



Systems Thinking for Masters Rowing

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Flashback to 2019

- A lack of people to form age-group crews
- Too few masters regattas.
- Finding a coxswain can be difficult.
- Ignorance of rigging & simple repairs
- Boats that are the wrong size
- Inconsistent practice in racing boats
- Inconsistent training times
- It's hard to get coaching.
- Decision makers forget masters exist

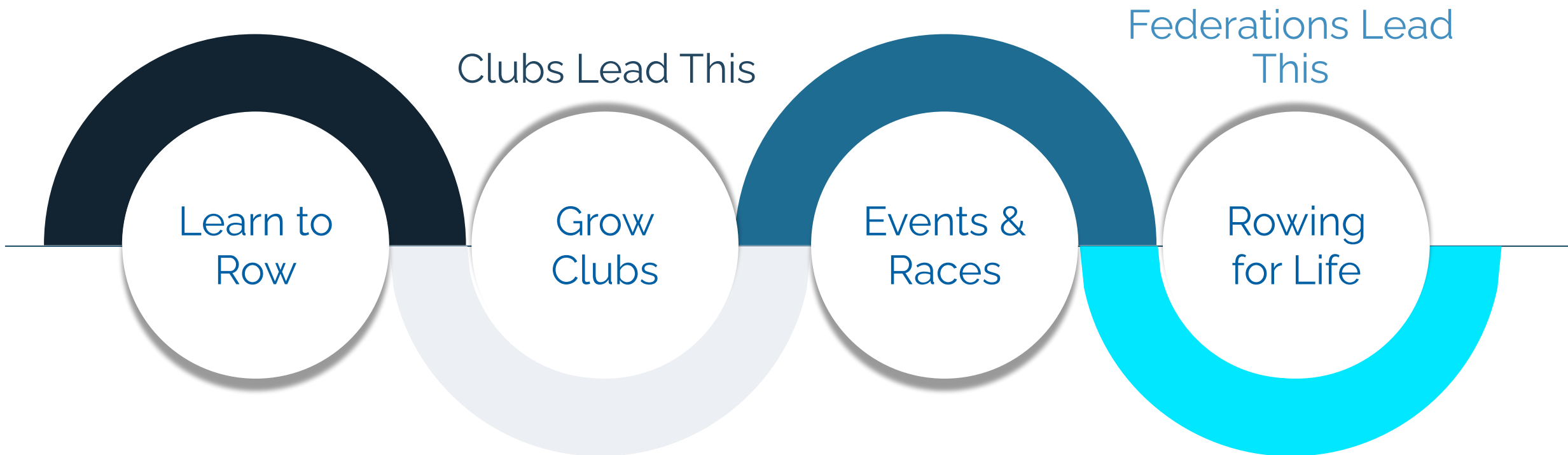
<https://fastermastersrowing.com/advocacy>



Why is this useful for masters rowing?

- Systems thinking is a holistic approach to analysis that focuses on the way that a system's constituent parts interrelate and how systems work over time and within the context of larger systems.
- Source: [TechTarget.com](https://www.techtarget.com)

Make masters rowing better



Why systems thinking helps

- Leyla Acaroglu explains six of the most important key themes in systems thinking: **interconnectedness, synthesis, emergence, feedback loops, causality, and systems mapping.**

<https://embeddingproject.org/resources/tools-for-systems-thinkers/#:~:text=In%20this%20short%20article%2C%20Leyla,when%20you%20hear%20these%20words.>



Interconnectedness

Causality

Feedback loops

Systems mapping

Solve the problems

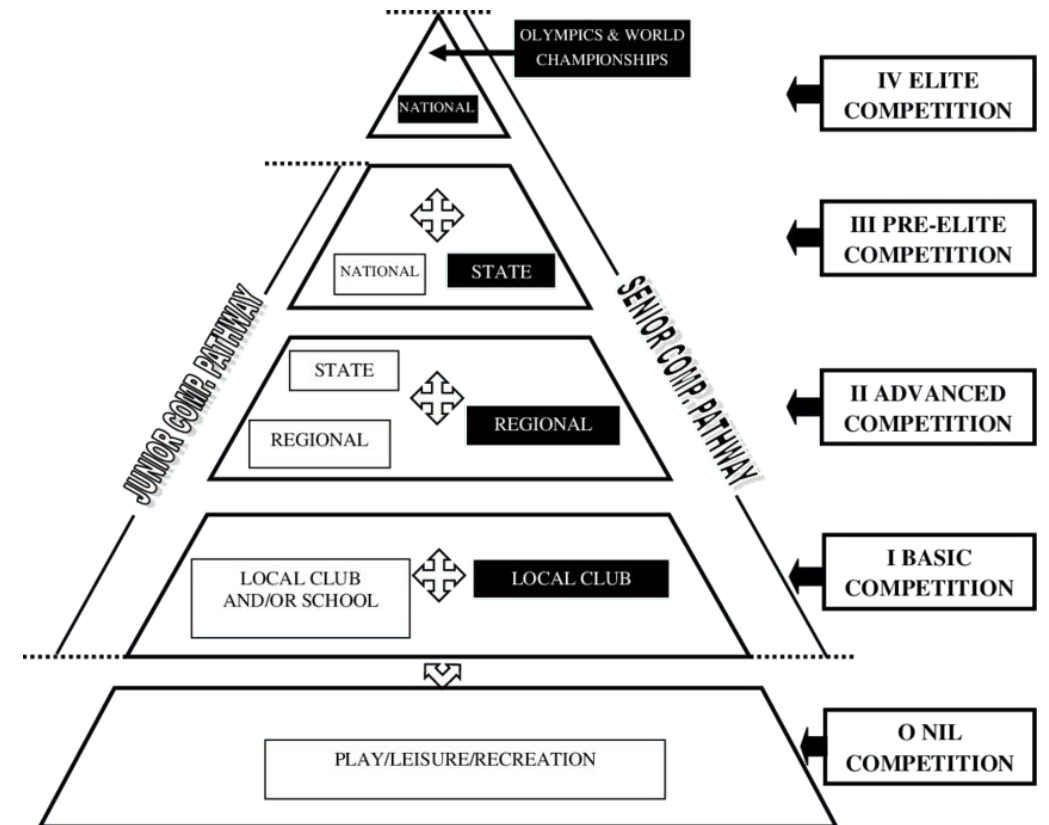
Problem : Solution

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| 1. A lack of people to form age-group crews | 1. Ways to meet & connect |
| 2. Too few masters regattas. | 2. Advocate to regatta organisers |
| 3. Finding a coxswain can be difficult. | 3. The Coxswain plank hack |
| 4. Ignorance of rigging & simple repairs. | 4. Publicise rigging experts for Masters |
| 5. Boats that are the wrong size | 5. Easy adjustments for boats |
| 6. Seldom get consistent practice in racing boats. | 6. Haven't solved this yet |
| 7. Difficult to find consistent training times | 7. Digital club administration - reduce friction |
| 8. It's hard to get coaching. | 8. Self-guided learning & remote coaching |
| 9. Decision makers in rowing forget masters exist | 9. Lobbying Federations |

The Athlete Pathway

The masters pathway

- Learn to row/scull
- Novice - racing (1 year)
- Age group racing
- FAIL - (or at least a long time delay)
- Some solutions - bigger boats with tolerant athletes who are prepared to race with less experienced
- The learning journey is not smooth and “jumping up” masks learning and achievement at intermediate stages



The Masters Pathway

How we could do it

- Learn to row/scull
- Novice - racing (1 year)
- New Masters - racing (2-5 years)
- Age group racing

What's needed to succeed

- Federations to recognise this status
- Regattas to offer events
- Clubs to continue Learn To Row classes
- Run hyper-local events





Community

Experiences

Strong clubs

Racing

Without Masters Diversity Fails

Resources for problem : solution

Rowing Hack: The Coxing

July 21, 2022
John FX Flynn



Further reading

- Advocacy articles
- <https://fastermastersrowing.com/advocacy>
- Masters Rowing International Group
- <https://www.facebook.com/groups/595853370615544/>
- Rowing Hack
- <https://www.row2k.com/features/5880/rowing-hack--the-coxing-plank/>
- Rigging Webinar
- <https://fastermastersrowing.com/rigging/>
- Rowing with adaptations
- <https://fastermastersrowing.com/adapting-rowing-rigging-for-masters-physiology/>
- Reduce friction in your club
- <https://fastermastersrowing.com/member-register/club-management/>
- Spacer Placer Tool
- <https://www.revolutionrowing.com/collections/on-the-water/products/spacer-placer-tool>