

RACE REPORT:	
DATE:	Racecourse: Location:
Boat Lineup	Course Conditions:
B:	Stroke Rates—Start Sequence, Body, Sprint:
2:	
3:	
4:	
5:	
6:	
7:	
8:	
How the Strategy played out:	
Places where other teams attacked:	
How the boat felt (rhythm / spacing / boatspeed):	
Technique: collective and individual. Were catches sharp—any tearing of the water at the release (washing out)? Did any individual blades look off?	
Personal Improvement:	