

# ROWING GLOSSARY

## ABOUT BOATS

### Boats (Shells)

In Crew, boats are also called shells. Shells can be classified in different ways. The first method of classification is the type of rowing event. There are two types of events: sculling and sweeping.



The second way to classify shells is based on the number of rowers in the boat. When classifying boats in this manner, you do not count the coxswain. Shells can have one rower, two rowers, four rowers, or 8 rowers.

### Sculling

In sculling events each rower has two oars. The boat is called a scull. On a regatta heat sheet, sculling events are marked with an "x."

For example:

- single scull (one rower) is a 1x
- double scull (2 rowers) is a 2x
- quad (4 rowers) is a 4x

### Sweeping

In sweeping events, each rower has one oar. The boat is called a sweep boat. The sweep boats are pairs (2 rowers); fours (4 rowers); and eights (eight rowers). On a regatta heat sheet, sweep boats with coxswains are marked with a "+" and sweep boats without coxswains are marked with a "-."

For example:

- 4+ is a four (4 rowers) with a coxswain.
- 4- is a four (4 rowers) without a coxswain.

The two most common boats for Shaker crew are:

- **Coxed Four:** This shell has four rowers with one oar each – two on the left-hand side and two on the right-hand side – and a coxswain to steer the boat. On a regatta heat sheet, it is designated as 4+.
- **Coxed Eight:** This shell has eight rowers with one oar each – four on the left-hand side and four on the right-hand side – and a coxswain to steer the boat. On a regatta heat sheet, it is designated as 8+.

**Straight**

Refers to a shell without a coxswain; for example, a straight four or straight pair.





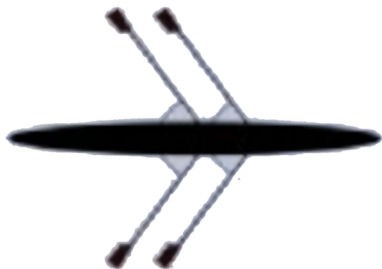
# BOATS

## SCULLING BOATS



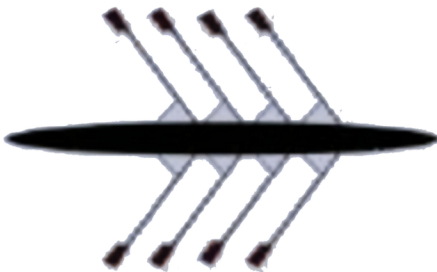
### **SINGLE (1x)**

Approx. 26 ft long, 11 in wide, +/- 30 lbs.  
Rowed by one person using two oars.



### **DOUBLE (2x)**

Approx. 32 ft long, 13 in wide, +/-60 lbs.  
Rowed by two people using two oars each.



### **QUAD (4x)**

Approx. 42 ft long, +/-115 lbs.  
Rowed by four people using two oars each.

## SWEEP BOATS



### **PAIR (2-)**

Approx. 32 ft long, 13 in wide, +/- 60 lbs.  
Rowed by two people using one oar each.

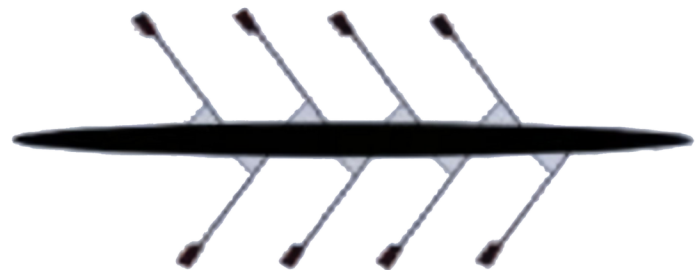


### **FOUR (4+)**

Approx. 42 ft long, 21 in wide, +/-112 lbs.  
Rowed by four people using one oars each.  
Coxswain can be in the bow or the stern.

### **STRAIGHT FOUR (4-)**

Similar to above but without a coxswain.



### **EIGHT (8)**

Approx. 60 ft long, 26 in wide, +/-210 lbs.  
Rowed by eight people using one oar each.  
Coxswain sits in the stern.

# BEING IN A BOAT

## **Bow**

The bow is the forward part of the boat (the first part of the boat that crosses the finish line). Coxswains always face the bow.

## **Stern**

The rear of the boat. Rowers always face the stern.

## **Bow Seat**

The person in the seat closest to the bow (the person that crosses the finish line first). Bow Seat is also known as #1.

## **Coxswain ('kaak·sn')**

The Coxswain's responsibilities include steering, strategy, and motivating the rowers. Traditionally, coxswains are thrown in the water after a winning race. Coxswain is the noun while "to Cox" is the verb.

## **Stroke**

The rower who sits closest to the stern. The stroke sets the rhythm for the boat; the other rowers must follow the stroke's cadence.

## **Novice**

Any rower who is rowing for the first year (regardless of year in school; for example, a junior in high school can be a novice).

## **Bow coxed boat/Bow loader**

A shell in which the coxswain is positioned lying down in the bow instead of sitting in the stern.

## **Port**

Left side of the boat as seen while facing forward. Port oars are on the right side for the rowers. In an 8, seats that row on the port side of the boat are usually stroke, #6, #4 and #2 (starting from the stern).

## **Starboard**

Right side of the boat as seen while facing forward. Starboard oars are on the left side for the rowers. In an 8, seats that row on the starboard side are Bow, #3, #5 and #7.

## **Set**

The balance of the boat. The bow seat (and 2nd seat) 'set' the boat and keep the boat balanced.

## **STUFF IN A BOAT**

### **Cox box**

The PA system used by Coxswain in the boat, which also provides information such as time and stroke rate.

### **Oar**

Rowers use oars (as opposed to paddles). The oar is made up of a pole and blade. The colors on the oar are unique to the rowing club. Shaker Crew blade colors are red and black with a white stripe.

### **Rig/Derig**

Boats may be adjusted in many different ways according to the physiques of the athletes in a particular boat, the type of racing, and anticipated rowing conditions. The primary objective of rigging a boat is to accommodate the team's needs for a specific regatta.

Together, the various adjustments the team makes are known as the "rig" of the boat. As a verb, "rigging/derigging" means attaching/detaching accessories in a boat, such as the riggers, foot stretchers, tracks, sliding seats, etc.

Sometimes the term rigging refers to the accessories themselves; for example, "check the rigging."

### **Rigger**

The metal device that is bolted onto the side of the boat and holds the oar. The team can adjust the riggers to accommodate the rowers' needs.

## Slide

The set of runners for the wheels of each seat in the boat. A rower is “rushing the slide” when they move the seat too rapidly during recovery and “shooting the slide” when they are failing to keep the seat directly under themselves (increasing the body angle).

## Footstretcher

Where the rower’s feet go. The footstretcher consists of two inclined footrests that hold the rower’s shoes. The rower’s shoes are bolted into the footrests. The foot stretcher and shoes are affixed to the boat and are not taken out every time a rower gets in and out. The foot stretcher can be adjusted to accommodate the different heights of rowers that may sit in that seat.

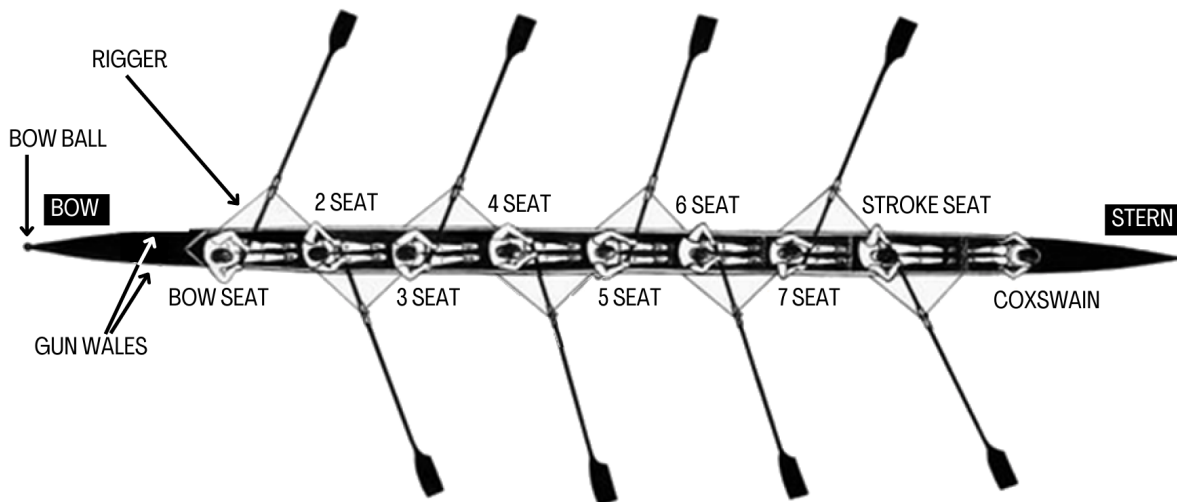


AN EIGHT (8+)

DIRECTION OF TRAVEL



STARBOARD



PORT

# THE ACTION OF ROWING

## **Catch/Release**

The catch is the point in the stroke at which the blade enters the water. The opposite of the catch is the 'release', when the blade comes out of the water.

## **Crab**

A crab is caused by turning the oar blade in the water so that the release from the water can't take place. If you see a rower thrown out of boat, they most likely 'caught a crab'.

## **Drive**

While the catch and release are the turning points in and out of the water, the drive and the recovery are two main parts of the stroke. After the oar catches the water, the rower pulls the oar through the water for the 'drive' part of the stroke.

During the drive, the rower also pushes with the legs, making the seat slide towards the bow. After the oar is released from the water, the 'recovery' part of the stroke returns the oar for the drive position and the rower's seat is returned to the stern end of the slide. The whole stroke is catch, drive, release, recovery.

## **Feathering**

Action of turning the oar blade parallel to the surface of the water during recovery (or the half of the full rowing stroke cycle where the rower has the oar out of the water). Feathering cuts down the wind resistance of the blade and aids in releasing the oar from the water smoothly.

## **Finish**

The finish is the last part of the stroke cycle before the oar is released from the water.

## **Recovery**

In the stroke cycle, the recovery is the slide back to the initial part of the stroke, to recover the position for the catch into the water (the reverse action of the drive). The 'recovery' part of the stroke returns the oar to the drive position and returns the rower's seat to the stern end of the slide. The whole stroke is catch, drive, release, recovery.

Recovery can also refer to the period immediately after competing, which for rowers includes consuming the right food and drink (often chocolate milk).

### **Skying**

When the blade is too high above the water during recovery, caused by a rower carrying the hands too low.

### **Washing out**

When an oar blade comes out of the water during a drive, creating surface wash, losing power, and unsteady the shell.





## ROWING MACHINES (ERGS)

### **Ergometer**

Commonly known as an “erg”, it’s a rowing machine that closely approximates the actual rowing motion. Erg scores from 2K tests (or other distances) are used by coaches to assess a rower’s aerobic and endurance capabilities. The Shaker Crew rowers use the Concept II, which utilizes a flywheel and a digital readout so that the rower can measure their strokes per minute, the distance covered, and power output.

### **Erg Piece**

The set distance done on the erg for determining an erg score. Usually measured in increments of 500 meters, typical erg pieces are 2K (2000 meters), 5K, 6K and 10K.

### **Erg Test**

During an erg test, a rower will row a set distance (or erg piece) and try to clock the fastest time possible. The resulting erg score is an objective measure of fitness. Generally, a 2k test will take anywhere from 6 to 8 minutes for boys and 7 to 9 minutes for girls.

Erg scores are one piece of information coaches use when assembling their lineups. However, weight, technique, and team coordination also impact the performance of a boat on the water. Coaches temper the erg score with these factors when assembling a team.

### **Split**

The standard measurement of speed on an erg or the amount of time in minutes and seconds required to travel 500 meters at the current pace. So a split of 2:00 is a speed of 2 minutes per 500 meters or 4.17 meters per second.

## ABOUT RACES (REGATTAS)

### **Uni**

The spandex unitard worn by some athletes. Shaker Crew typically wears a tank top (also called a singlet), not a unitard, but some athletes practice in unitards.

### **Head Race**

A timed race where the boats have a staggered start. Shaker Crew's Fall Season is exclusively head races.

### **Heat Sheet**

A list stating the order of events at a regatta, the start time for each event, and each team in the event. For large regattas, there can be multiple heats of one event. Heat sheets are available at [regattacentral.com](http://regattacentral.com).

### **MSRA(s)**

MSRA stands for Mid-West Scholastic Rowing Association. The MSRA hosts a championship event at the end of the Spring season for high school crew teams. That event is commonly referred to as MSRAs. Shaker Crew's performance at the MSRAs determines whether we will compete at Nationals.

### **Openweight/Lightweight**

Refers to the rowers, not the boats. Lightweight rowers must weigh in under a set weight (usually a maximum weight of 160 lbs for men and 130 lbs for women) to compete in a lightweight event. Open weight races make no distinction for the weight of the rowers. (Coxswains have their own weight limitations and do not affect the weight classification of a crew.)

The SRAA does not recognize the lightweight classification; therefore, Shaker Crew only participates in open weight races.

### **Power 10**

A call coxswains make for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

### **Racing start**

First strokes of the race, usually shorter and quicker than those used during the body of the race.

### **Rate or Stroke Rate**

Number of strokes per minute being rowed by the crew. Stroke rate varies by boat. In most Shaker Crew races, the stroke rate is around 30-34. Both stroke rate and technique contribute to a boat's speed.

### **Regatta**

In crew, competitions are called regattas (the equivalent of a track meet for crew). In the Fall Season, high school regattas are head races. Typically they are 5,000 meters (5K). In the Spring Season, high school races are 1,500 meters. (Olympic and college races are 2,000 meters, which is also known as the International Distance, or ID).

Regatta Central ([regattacentral.com](http://regattacentral.com)) is the best source of information for when and where regattas take place. For many regattas, Here Now ([herenow.com](http://herenow.com)) publishes live results.

### **SRAA (Scholastic Rowing Association of America)**

The SRAA runs Nationals, which determine the North American high school crew champions for each rowing event. Nationals are at the end of Spring Season. Teams qualify for Nationals based on their performance at specific qualifying regattas. Shaker Crew's performance at the MSRAs, one of the SRAA's qualifying regattas, determines whether they will go to Nationals.