

# Welcome To “Learn-To-Row”



**What Should I Wear?** COMFY and SNUG — your clothing should allow you to move freely and be comfortable. NO Baggy pants, shorts, and shirts, however, tend to get stuck in the sliding seat upon which you will row. Your best bet is a **pair of shorts or leggings similar to cycling pants, and a shirt that can be tucked in** and a **hat, sunglasses, sunscreen** (make sure you apply sunscreen before arriving. You don't want slippery hands).

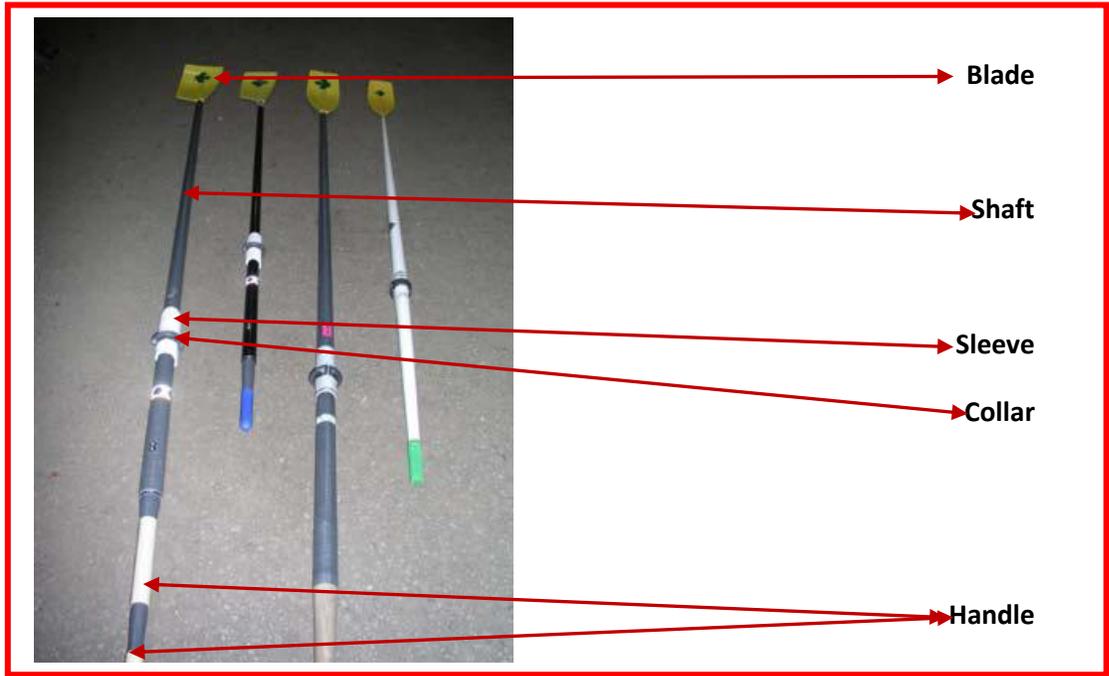
**What Do I Bring?** Bring a **water bottle** (we have no running water so be prepared for 2 hours of sun), **small hand towel** (to wipe your sweat/wipe down the boat), **socks** (shoes are in the boat), some kind of **water shoes** that is easy to remove and store in the boat. Dry clothes for after practice.

**Do I need to know how to swim?** Absolutely! Anyone taking the Learn-To-Row's must be able to pass a simple swim test.

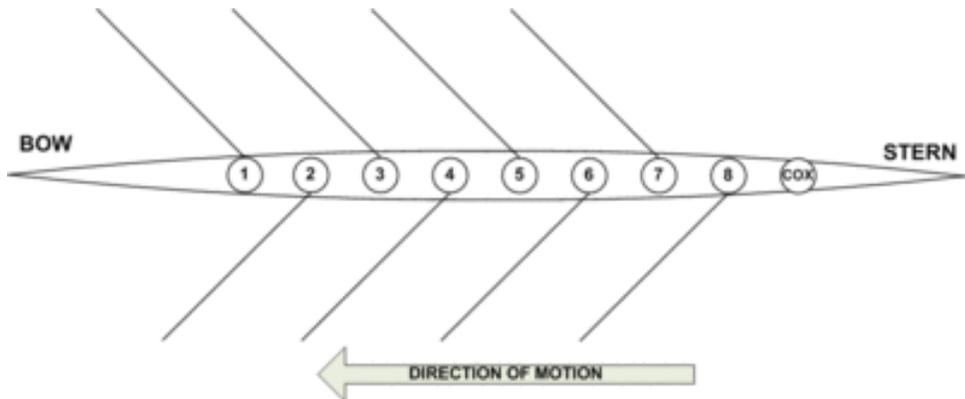
**How long before I'm good?** Rowing requires a combination of coordination, dexterity, balance, flexibility and understanding of the stroke mechanics. Some people pick up the basics quickly, while others may need more time. You will see a noticeable improvement after every practice, and continue to learn your entire life. To improve to a competitive level requires a combination of aerobic capacity, strength, endurance and power.

At the Learn-To-Row stage, we request that all participants be patient, since it is a team sport and there will be a range of abilities and skill levels in every boat.

# Parts of the Oar



- Hands are relaxed
- Outside hand at end of oar handle
- Hands 10 to 15 cm apart
- Wrists are flat during drive
- Inside hand turns oar handle to feather and square
- The oar handle rotates in the outside hand during feathering and squaring



# Boat Parts

**Shell:** A rowing boat.

**Bow:** The forward section of a boat.

**Stern:** The back part of a boat.

**Stern section:** In an eight (8+): stern 4, seats 5,6,7,8

**Bow Section:** In an eight (8+): bow 4, seats 1,2,3,4

**Port:** The left side of a boat when facing the bow. (NOTE: When seated in the boat your back will be to the bow therefore it will be on your right.)

**Starboard:** The right side of a boat when facing the bow. (NOTE: When seated in the boat your back will be to the bow therefore it will be on your left.)

**Rigger:** A framework attached to the shell and used to support the oarlock; also called an "outrigger".

**Oarlock:** A U-shaped device on a boat's gunwale where the oar rests and swings; also called a "rowlock".

**Tracks:** where seat rollers attach to boat.

**Gunwhale (pronounced "gunnel"):** Sides of the boat.

**Foot Stretcher:** where feet are strapped into boat.

**Slide:** seat you sit on that is placed on the tracks.

**Bowball:** A rubber ball attached to the bow tip of a shell to protect against damage and injury in case of a collision.

**Fin/Skeg:** A small, flat piece of wood or plastic attached perpendicularly to the bottom of the shell to help the shell stay on a true course; also known as "skeg."

**Blade:** The flattened, or spoon-shaped, part of an oar that touches the water during rowing

# Rowing Terms/Commands

**Cox:** Short for "coxswain" (pronounced "cox-n"), the person who steers the boat and gives commands to rowers. "The Boss."

*(Commands for lifting/carrying the boat)*

**Hands On:** *At this point there is NO TALKING just listening! On command, Everyone grips boat at the gunnels, preparing to lift. No lifting at this point.*

**To the Waist:** On command, Everyone lifts boat to the waist.

**Shoulders:** On command, Everyone lifts boat to the shoulders, facing the bow of the boat, walk the boat to the water/dock.

**Hands Across:** On command, with your inside hand/shoulder that is inside the boat, you will reach across to the other gunnels.

**Over heads:** On command, Everyone will lift the boat over their head, each hand on the outside gunnels.

**Roll the Boat:** On command, Everyone will roll the boat into the water away from shore/dock

**Count down when Ready:** From Bow everyone will say their seat number when they are all set to get into the boat. NO one enters the boat until the Cox calls it!

**Bow Four enter the boat:** Seats 1, 2, 3, 4

**Stern Four enter the boat:** Seats 5, 6, 7, 8

**Count down when ready:** After everyone is tied into their shoes, sure their oar is locked in and sitting ready to row.....from bow everyone counts down 1, 2, 3, 4, 5, 6, 7, 8

*Now we are ready to row!*

## *Commands you will hear the Coxswain call throughout practice*

**Way Enough/Wayne Off!!:** NO Rowing!

**Slide:** Call to start to move the seat up or back.

**Check it down:** An emergency command to stop the boat by jamming the oars into the water to create massive drag.

**Hold water:** A command by a coxswain for the oarsmen to place their blades horizontally in the water to stop the shell quickly; similar to "check it down", but usually less dramatic.

**Set the boat:** The balance of a boat.

**Back Water:** reverse position of blade so you are making the boat move in the opposite direction.

**Back it + your seat number:** back water when asked.

**Touch it + your seat number:** take one stroke when asked.

**Square Blade:** To rotate the blade of the oar while rowing so the blade is perpendicular to go into the water. Act before the Catch.

**Catch:** The act of the oar initially engaging the water during rowing (The blade is square to enter the water).

**Drive:** The part of the rowing action between the catch and the release when the oar is moving through the water with force.

**Feather Blade:** To rotate the blade of an oar while rowing so the blade is parallel to the surface of the water.

**Recovery:** The part of the rowing action between the release and the catch in which an oar is positioned for the next stroke.

**Release:** The part of the rowing action when the oar is removed/pops out of the water after driving through the water (Blade is square coming out of the water).

**Layback:** The amount of backward lean of an oarsman's body toward the bow at the end of a stroke.

## Other Rowing Terms

**Run:** The distance a boat travels during one stroke.

**ERG/ERGOMETER** - Rowing machine that most closely simulates rowing in a boat. It is used for training, testing and competitions.

**Stroke:** 1. a complete rowing motion, made up of a catch, drive, finish, release, feather and recovery.  
2: the rower nearest the stern who sets the rhythm and cadence for the crew.

**Sweep-oar rowing:** Rowing with one oar held by both hands

**Keel** - as in keep the boat on keel: not leaning to port or starboard.

**Back splash:** Spray kicked up toward the bow of a boat, created as the oar enters the water while still traveling toward the bow on the recovery.

**Front splash:** Spray kicked up as the oar enters the water at the catch and the oarsman begins to apply pressure before the blade is submerged completely.

**Catch a crab:** To make a faulty stroke, such as one where the blade either enters the water at a wrong angle and sinks too deep or is held at the wrong angle and fails to enter the water at all.

The Address to the boat club is:

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