

Post-Practice Reflection for Rowers

Take a moment to think about today's practice – what went well, what challenged you, and how you'll grow from it. These questions will help you stay grounded as an athlete, learn from your experience on the water, and show up stronger for your next session.

Reflection Questions

What went well today? *Think about your technique, timing with your crew, mental focus, or physical performance. What felt strong or improved from previous sessions?*

What challenged you on the water? *Consider technical difficulties, fitness challenges, boat feel, weather conditions, or mental obstacles you faced during practice.*

How will you grow from today's practice? *What will you focus on or change for your next time on the water? How will you apply what you learned today?*

Consistent reflection builds stronger rowers. Take time to thoughtfully consider each question.