



Quality control of outrigger technique

Athlete

Date

Entry

LEFT		RIGHT		BENCHMARK
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Torso angle stable on entry
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Left-right paddle angle (near vertical)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Top arm stable before pull
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clean entry (minimal horizontal pull)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The position of bottom shoulder (must be relatively low)

PULL

LEFT		RIGHT		BENCHMARK
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Enter then pull
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stable top arm
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Catch
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pull from hip / torso not arm
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hull acceleration in pull (smooth and continuous)

EXIT

LEFT		RIGHT		BENCHMARK
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hull speed not interrupted (deceleration, bounce, fishtailing)

Recovery				
LEFT		RIGHT		BENCHMARK
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recovery from hip, shoulder, elbow and then hand
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Top arm height doesn't drop excessively
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Torso position stable during recovery portion of entry

Full stroke cycle		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BENCHMARK
<input type="checkbox"/>	<input type="checkbox"/>	Comfort in boat
<input type="checkbox"/>	<input type="checkbox"/>	Overall balance/ama neutrality
<input type="checkbox"/>	<input type="checkbox"/>	Distance per stroke (long is better)