What works
- First page is awesome
- Great images
- Love the font
- Love the header styling

Improvements:
- The title should be "what is the rowing stroke". My only fear is that the title and text become hard to read. I love the background image, but maybe make the layer more opaque so the text is easier to read?
- The font is great, but the font size is slightly small. Maybe increase it.
- I'm not sure if every paragraph should be centered. Think of aligning text longer than a paragraph to the left
- In rowing timeline, I would use a different style to separate the year from the text. Also, a line running down the side connection each date could be nice, if technically possible

Overall nice work.