

Glossary of Rowing Terms

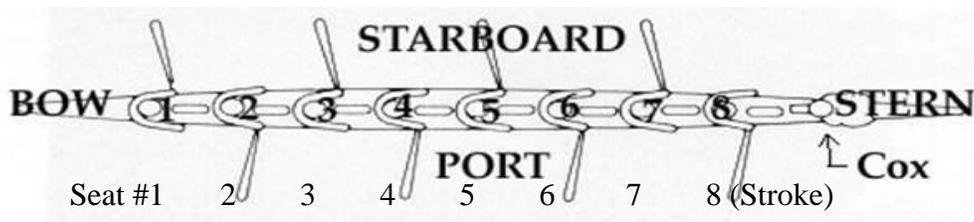
REGATTA - An organized crew race.

HEAD STYLE RACING – (Fall season) This can be done on a river, where there are twists and turns. The shells do not line-up, but race against the clock and starts are staggered. You do not need to pass another crew to beat it, but if you pass someone that started in front of you, you have surely beaten their time. The race distance is usually 3 miles long.

SPRINT RACING – (Spring season) These races are typically sprints. Crews start with the bow of their shells even and race parallel to each other. They start together and the first crew to cross the finish line wins. On the collegiate level and internationally, the race distance is 2000 meters. High school races are 1500 meters. Master rowers (age 27 and older) race 1000 meters.

NOVICE - a rower in their first 12 months of rowing. Since it takes most people a while to refine the basics of rowing and racing, they can row against others of similar experience level.

SWEEP BOAT or SHELL



←← Direction of Travel ←←

There are four different SHELL SIZES, distinguished by the number of rowers in the shell (8, 4, 2, or 1). The symbol following the shell size indicates whether with a coxswain (+) or without a coxswain (-), or whether it is a sculling boat (x).

SHELL - A boat used in racing.

SWEEP – A rower holds only one oar and rows on one side of the boat. The length of the oar is about 12 feet long.

SCULLING - Opposite of sweep. The rower holds and rows with two oars (an oar on each side of the boat). The length of each oar is about 9 feet long.

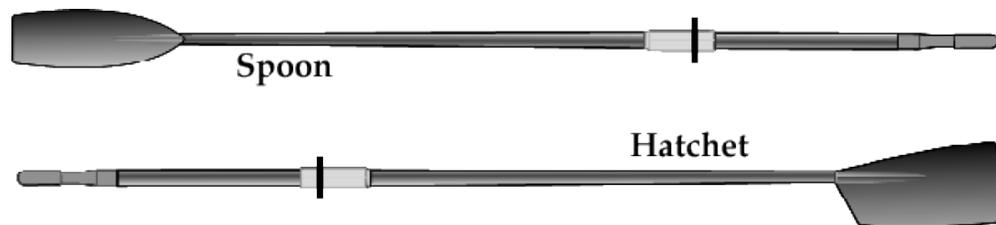
BOW - End of the boat closest to the direction of travel. Can also be used to refer to one-seat or in conjunction with either “four” or “pair” (i.e. “Bow-four” refers to seats four through one; “Bow-pair” refers to seats two and one).

STERN - End of the boat farthest from the direction of travel. Can also be used in conjunction with either four or pair (i.e. “Stern-four” refers to seats eight through five; “Stern-pair” refers to seats eight and seven).

PORT - Side of the boat to the coxswain's left and to the rowers' right.

STARBOARD - Side of the boat to the coxswain's right and to the rowers' left.

BLADE (HATCHET/CLEAVER, OR SPOON/MACON) - The face of the oar that pushes against the water.



COXSWAIN - The primary job of the coxswain is steering, but also provides race feedback about location on the course relative to the other crews and stroke rate per minute. They serve as an in-the-boat coach during races. They call “power tens” and encourage crews. (They don’t say, “stroke, stroke, stroke.”) Coxswains always face the direction of travel. They are usually seated in the stern facing the stroke-seat. However, some boats are designed so the coxswain is seated in the bow with his/her back to the one-seat.

COX BOX - A small electronic device which aids the coxswain by amplifying his/her voice, and giving him/her a read-out of various information.

FOOT STRETCHER - Part of the boat where the shoes are attached and where the rower pushes his legs against on the drive.

KEEL - The steadiness of the boat. If the boat alternates leaning from side to side, it is a sign of bad technique.

OARLOCK - Square latch to hold the oar and provide a fulcrum for the stroke against the rigger.

RIGGER - An apparatus on the side of the boat to provide a fulcrum for the lever (oar).

RUDDER - A little fin on the bottom of the boat that the coxswain can control to steer the boat.

SLIDE - The tracks in which the rolling seat rolls.

SPLIT - The time to row the equivalent of 500 yards on an Erg.

THE STROKE

STROKE - 1) One full motion to move a boat. Consists of the *catch*, *drive*, *finish* and *recovery*.
2) Also refers to eight-seat.

CATCH - The part of the stroke where the oar enters the water.

CHECK - Bad technique that slows the boat down. Essentially, the momentum of the rowers sends the boat in the opposite direction. (see "Rushing The Slide" below)

CRAB - A stroke that goes bad. The oar blade slices into the water at an angle and gets caught under the surface. A bad crab can catapult you out of the boat.

DRIVE - Part of the stroke where the rower pulls the blade through the water using legs, back and arms to propel the boat.

ERG (ERGO/ERGOMETER/ERG MACHINE) - A rowing machine designed to simulate the actual rowing motion; used for training and testing.

FEATHERING - Rotating the oar in the oarlock so that the blade is parallel to the surface of the water.

FINISH - Part of the stroke after the drive where the blades come out of the water. The rower removes the oar from the water, by first pushing downward then away with the hands.

LAYBACK - Term for how much you lean back at the finish. Too much or too little is bad.

LEG DRIVE - Term used for driving the legs against the foot stretchers on the drive.

MISSING WATER - Bad technique where you aren't moving the blade through the water as much as you could. Usually caused by not getting the blade in the water soon enough at the *catch*. Therefore, missed water equals less movement of the boat.

RECOVERY - Part of the stroke where the rower comes back up the slide slowly towards the *catch*. The oar is pushed away from the body by extending the arms, reaching the body forward and compressing the legs so the shin is vertical, preparing for the next Catch. The oar should not drag on the water.

RELEASE - Another term for *finish*.

RUN - The distance the boat moves after a stroke. Long run is very good. Run can be visually measured by the distance between the last puddle made by two-seat and where eight-seat's blade enters the water.

RUSHING THE SLIDE - Bad technique that causes *check*. Comes from coming towards the *catch* from the *recovery* too fast.

SKYING - Bad technique where the blade is too high off of the surface of the water at the *catch*.

STROKE RATE - How fast a stroke is being taken in terms of strokes per minute.

WASHING OUT - Similar to MISSING WATER except it means taking the blade out of the water too soon at the *finish*.

ROWING COMMANDS

"READY ALL, ROW" – *Coxswain* call to begin rowing.

"WAY-ENOUGH! " -- *Coxswain* call to have all rowers stop rowing.

"CHECK IT DOWN! " - *Coxswain* call that makes all the rowers drag their oarblades through the water perpendicularly, effectively stopping the boat.

"HOLD WATER! " - *Coxswain* call. Another way of saying, "***Check It Down***".

"LET IT RUN! " - *Coxswain* call for all rowers to stop rowing and to pause at the finish, letting the boat glide through the water and coast to a stop. Used as a drill to build balance.

"ONE FOOT UP, AND OUT" - Command for exiting a team boat. Procedure: The outside hand holds the oar(s) away from the body. The inside hand holds the gunwale to the dock. The inside foot is removed from the foot stretchers and placed on the step-in board, the body weight is shifted forward as the athlete stands supporting himself on their inside leg. The outside foot is placed on the dock and you get out of the shell.

"POWER 10" (or 20 or 30 etc.) - *Coxswain* call to take a certain number of power strokes. A power stroke is a stroke that musters all the strength you can give.