



## Time & Cost Efficient

- 1/5 the cost of a rowing tank
- Small foot print, fits into existing facilities
- Mobile: can be relocated seasonally from erg room to boathouse
- Reduces travel time & cost while maximizing training time
- Tough & durable, needs minimal maintenance



## Faster Crews

Coaching and training on the Swingulator leads directly to better racing results on water.

# The Swingulator® Story

UPON HIS ARRIVAL as the new rowing coach at Vermont, Rick Kelliher was told by his predecessor that his team, “didn’t have a snowball’s chance in hell...too long winters, not enough water time and no money for tanks”. From this reality, the Swingulator was born.

On an abandoned racquet ball court, the first Swingulator was cobbled together from a derelict shell, broken oars and old C2 ergs. With the addition of the Swingulator, Vermont’s crew quickly transitioned from an unheralded club to a program that was competitive with top clubs and varsity teams.

Now, seven years after that first unit, the production Swingulators have been delivered to programs across North America and Europe. The design builds on that original concept and incorporates feedback from over 50 coaches, durability testing by over 3000 rowers and has been refined through 5 rounds of prototyping.

With the current Swingulator, we have combined the best training features of the Erg, Gamut, racing shells and rowing tanks to produce the best coaching platform in the world—at an affordable price.



## Rowing Innovations, Inc.

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# Swingulator® Dry-Tank™



The BEST COACHING Platform  
in the World!





## Coaching

- Optimizes hands-on and up-close coaching
- Team rowing teaches swing and ratio coordination
- Full feathering capabilities
- Seat-Connectors™ help athletes feel and react as a crew
- Suspension-Trainer™ for effective power application coaching
- Measures rower's catch & finish angles, stroke length and recovery height

## Training

- Matches on-water rowing experience
- More hours training behind the oar
- Sweep motion develops correct muscle memory
- Resistance settings allow for both power training and endurance training
- Training by pairs, fours and eights

## Evaluation

- Coaches can isolate, monitor, and compare individual rower's performance
- Measure and match stroke lengths and power applications
- Optimize side and seat location for each rower
- Quantitative seat racing
- Racing by pairs, fours and eights



**Rowing Innovations, Inc.**

### Comparison of Coaching Platforms

PERFORMANCE BENEFITS	SWINGULATOR®	WATER TANK	ERG	RACING SHELL
Hands-On Blade-Work Coaching	✓	✓		
Oar Resistance Matches Starts, Shifts & Race Pace	✓		✓	✓
Sweep Motion for Correct Muscle Memory	✓	✓		✓
Quantitative Measurement of Rower's Performance	✓		✓	
Duplicates Team Rowing Experience	✓			✓
All-Weather/All-Conditions Training	✓	✓	✓	
<b>TOTAL PERFORMANCE SCORE</b>	6 out of 6	3 out of 6	3 out of 6	3 out of 6
<b>COST PER SEAT</b>	\$3,000	\$15,000	\$1,000	\$4,500

### Feedback from Coaches Using the Swingulator

**"Game Changer"**

**"Makes tanks obsolete"**

**"Finally, I can get up close and really coach"**

**"This makes training fun"**

**"Feels like a boat"**