

ROWING TERMS

EQUIPMENT:

BLADE- The hatchet or spoon shaped end of the oar.

BOW- The forward section of the boat. The first part of the boat to cross the finish line.

BUTTON- a wide collar on the sleeve of the oar that keeps the oar from slipping through the oarlock; sometimes called the collar.

COLLAR - the wide collar on the sleeve of the oar that keeps the oar from slipping through the oarlock; sometimes called the button.

FOOT STRETCHER- the adjustable footplate with built in shoes which allows the rower to adjust their position in the shell relative to the oarlock.

GATE- the bar across the oarlock that keeps the oar in place.

LAUNCH- power boat that accompanies the rowing shell for teach and safety.

INBOARD- length of the oar measuring from the button to the handle.

OWAR LOCK- the u-shaped lock at the end of the rigger that attaches the oar to the shell. The oarlock allows the rower to rotate the oar between the squared and feathered positions.

OUTBOARD- the length of the oar measuring from the bottom to the tip of the blade.

PORT- the left side of the boat, while facing forward. The universal nautical color code for the Port side is red.

SLEEVE- a thin piece of plastic around the oar that keeps the oarlock from wearing out the shaft of the oar; sometimes called the wear plate.

SLIDE- the track or rail for the wheels of each seat in the boat.

SHAFT- the part of the oar between the sleeve and the blade. Comprises the majority of the length of the oar.

SPACER- a small plastic semicircular piece which can be placed on the pin above or below the oarlock to lower or raise the oarlock.

STARBOARD- the right side of the boat while facing forward. The universal nautical color code for the Starboard side is green.

STERN- The rear of the boat; the direction the rowers are facing.

THE STROKE:

CATCH - the moment the blade enters the water.

CHECK- an abrupt deceleration of the boat caused by poor rowing technique.

CRAB - occurs when the oar enters the water incorrectly, and as a result the water catches the oar and pulls blade deeper into water.

DIGGING - oar goes too deep into the water.

DRIVE - portion of the stroke that propels the boat through the water. The drive starts at the catch and ends with the release. The main power during the drive is generated by the rower's legs pushing off of the foot stretchers.

FEATHER - the act of rotating the oar at the finish so that the oar's blade is parallel to the water during the recovery. The blade is otherwise **SQUARED** or perpendicular to the water during the drive.

FINISH - The final part of the stroke where oar handle comes towards the body. Power is delivered from the back and arms at the finish.

RATIO- the relationship between the time taken between the drive and recovery portions of the stroke. A good ratio will have about twice as much time taken during the recovery as the drive.

RECOVERY- the time between the **RELEASE** of one stroke to the catch of the next stroke; the time the blade is out of the water. This is when the boat is moving the fastest.

RELEASE - a sharp downward and away-from-the-body movement of the hand(s), causing the oar blade to rise. Blade exits the water and the rower feathers the oar.

RIVER TURN- a method for turning the shell around by having one side pull forward, alternating with the other side pushing backwards.

RUN- the glide that occurs during the recovery, or the distance the shell moves during one stroke.

RUSH- a rower moves faster toward the stern during the recovery than the rest of the crew. This increases the amount of check during each stroke.

SET- refers to the balance of the boat. An unset boat will lean to either port or starboard.

STROKE- one complete cycle of the catch, drive, release, and recovery.

STROKE RATE- the cadence, measured as the number of strokes per minute; training at 20-22 stroke rate; racing 28-36 stroke rate.

SQUARE BLADE- perpendicular to the water.

SWING - The feeling in the boat when all rowers are driving and finishing their strokes together. The stroke feels effortless.

WASHING OUT- when an oar comes out of the water during the drive and creates surface wash.

COMMANDS:

“EVEN PRESSURE”- coxswain command tell rowers to pull with even pressure on both sides

“HARD ON PORT”- more pressure from port side rowers

“HARD ON STARBOARD”- more pressure from starboard side rowers.

HOLD WATER -!!!! THE MOST IMPORTANT TERM!!! This means stop immediately by breaking with your blades SQUARED in the water; rarely used and only for emergencies.

“HOLD WATER” is more likely called by the coxswain, but can be called out by anyone in the boat who sees an emergency.

“LET IT RUN”- a command to stop rowing, holding the blades out of the water and parallel to the surface so the boat continues to glide.

“POWER TEN”- a coxswain's command for the rowers to take ten of their best, most powerful strokes - a strategy to pull ahead of a competitor.

“SET THE BOAT” each rower who is not actually rowing must ACTIVELY set the boat by cradling the oar-handle such that the feathered blade is kept firmly against the surface of the water.

“READY ALL, ROW” - coxswain call to begin rowing.

“WAY ENOUGH” - this means STOP rowing and wait for next command.

CREW:

COXSWAIN (AKA COX) – the person in the boat who steers and gives commands to the crew.

STROKE- the stern most rower in the boat; seat 8. Responsible for setting the stroke rate and rhythm of the crew.

STERN PAIR- the pair of sweep rowers in the stern of the boat. This would be seats 7 and 8 in an eight or seats 3 and 4 in a four. The stern pair is responsible for setting the rate and rhythm for the rest of the crew.

BOW- the person in the seat closest to the bow, who crosses the finish line first; seat 1.

BOW PAIR- the pair of sweep rowers in bow of the boat. This would be seats 1 and 2 in an eight or a four. The bow pair has the most effect on the set of the boat.

ENGINE ROOM- Seats 3 to 6, middle of an 8+ shell. Usually larger, heavier rowers who provide strength.

SKIPPER- launch driver who may also be the coach.