

# **The Tip of the Spear Mastering Bladework**

**Coach John Bancheri**



# **Coach John Bancheri - Bio**

**Coach John M. Bancheri, Retired and Co - Founder of the Armchair Coaches Corner.**

**2019 – 2022 Varsity Women’s Rowing Coach – Stockton**

**2005 – 2019 Men’s & Women’s Rowing Coach – Grand Valley State University**

**1991 – 2005 Men’s Varsity Rowing Coach – Marietta College**

**1985 – 1991 Men’s & Women’s Rowing Coach – Wichita State University**

**1984 – 1985 Varsity Women’s Coach – University of Charleston**

**1982 – 1984 Rowing Club Coach – West Virginia University**



# Coach John Bancheri - Bio

**History of competing Nationally and Internationally with Collegiate Crews Comprised Largely of Walk-on Athletes and Recruited Athletes.**

**Recruiting and Developing National Team and Olympic Athletes Building Relationships with Rowers, Administrators, Parents & Alumni Resolving Complex Performance, Team, Operational & Fundraising Issues.**

**Accomplished leader with a successful 40-year career establishing, managing, and strengthening collegiate rowing programs.**

**Delivered and built on significant racing results, encouraged academic success and increased program recognition nationally and internationally.**

**Change agent with proven expertise in analyzing, strategizing, and overseeing the adoption of techniques, technologies and best practices that improved team performance, improve academic success of student-athlete and increased fundraising.**

**Passionate manager with noted ability to motivate, empower, and lead to success. Skilled in recruiting, training, mentoring, and leading teams in exceeding established goals. Strong organizational integrity, work ethic, drive, and ambition. Mentor to many young coaches across the country.**



# Coach John Bancheri - Bio

**Retired Rowing Coach – as of November, 2022.**

***“The meaning of life is to find your gift. The purpose of life is to give it away” P. Picasso***



## Four Points to Good Rowing

- 1. Body Angles – “Posture Provides Power”**
- 2. Grip – Correct Use of the Hands**
- 3. Bladework – The Propeller**
- 4. Relaxation – Loosely Erect**

**“ The hallmark of a good crew is sharp clean bladework”.**

**“The hallmark of a good oarsman is a smooth and relaxed recovery.” Steve Fairbairn**

# Four Points to Good Rowing - Blade Work

Thanks Coach Spencer West GVSU '16/'19



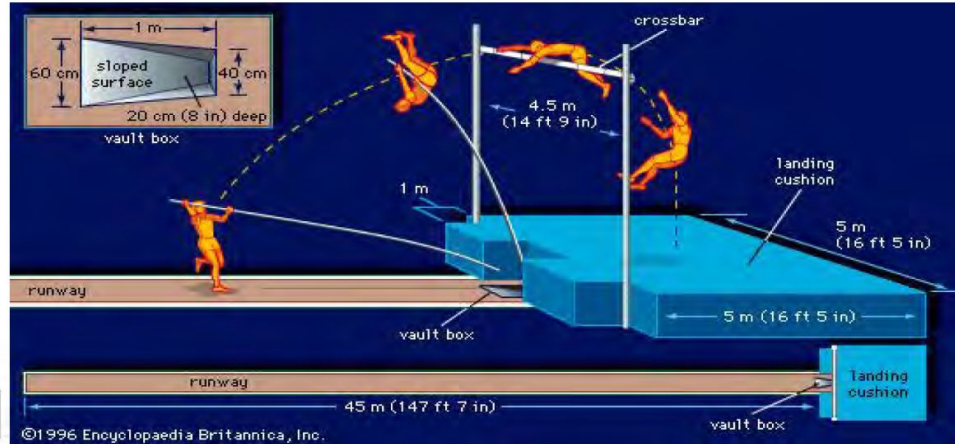
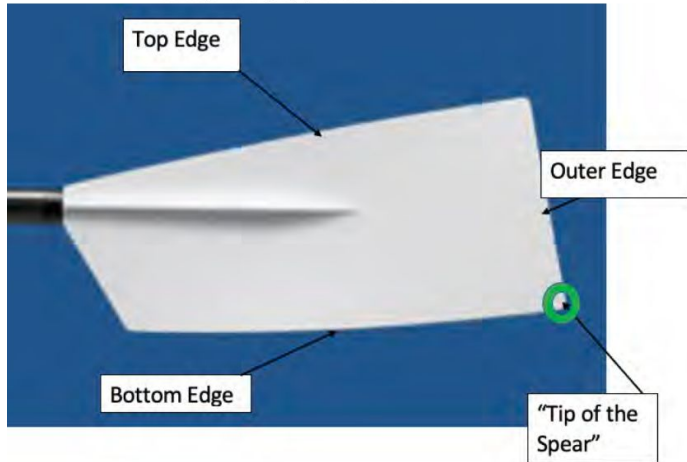
- **BLADEWORK**

- Most critical part of the stroke.
- The Blade is the propeller and propels the boat.
- Trace handle (“race-track oval”/“conveyor belt”/ “The Endless Chain”)
- The “Tip of the Spear.”



# Phase I – Four Points to Good Rowing - Blade Work

- Top Edge
- Bottom Edge
- Outer Edge
- “Tip of the Spear”
- “The Watermark”



# BASIC BLADEWORK: Mastering edge control"

