



## The Art of Sculling (International Marine-RMP)

By Joe Paduda

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The Art of Sculling provides novice and experienced scullers with a comprehensive, illustrated guide to the equipment, techniques, and physiology of the sport. Beginners will find step-by-step instructions and photographs for launching and rigging a boat and developing the proper sculling stroke. Experienced rowers will find guidelines for developing training programs. Other chapters cover advanced technique, racing, sculling in team boats, safety, and sculling for the more mature.

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## **The Art of Sculling (International Marine-RMP) By Joe Paduda Bibliography**

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## **Editorial Review**

From School Library Journal

YA-- An introduction to the sport, particularly for novices. Paduda writes from the point of view of an experienced coach, beginning with the basics, building on them, then further refining them for more able practitioners. The techniques are illustrated with many photographs and comments. Included are sample workouts, drills, and advice about choosing the correct rowing shell. Tuesday How can it be, that in all of the excellent reviews of David Wiesner's June 29, 1999 (Clarion, 1992; Nov., p. 81), no one has yet mentioned that June 29, 1999 is a Tuesday!?? JAN DE SIREY Hennepin County LibraryMinnetonka, MNLearn to Be the Master Student I believe your reviewer did not understand the purpose of our book, Learn to Be the Master Student (Maydale, 1992; Nov., p. 131), and I take exception to several of her comments. Copyright 1993 Reed Business Information, Inc.

Review

"If you're going to row-for recreation or competition-start with this book." -- *New York Outdoors*

From the Back Cover

Experienced scullers know already, and the uninitiated will soon learn: Blending the countless details of balance, stroke, sculls, and shell into the steady, seemingly effortless rhythm of a good row is no easy task. Yet when those elements mesh, the result is exhilarating. Whether you're an experienced masters sculler looking for an edge in the next Head of the Charles regatta or a novice interested in developing an enjoyable exercise program, *The Art of Sculling* demystifies both the basics and complexities of a sport that brings health and satisfaction to tens of thousands of people worldwide.

Joe Paduda, a competitive rower, exercise physiologist, and coach of both high school and senior rowing club crews, wrote *The Art of Sculling* with a coach's eye, taking you through the same natural progression he's seen countless scullers follow--from your first row through advanced training techniques. Paduda begins with the basics, builds on them, then further refines them in a formula that fits both novice and veteran. Here in 12 amply illustrated chapters is everything from choosing the right boat and the right workout to drills for improving your bladework and advice for improving your diet. Recreational rower or racing master, single or team, it's all here. Here also are simple, uncluttered explanations on how your body works and responds to training and diet, and how to get the most from both.

With *The Art of Sculling*, you'll have your own private coach and trainer alongside as you expand your rowing horizons.

Here's expert advice from rower, coach, and exercise physiologist Joe Paduda that will help you improve your rowing, whether you're a novice or a 20-year veteran:

- Drills to master bladework and technique
- Tips on rigging and maintaining your gear
- How to develop the right diet and training program
- Physiology simplified--with clear, uncluttered explanations of how your body responds to exercise and nutrition, and how to make the most of it
- Selecting a racing strategy, whether for singles or team boats
- And much more.

"Sculling is a fantastic sport. Here's an excellent book for anyone looking to improve their skill. Good rowing."--Brad Lewis, Olympic Gold Medalist, author, *Assault on Lake Casitas*

Paduda's voice is one of an experienced coach who can communicate some fairly subtle points in an economical, commonsense way."--*American Rowing*

## **Users Review**

### **From reader reviews:**

#### **Jonathan Nelson:**

Hey guys, do you desire to find a new book you just read? Maybe the book with the subject *The Art of Sculling (International Marine-RMP)* suitable to you? The actual book was written by a popular writer in this era. The actual book titled *The Art of Sculling (International Marine-RMP)* is one of several books that everyone reads now. This particular book was inspired many men and women in the world. When you read this publication you will enter the new shape that you ever know previous to. The author explained their thought in the simple way, thus all of people can easily be aware of the core of this book. This book will give you a great deal of information about this world now. So you can see the represented of the world with this book.

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Reading a book can be one of a lot of exercise that everyone in the world really likes. Do you like reading books consequently. There are a lot of reasons why people are fantastic. First reading a reserve will give you a lot of new facts. When you read a guide you will get new information because a book is one of various ways to share the information as well as their idea. Second, looking at a book will make you more imaginative. When you read a book especially fictional works the author will bring one to imagine the story how the people do it anything. Third, you could share your knowledge to other folks. When you read this *The Art of Sculling (International Marine-RMP)*, you may tell your family, friends as well as soon about your book. Your knowledge can inspire others, make them read a reserve.

#### **Maureen Harris:**

People live in this new time of lifestyle always make an effort to and must have the time or they will get a large amount of stress from both way of life and work. So, when we ask do people have spare time, we will say absolutely indeed. People is human not a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to anyone of course your answer can be unlimited right. Then ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, often the book you have read is actually *The Art of Sculling (International Marine-RMP)*.

#### **Jack Murray:**

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you did not include much space to bring often the printed book, you can buy typically the e-book. It is make you better to read it. You can save the particular book in your smart phone. So there are a lot of benefits that you will get when you buy this book.

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