



Rowing Athlete Profiling

Purpose of this study:

The purpose of the athlete profiling is to correlate specific tests with performance benefits. The focus of this study is to determine what factors, including biomechanics, strength, power and endurance have the largest impact on creating a high performing athlete specific to surfboat rowing.

This data can then be extrapolated to assist in the selection process of athletes, improve specific areas of performance in off season, pre-season or in season training, aid in athlete tracking across a season, or to identify those athletes who are at a higher risk of injury.

Our testing involves:

- 10 min of detailed biomechanical measurements needed during the rowing stroke
- Critical power threshold testing performed on Concept 2™ ergometer
- Trunk muscular endurance testing
- Max strength testing via 1RM Deadlift

Total testing time is approximately 30-40mins and typically performed in pairs.

Through researching the latest scientific methods of rowing analysis we feel confident in evaluating accurate power to weight measures, biomechanical and strength testing. The collection of this data will then be analysed to give coaches / athletes objective feedback which can be re-tested throughout the season to help track particular performance measures and injury prevention protocols.

Who are we?

We are 3 Sports Chiropractors; David Stroud (Trident) Gabe Smith (Trident) and Stephen Sharp (Macquarie University Researcher). Our aim is to utilise our knowledge of biomechanics and take it into a measurable field such as rowing.

Feel free to contact us to have your athletes take part in the testing. Email - david@tridentmt.com

Kind Regards,

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