

Technology to Make the Boat Go Faster

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Technology to Make the Boat Go Faster



PERFORMANCE *OUTPUTS*



PERFORMANCE *INPUTS*

Technology to Make the Boat Go Faster



1

NEXT STROKE improvement

2

QUANTITATIVE feedback

3

SUPPLEMENTAL to your standard practice

4

EVERY DAY tool

Technology to Make the Boat Go Faster



Catch & Slip



Finish & Wash

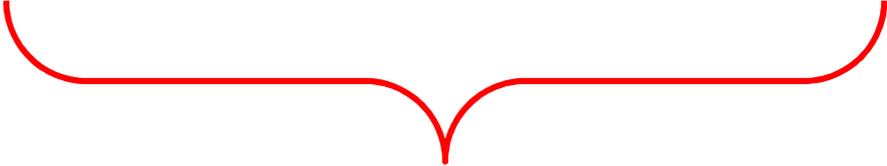


Length, Catch, Finish



Power & Avg Power

Technology to Make the Boat Go Faster



Optimize Athletes

- Technique
- Strength & Conditioning

Optimize Lineup

- Selection
- Order

Optimize Equipment

- Selection
- Rigging

Optimize Coordination

- Do the same thing
- Do it together

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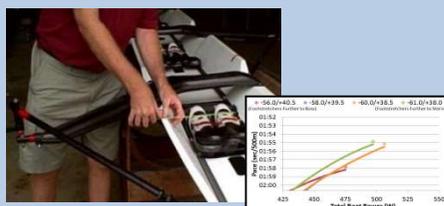
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Optimize Coordination

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Conclusion



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