and coaches as well as for scientific studies with interest in information regarding the boat acceleration, boat velocity, stroke rate and propulsion per stroke with high accuracy.



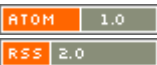
Key words: biomechanics; rowing; rowing performance; rowing technique; on-water training; measuring device; analysis system; coaching device; boat acceleration; boat velocity.



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