

Humboldt Bay Rowing Association

Parents Handbook

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HBRA Junior Crew Contact Information

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Humboldt Bay Rowing Association Website:

www.hbra.org

Other useful sites:

Rowing Calendars and schedules:

www.regattacentral.com

General Rowing Info:

www.usrowing.com

Regatta results:

www.row2k.com

Mailing Address:
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Mission Statement

The mission of HBRA Junior Crew is to develop personal character, an ethic of cooperation, and physical fitness within the ultimate team culture of crew. The HBRA Junior Crew is open to middle and high school students ages 11 – 18 throughout Humboldt County without regard to socioeconomic status, past athletic experience, or school affiliation. HBRA Junior Crew's success demands personal responsibility, goal setting and accountability to the greater whole—skills also essential to our community at large. HBRA Junior Crew rowers literally learn the necessity of teammates pulling together to transcend their individual strengths and weaknesses.

History

HBRA has been in existence since 1987 as a community sculling club. In 2002 with the completion of the HSU/HBRA boathouse community summer sweep rowing classes were offered by coaches Adrienne McConnell and Scott Gibson. With the success of the adult classes and the very first youth class in 2004 Adrienne started the Juniors Rowing club. The club started with less than ten very young and small rowers borrowing boats and equipment from the HSU team and has grown to a club with both Masters and Junior rowers sculling and sweep rowing in their own boats. Currently the club has roughly 90 members both racing and recreationally rowing. The racing side of the club remains very competitive in one of the toughest regions in the nation. The Juniors routinely qualify boats to race at the national level and have seen several of their rowers row at the collegiate Division I and II levels with national success. There have been several coaches leading the club along the way but we are all thankful to Adrienne McConnell for taking the time to start this wonderful program.

The Coaches of HBRA Juniors past and present:

Adrienne McConnell	Peter Daggett	Lydia Adams (Hodge)
Scott Gibson	Molly Fisher	Ashley Donnell
Michele Africa	Julia Smith	Amanda Morettini
Brian Robison	Clair	
Dave Kenworthy	Erica	

The Team Moms of the Juniors past and present:

Mara Segal

Karen Sack

Patti Lohr

Mary Claire Kier

Vikki Ozaki

Kathie Hamilton Gentry

Cassie Nordstrand

Organization of HBRA & Junior Crew

The purpose of the Humboldt Bay Rowing Association is to utilize its resources, including those of the Humboldt Bay, to provide for our local community, as well as for visitors to our area, the opportunity to participate in the recreation and sport of rowing by providing the equipment, instructions for its use, and membership in the association. The HBRA boathouses provide storage for Masters, Juniors, Independent and Humboldt State University Mens Rowing Association boats.

- HBRA is a non-profit 501(c)(3) tax exempt organization.
- Junior Crew is one of the programs of HBRA.
- HBRA elects one parent representatives to serve on the HBRA Board for 1 to 2 year terms.
- For each rower, a parent/guardian is deemed to be an associate member of HBRA and is automatically part of the HBRA Junior Crew Parent Group.
- Junior Crew determines and implements policies pertaining to its daily operations and maintains separate accounting and financial records.

Parent Volunteers

HBRA Junior Crew would not exist without parent volunteers. With no paid staff other than coaches, the job of organizing, transporting, housing and feeding rowers for a typical regatta as well as all other Junior Crew related activities is immense.

To meet this challenge, we ask:

- That...parents support the team by volunteering; a minimum of 10 hours per season (you may “buy” your way out of volunteering)!
- That...representatives and coordinators manage the various aspects of the club.
- That...additional volunteer opportunities circulated via email and at parent meetings for regattas and special projects are responded to promptly.

****Getting involved is the best way to know your rowers peers and their families****

Volunteer Parent Representatives Duties

Parent Group President: Oversees all non-coaching activities involved with Junior Crew. Plans and presides over Parent Group meetings. Responsible for directing and communicating with coaches and HBRA board of directors. Appoints and removes committee chairs as required and establishes other committees w/appropriate heads as needed.

Parent Group Treasurer: Responsible for monitoring the financial activities of the Junior Crew team. Up to date record keeping is required of this individual. Receives all dollars payable to HBRA Junior Crew and deposits all receipts. Is responsible for keeping track of all receipts and monies due for each Junior family.

Parent Group Secretary: This individual attends all Parent Group meetings, keeps minutes and distributes to all parents. Ensures that all rowers have the proper documentation submitted that is required to be an active member of the team and that copies of those documents are kept up to date in the travel lock box. Gathers necessary additional paperwork required for specific regattas/events.

Fundraising Coordinator: This individual will be asked to coordinate all fundraising activities. Will develop fundraising goals and timelines in coordination with other representatives, HBRA and head coach. Organizes fundraising methods and events. Secures volunteers to assist.

Carpool Coordinator: Responsible for coordinating carpools to provide transportation of Junior Crew rowers to regattas and/or other team events. Will recruit and secure volunteer drivers. Will communicate carpool information to team, parents and coaches.

Regatta Food Coordinator: Is responsible for coordinating food planning, purchase, and transportation of food to regattas. Communicates about donation needs to parents. Manages food tent at regattas including tent set-up and take-down. Secures volunteers for any aspect of these duties as needed.

Lodging Coordinator: Responsible for coordinating overnight accommodations for team, coaches and parents attending regattas. Distributes hotel info including hotel name, room cost, amenities, etc. to all Junior Crew families and coaches. Coordinates arrival dinner @ hotel and following morning's breakfast. Secures any volunteers needed to help with any aspect of these duties.

Fundraising

Fundraising activities are critical to the success of our program. Equipment costs can be quite expensive ranging from \$600.00 for an oar to \$60,000.00 for a new eight. Obtaining and maintaining that equipment is made possible through fundraising. All activities require our athletes and their family's participation and support. Activities change depending upon the needs of the program and skills and interests of our parent volunteers. Some current activities include:

- Yard Sale (end of August just before HSU starts)
- Letter Writing campaign/Piggybackr (October)
- Bake sales (many events throughout the year)
- Grant Writing

Dues

Dues and fees only cover a portion of the team's operating expenses. These expenses include boathouse operation (utilities, fuel, portable toilet rental/servicing, insurances fees, coach stipends and other day to day business activities.

- Dues are announced at the beginning of the Fall season in August
- Separate dues are paid for the Fall and Spring seasons
- Installment payments are acceptable (see parent info form)
- Limited scholarship funds are available (see parent info form)
- Novice rowers are allowed a one week trial period before dues are required

Nutrition

Rowing is a very demanding sport and the athletes will burn a lot of calories over the course of a workout. You should encourage your athlete to carry a water bottle and drink lots of water during the day as well as eat a good lunch. Many teens don't eat as well as they should at school. Try to make sure that dinners include protein, fat and carbohydrates. The energy systems that the athletes use require that they have water and carbs to generate the energy they need during a workout.

As a parent, you can help your child by providing approximately 200 calories of carbohydrates within a half hour of the end of practice. This will help speed the body's recovery cycle. Below are some good options to bring in the car at pick up or and keep in the house for your rower.

- Apple or banana with or without nut butter
- Orange
- Small - medium bagel (whole wheat)
- 2 rice cakes with nut butter
- 2 graham cracker sheets
- 4 fig newtons
- Animal crackers
- Gatorade

- Granola bar
- Pretzels
- Handful of trail mix

Clothing and Uniforms

Uniforms and practice clothing are the responsibility of the athletes. During practices rowers can wear any clothing that allows for plenty of movement but is not baggy as it can get caught on the oars or seats. **No baggy sweats or hoodies.** Many rowers find spandex clothing designed for outdoor sports to be comfortable and functional for rowing. Since rowers remove their shoes when they row and wear the special shoes that are attached to the shells, thick socks (wool in the winter) are advised. Sandals, crocs or other waterproof footwear is recommended for walking to the boat. Depending on the weather conditions a hat, sunglasses, fleece jacket, windbreaker and raingear are useful.

- **A custom sewn racing uniform or “uni” is the only racing requirement.** These are purchased from a rowing shop called JL Racing. We do a group order before our first spring regatta.
- HBRA Junior Crew colors are black, white, and burgundy, with the HBRA logo.
- Some type of running shoe is necessary for land workouts
- Warm clothes to change into after practice and competing are strongly advised.
- Optional but recommended items for races include a long sleeve racing shirt in team colors; polypropylene tights for cold weather and raingear. Team sweatshirts, sweatpants and other items are sometimes offered for purchase for rowers and their families. We have a team shop at sew sporty with HBRA team clothing, should anyone wish to buy a logo sweatshirt etc. There is a link to it off the hbra.org website, the password is “HBRA”
- Team uniform orders are placed with JL Racing in the fall and spring. Cost is approximately \$85 - \$100. A uniform may last 4 years of rowing depending on how much a rower grows or sometimes loses weight.

Practice

Coaches expect all high-school aged participants to regularly attend scheduled practices and as many races as possible. If an absence is unavoidable, it must be communicated to the Coach with as much prior notice as possible. Please try to arrange any appts. or engagements for non-rowing days. Tardiness must also be avoided as it affects the entire team’s practice time. Multiple absences or late arrivals, regardless of the reason, may affect your rower’s participation. Athletes are asked to arrive 5-10 minutes **prior** to the beginning of practice in order to change clothes if necessary and/or stretch. Also, every effort is made to end on time; however practice may occasionally go 10-15 minutes beyond the stated end time due to change of conditions.

Normal practices generally involve a warm up of running, weights, or indoor rowing machines, followed by rowing on the water, and then cleaning the boats and finishing off with a cool down and stretch. For each practice we focus on fitness, technical skill, and team work. The rowers will learn how to properly move the boats on and off the water, work together as a team, clean and take care of the boats, as well as some

rowing and boating history. For fitness, rowers will focus on the primary rowing muscle groups of the legs, back, and abs along with a high level of aerobic capacity-endurance.

Weather

During in-climate weather we still row unless there is low fog, high wind, electrical storms, or the combined water and air temperature is below 90 degrees. Our water is usually about 52 degrees so when we hit 40 degrees outside the coaches are on alert to potentially not row. We still will hold land practice and try to rarely cancel practice completely. In the event a practice is canceled we will try to notify rowers and parents as early as possible by phone and texting. If you are unsure whether a practice is happening, please contact one of the coaches.

Racing Seasons

Fall: Fall season is the long distance training season for crews. Most fall races consist of long distance “head” races (between 2.5 and 4 miles), and results are calculated by time, not head-to-head competition. The starts are staggered allowing many crews to compete simultaneously.

Spring: Spring (February-May) is the most competitive season for rowing. Races are straight and short, 1500 to 2000 meters, and boats race in lanes. In order to accommodate all the competitors, heats are often necessary. Spring culminates with the SW District Junior Championships, held at Lake Natoma in Rancho Cordova. Winning varsity boats are invited to attend the USRowing Junior Invitational (National Championships) held in early June at one of the several premiere racing venues across the Nation. 2016 will be in New Jersey.

Regattas

We encourage all parents to attend the regattas. Regattas are the culmination of an athlete’s hard work. Watching your rower race is marvelous. It is a great way to learn about the sport and see your child’s progress. It is a good way to meet the other families so bring a folding chair and binoculars and join us!

- A list of anticipated regattas and dates will be distributed at the beginning of each season.
- Events last one to two days and are held on lakes, rivers or bays, usually in the Bay area, Sacramento area or Oregon.
- Participants represent private clubs and public schools and are of high school age.
- Up to 1200 rowers and twice as many spectators attend some regattas.
- Everyone high schooler on the team gets to row in regattas although some regattas are for varsity or qualifying boats only. Some middle schoolers will be invited as well if they are ready.
- Separate races for girls, boys, light-weights and heavy-(or open-) weights
- First year racers (novice) primarily race in novice only events – keeping the experience matched.
- Specific information for each regatta is distributed via email (and can also be found on regatta websites).

Race Schedules

Race-day schedules are distributed as soon as they become available. Often specific race schedules are not known until the evening before the regatta and the team has already begun its travels. Coaches will inform rowers as to when they should be at the regatta site. Up to date schedules are posted at the team tent which is set up for each regatta and is close to the race site.

School Absences

Many regattas require athletes to miss a part or whole day of school. Parents of rowers must notify their child's school if missed school time will be necessary.

Food and Regatta Tent

HBRA Junior Crew is proud of the healthy meals and snacks that are served at the regattas. The food tent is staffed by parent volunteers and is free to team members (provided as part of the regatta fee). Family members of rowers may be asked to contribute a small fee (usually \$5 per person) for those who would like to partake in breakfast, lunch or snacks at the food tent during the regatta. A lot of planning, shopping and preparation is required the week before a regatta. Please respond in a timely manner to emails from the Regatta Food Coordinator.

- Everyone is invited to bring homemade goodies & snacks to supplement the menu and for the carpool travel to and from the event.
- Rowers are required to provide their own money for meals en route to and from the regatta.

Transportation

Parents and/or guardians are responsible for transportation of their athletes to regattas. The Parent's group Carpool Coordinator will help coordinate carpool travel to regattas among rower family groups, so if you are driving to a regatta, please join the carpool if you are able to help transport any rowers whose parents are unable to attend. It is a good way to build relationships, get to know the kids your rower is hanging out with, and you never know when your child might need a ride in return.

- **Rowers are prohibited from driving to and from regattas**
- The Parent's Group Carpool Coordinator organizes the carpooling to and from regattas. Please respond to their emails in a timely fashion (even if it is just to tell them you can't take any riders).
- **Each** rower participating in the carpool will pay a **mandatory** \$25 to the their driver (in addition to the regatta fees to HBRA) to help defray fuel expenses. It is the responsibility of the parent to make sure drivers get that \$\$\$. No adult likes to ask a kid for money.
- HBRA does not verify the safety of drivers, their vehicles or insurance. It is the responsibility of the parent/guardian to ascertain vehicle and driver reliability.
- All carpool drivers and coaches are provided with a copy of the transportation list & driver's cell phone numbers.
- The Carpool Coordinator must be informed if athletes switch rides or cars. This is the responsibility of each driver.
- All drivers and athletes must stay at regattas until boats are loaded and the team is dismissed.

When transporting rowers you are responsible for:

- Transporting the rowers to and from the regatta site and the lodging location
- Transporting sleeping bags and personal gear (plan ahead for space!)
- Notifying the coach if you are delayed
- Ensuring that athletes are fed during travel
- Being accessible to the rowers and coaches during the regatta

If your rower is traveling with another family, you are responsible for:

- Knowing the driver and vehicle your child is traveling in
- Facilitating pick up and drop off times and locations
- Contributing towards the gas costs (approx. \$25)
- Providing your rower meal money and travel snacks as appropriate

Boat and Equipment Transportation

HBRA Junior Crew shells, oars and other equipment are transported on the team trailer.

- Driving the trailer is the responsibility of the coaches
- Loading and unloading the boats is performed by the rowers which includes loading and unloading at the boathouse before and after the regatta as well as loading and unloading at the regatta.
- Parent volunteers transport all food tent items.
- HBRA Junior Crew pays for fuel for vehicles hauling the boats (included in regatta fees).

Lodging and Extended Stays

When overnight accommodations are required the team stays together at hotels or, when possible, do home stays with the hosting team.

- Supervision is provided by the coaching staff & parent volunteers.
- A block of hotel rooms at a group rate is generally reserved for parents who advise the Lodging Coordinator ahead of time.
- Parents are responsible for paying for their own lodging.
- Please respond in a timely manner to emails from the Lodging Coordinator.
- Cost of rower and coaching staff rooms is included in regatta fees.

All Rowers should bring to regattas:

- Uniform
- Sleeping bag, pad and pillow if doing home stays
- **Overnight personal items: pjs, toiletries, towel, etc.**
- **Extra dry and warm clothing, even more socks! Raincoats, rain pants and rain boots during winter weather!**
- **Water bottle, sunglasses, sunscreen, hats, etc**
- **MAKE SURE YOUR ROWER'S NAME IS ON EVERYTHING.**

Suggested items for parents to bring:

- Portable chair
- Camera and Binoculars
- Warm clothes or rain gear (including gloves/caps)
- Light-weight clothing and comfortable shoes

- Sunglasses
- Sunscreen
- Blankets or sleeping bag for you or your rower to stretch out on
- Water and healthy snacks (food tent provided by parent group for rowers at most races...parents can chip in for access to snacks)

A schedule of the day's races is usually posted at a central tent or site at each regatta. At this same location, the results are usually posted.

Discipline

The HBRA policy regarding discipline always originates between the Coach and Athlete under advisement from the HBRA Board. Involvement of parents is limited. The usual disciplinary steps are:

1. First verbal warning
2. Second verbal warning
3. Consequence (i.e. physical task like push-ups/sit-ups, run, or erg piece, loss of rowing privileges, sent home with joint phone call to parents)
4. Removal from team if improvement has not been made

Since rowing is highly team-oriented, there is little tolerance for disruptive, discourteous, and/or unsportsmanlike behavior. Protocols 1-4 above do not apply if drugs or alcohol are involved. HBRA has a zero-tolerance policy with immediate expulsion.

All of our safety and discipline policies can be found on our website on the safety page. <http://www.hbra.org/pages/safety.html>

College and Beyond

The experience of crew can help some students with admissions to some colleges. There are a range of opportunities at schools and financial aid packets are generally determined by family need.

- Take the most challenging high school classes possible and do well.
- Keep up your erg scores.
- Try to attend development camps, not all camps are invitational.
- Prepare for the SAT/ACT.
- At the end of the Junior year, women should register with the NCAA which governs their sport. Men's rowing is governed by US Rowing.
- Contact coaches at school of interest.
- Learn about recruiting rules and following them strictly.
- Talk to coaches and your school counselor early and often.
- Use the resources on USRowing.org available to all members.

Expectations and Responsibilities

ATHLETES are expected to:

- Demonstrate a commitment to strive for excellence
- **Regularly** attend practices and competitions
- Collaborate with team members
- Communicate with coaches
- Speak and act with integrity
- Abide by HBRA Junior Crew guidelines

ATHLETES have the right to:

- Receive attention from the coaches commensurate with their level of commitment and dedication rather than ability
- Receive clear explanation of criteria used to evaluate performance
- Receive periodic, constructive evaluation of progress

COACHES are expected to:

- Consider the welfare of the athletes foremost in decisions
- Address the needs of all athletes-novice, varsity, and coxswains
- Communicate and teach the technical skills of this sport
- Provide constructive feedback to athletes
- Teach athletes both competitiveness and good sportsmanship
- Communicate to athletes the criteria used to determine the composition of boats
- Set an example of ethical and moral conduct and act as a role model for the athletes
- Communicate and work with the parent organization

COACHES have the right to:

- Make final decisions about composition of boats for races
- Have their judgment, expertise and discretion respected regarding rowing matters

PARENTS/GUARDIANS are expected to:

- Complete registration forms and pay dues and fees on time
- Provide support for the athletes-transportation, food, etc. for practices and regattas
- Support the activities of the club through participation-volunteering, attending parent meetings, and fundraising
- Communicate concerns about coaching and club operations

PARENTS/GUARDIANS have the right to:

- Accurate information from coaches and the parent organization.
- Respect and cooperation from coaches and athletes when volunteering.

“Ten Commandments for Rowing Parents”

(Adapted from Ed Clendaniel’s “Ten Commandments for Little League Parents”)

- 1. Thou shalt not impose your ambitions on thy child.**
Remember that rowing is your child’s activity. Improvement and progress occur at different rates for each individual. Don’t judge your child’s progress on the performance of other athletes and don’t push them based on what you think they should be doing.
- 2. Thou shalt be supportive no matter what.**
There is only one question to ask your child, “Did you have fun?” If meets and practices are not fun, your child should not be forced to participate.
- 3. Thou shalt not coach your child.**
You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent the rower/coach bond from forming.
- 4. Thou shalt only have positive things to say at regattas.**
If you are going to show up at a regatta, you should cheer, applaud, but never criticize your child or the coach.
- 5. Thou shalt acknowledge thy child’s fears.**
Regattas can be stressful. It’s totally appropriate for your child to be nervous and apprehensive. Don’t yell or belittle, just assure your child that the coach would not have suggested the race if he/she weren’t ready to compete.
- 6. Honor thy child’s coach.**
The bond between coach and rower is special and contributes to your child’s success as well as fun. Don’t criticize the coach in the presence of your child (or at all, for that matter!); it will only hurt your child.
- 7. Thou shalt not criticize the officials.**
If you do not have the time or desire to volunteer as an official, don’t criticize those who are doing the best they can.
- 8. Thy child shall have goals besides winning.**
Giving an honest effort regardless of the outcome is much more important than winning. As Theodore Roosevelt once said "Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a grey twilight that knows not victory nor defeat."
- 9. Thou shalt not expect thy child to become an Olympic Rower.**
Rowing is much more than being an Olympic rower. Ask your coaches why they coach. Chances are, they were not Olympians, but got enough out of rowing that they want to pass that love for the sport on to others. Rowing teaches self-discipline and sportsmanship, it builds self-esteem and fitness, provides lifelong friendships and more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won.
- 10. Thou shalt appreciate their efforts**
Your child is already feeling like a loser when he catches a crab or runs into a houseboat (yes, it has happened). The worst thing you can do is express your disappointment in their mistakes. Your child needs to know that win or lose, you love and appreciate their efforts.

The Language of Rowing

The sport of rowing has been around for a long time and has developed its own, sometimes peculiar terminology. Here is a glossary to help you understand what your rower is saying.

1x Symbol for a “single” (1 rower, sculling, no cox)

2- Symbol for a “pair” (2 rowers, sweep, no cox).

2+ Symbol for a “coxed pair” (2 rowers, sweep, cox).

2x Symbol for a “double” (2 rowers, sculling).

4- Symbol for a “straight four” (4 rowers, sweep, no cox).

4+ Symbol for a “four” (4 rowers, sweep, cox).

4x Symbol for a “quad” (4 rowers, sculling, no cox).

4x+ Symbol for a “coxed quad” (4 rowers, sculling, cox).

8+ Symbol for an “eight” (8 rowers, sweep, cox).

Body Angle The forward angle of the body from the hips that is achieved during the first part of the recovery. Also called “body prep.”

Bow The front of the boat. Also the term used for the person rowing in “1 seat.”

Bow Ball A rubber ball used to protect the boat in case of a collision.

Bow Coxed Boat A shell in which the cox lays feet first in the bow of the boat. This position helps to reduce wind resistance.

Button/Collar A wide ring on the oar that keeps it from slipping through the oarlock.

Catch The entry of the blade into the water at the beginning of the stroke; the point at which the oar is placed in the water.

Cox Box Amplification system with a headset, microphone, and speakers that allows the coxswain to convey instructions to the entire crew.

Coxswain/Cox'n/Cox [kok-suhn] The coxswain commands the crew, steers the boat, and is responsible for the safety of the crew and the boat. During a regatta, the coxswain is responsible for implementing the race plan established by the Coach. Experienced coxswains are valued as Assistant Coaches, and the coxswain is the only one other than the Coach to tell the oarsmen what to do.

Crab Being unable to take your blade out of the water at the release. This action destroys the rhythm, set, run, and momentum of the boat and is often referred to as “catching a crab.”

Drive Power portion of the stroke. When the blades are in the water, the boat is in the ‘drive’ phase of the stroke cycle.

Ergometer/Erg The Concept II rowing ergometer. This machine is used to build and measure the endurance and level of fitness of the athlete. Erg scores may also be used to determine placement in a particular boat line-up. Ergs use wind resistance to replicate the sensation of water resistance felt while rowing.

Feather The action of rotating the blade so that it parallels the water on the recovery. This minimizes resistance to air and water.

Finish/Release End of the drive during which the blade comes out of the water in preparation for the recovery.

Gunwale [guh-n-l] The sides of the boat, the edge of the shell’s cockpit. When rowers carry a shell to the dock, the gunwales rest on the rower’s shoulders.

Hold Down/Hold Water/Hold The action of square the blade in the water to stop the forward motion of the shell.

Inside Hand The hand that is closest to the oarlock (right for ports, left for starboards).

Lightweight A term referring to the rowers, not the boats. There is a maximum weight for each rower in a lightweight event as well as a boat average.

Masters Rowers over the age of 27 (21 at some regattas)

Novices/Novies First year rowers. Novice designation lasts for the academic year, but does not carry over the summer.

Oar (sweep) Used in pairs, fours, and eights. Each rower uses one oar. Just over 12 feet in length, oars may be made of wood or carbon fiber. They are generally painted with the team’s colors.

Oarlock Device that holds the oar and is the fulcrum for the oar. The lock consists of the pin and the gate. The gate is held closed by a threaded nut that is loosened to allow the rower to open the gate and insert an oar into the oarlock. The gate is then closed, and the nut is hand tightened.

Port Left side of the boat, facing the direction of travel (the bow). Red is the color that corresponds with port side.

Power 10 (20) A call for rowers to do 10 (or 20) of their best, most powerful strokes. A strategy used to pull ahead of a competitor or to focus the rowers’ attention.

Puddle The disturbance left in the water by the blade as it is removed from the water. Puddles are visible during the recovery and help to gauge the ‘run’ of a boat.

Recovery This is the time from the release of one stroke to the catch of the next stroke; the time the blade is out of the water. During the recovery, the rower moves his or her body and seat into position to prepare for the next catch.

Rigger The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Rudder About the size of a credit card, the rudder is part of the skeg that swivels to steer the boat. Sometimes, the rudder is separate from the skeg.

Run The glide that occurs during the recovery, or the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Scull Oar used in singles, doubles, and quads. Sculls are 9½ feet long and may be made of wood or carbon fiber. Sculls have a smaller handle than a sweep oar, but the parts are the same as a sweep oar.

Sculling One of the two disciplines of rowing. Each person has two oars.

Set Set is the stability of the boat side to side, and its ability to ride level without leaning to the starboard or port. A boat is "set" by the rowers.

Shell Term used interchangeably with 'boat'

Single A shell with one rower (a sculler) who uses 2 oars to propel the boat.

Skeg A fin attached to the bottom of the boat near the stern that helps keep the boat on course and balanced.

Slide Ratio The ratio of time spent during the drive versus the recovery. The goal is to spend longer on the recovery than the drive. This maximizes the run of the boat as well as the amount of rest the oarsperson gets during the recovery phase of the stroke.

Starboard The right side of the boat when facing the direction of travel (the bow). Green is the color associated with Starboard.

Stern The rear of the boat; the direction the rowers are facing.

Stretcher/Foot Stretcher Where the rowers' feet go. Shoes may be permanently attached to the boat or adjustable straps hold rowers' own shoes to the footboard. Foot-stretchers adjust to accommodate rowers' height/leg length.

Stroke The cycle of the oar during rowing. One stroke consists of the catch, drive, finish, and recovery.

Stroke Seat/Stroke The rower who sits closest to the stern. The stroke sets the stroke rate and rhythm for the boat.

Stroke Rate The cadence of strokes per minute.

Sweep Rowing/Sweep One of the two disciplines of rowing where rowers use only one oar.

Swing The elusive feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

USRA United States Rowing Association, governing body for rowing in the United States. <http://www.usrowing.org>

Weigh Enough A command given by Coaches and coxswains to stop an action.

Eleven Insights to the Sport of Rowing (from USRowing.com)

1. **Rowing is a total body workout.** Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.

2. **Rowers are probably the world's best athletes.** Rowing looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.

3. **Sweep (like a broom) and Sculling.** There are two basic types of rowing: sweep rowing and sculling. In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars, one in each hand.

4. **The boat.** Although spectators will see hundreds of different races at a rowing event, there are only six basic boat configurations. Sweep rowers come in pairs (2s), fours (4s) and eights (8s). Scullers row in singles (1x), doubles (2x) and quads (4x). Sweep rowers may or may not carry a coxswain (cox-n), the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In sculling boats and sweep boats without coxes, a rower steers the boat by using a rudder moved with the foot.

5. **The categories.** Rowers are categorized by sex, age and weight. Events are offered for men and women, as well as for mixed crews containing an equal number of men and women. (There are no mixed events for Jr. rowers.) There are junior events for rowers 18 or under or who spent the previous year in high school, and there are masters events for rowers 27 and older. There are two weight categories: lightweight and open weight.

6. **The equipment.** Rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide and approximately 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep oars are longer than sculling oars, typically with carbon fiber handles and rubber grips (although some sweepers still prefer wooden handles). Sculling oars are almost never wood.

7. **The crew.** Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.

8. **SPM not MPH.** Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high – 38-45, even into the 50s for an eight – and then – settles to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews

may call for a –Power 10| during the race – a demand for the crew’s most intense 10 strokes.

9. Race watching. The crew that’s making it look easy is most likely the one doing the best job. When watching a race, look for a continuous, fluid motion from the rowers; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed.

10. Teamwork is number one. Rowing isn’t a great sport for athletes looking for MVP status. It is, however, teamwork’s best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and bladework with one another.

11. Rowing is the ultimate walk-on sport. (It’s easier to get started than you think.) USRowing is a membership organization that serves rowers of every age and ability from the beginner to the experienced rower to the national team. So, there’s definitely a place for you. Binoculars help the viewer identify distant boats, a collapsible chair helps make a long day more comfortable, and this booklet will help a first time observer understand what is going on.