

# BAINBRIDGE ISLAND ROWING 2011-12 PARENT HANDBOOK



*Welcome to Bainbridge Island Rowing. You are about to become involved with a rowing organization that continues to foster a legacy of both competitive and recreational rowing for young and old alike. Rowing has a storied international history and tradition of building individual character and team cohesion like no other sport. Rowing values hard work, commitment, team loyalty and goal setting, and it fosters trust and camaraderie between teammates. Rowing becomes a lifetime sport for many who have had the opportunity to be introduced to it as a high school student. Bainbridge Island Rowing (BIR) is ten years old and has grown from a “club” of ten teenage rowers and a sole parent as coach to a Bainbridge High School varsity sport fielding 95 Junior rowers, an active parent support team, world class coaches, and 75 Master rowers. It continues to grow each year. BIR is the only organized sport on Bainbridge Island that offers an equal opportunity for young people and their parents to participate as well, if they desire.*

*While demanding and richly rewarding, rowing is also potentially confusing to those new to the sport. We hope this handbook will help both parents and rowers by providing essential information to familiarize you to the BIR programs and the sport itself. This handbook contains information that is applicable throughout the year. For details pertaining to a particular season, go to the BIR website, [www.bainbridgerowing.org](http://www.bainbridgerowing.org), which is updated frequently throughout the season with information about fees, registration requirements, dates and deadlines, race schedules, etc.*

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*Required forms for each season  
are available at [www.BainbridgeRowing.org](http://www.BainbridgeRowing.org) within links section.*

## About Bainbridge Island Rowing

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Bainbridge Island Rowing is a community-based, non-profit 501c(3) organization, founded in January 2001. Its goal is to promote all facets of the sport of rowing on Bainbridge Island and throughout Kitsap County.

Thanks to the efforts of a determined group of Bainbridge High School students and their parents, the first boats launched from private property on Point White Drive in the spring of 2001. Several beat-up but serviceable eight-person rowing shells were begged or borrowed from other area clubs. Experienced rowing coaches were found living right here on Bainbridge. And, thus, did a long-dreamed-of rowing organization come into being. The first learn-to-row classes were offered to adults in the summer of 2001, and Bainbridge rowers raced in their first regatta that August.



In the fall of 2002, an agreement was reached with the City of Bainbridge Island to move the boats to the hillside below the tennis courts at Waterfront Park. Since then, all rowing has taken place on Eagle Harbor, which offers more than 2,000 meters of rowable water. Over the course of the next few years, thanks to the work of numerous dedicated volunteers, a covered rack was built for the boats, along with a small storage shed.

A few years later, the City allowed BIR to move onto one of two little-used tennis courts, which we now call home. Someday, we hope to see a boathouse built for our fleet. Although BIR has a close relationship with the City and Bainbridge Island Park Department, BIR is not affiliated with either, nor do we receive funding from them.

In April 2010, BIR hosted its first regatta on Eagle Harbor, the All Island Junior Invitational, for high school rowers from Orcas, Vashon, and Bainbridge Islands.

As of the spring 2011 rowing season, the Junior (youth) program routinely supports 80-100 rowers per season and is an official Bainbridge High School spring sport. Since 2007, one or more BIR boats have qualified for and participated in the U. S. Rowing Youth Nationals. The number of Master (adult) rowers numbered more than 60 by the end of 2010. Masters row in a variety of programs at different times of the day and week, with both sweep rowing and sculling opportunities that range from competitive to purely recreational. Learn-to-row classes are offered every spring and summer through the Bainbridge Island Parks Department.

The governing arm of Bainbridge Island Rowing is an 11-member board that meets monthly. The board manages the budget, equipment purchases, and fundraising, as well as day-to-day operations and maintenance of the boats and the boatyard. Current board members are listed on the website as well as the time and location of the meetings. Board meetings are open to all.

## Fall 2011 Contacts

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**Bainbridge Island Rowing**  
221 Winslow Way West, No. 204  
Bainbridge Island, WA 98110

**Telephone: (206) 842-2004**  
**Fax: (206) 855-9215**  
**E-mail: [Info@bainbridgerowing.org](mailto:Info@bainbridgerowing.org)**

### Board of Directors

Tom Coble, President ([tom@tomcoble.com](mailto:tom@tomcoble.com))  
Marc Stewart, Vice President  
Peggy Nimb, Secretary  
Callie Sheehan, Treasurer  
Diana Christoffersen, Parent Leadership Group Coordinator/Communications  
Merry Palmer, Masters Coordinator  
Peter Christoffersen, Fundraising Coordinator  
Kathy Scanlan, At Large/Masters  
Mark Olason, At Large/Juniors  
Lexi Krueger, Junior Representative  
Anne Seeley, Webmaster

### Coaches

Tim Goss, Head Coach ([tgossla@msn.com](mailto:tgossla@msn.com))  
Bruce Beall, Varsity Boys ([bruce.beall@gmail.com](mailto:bruce.beall@gmail.com))  
Barb Trafton, Varsity Girls ([barbtrafton@gmail.com](mailto:barbtrafton@gmail.com))  
Chris Lane, Novice Coach ([clanecrs@gmail.com](mailto:clanecrs@gmail.com))  
Emma White, Assistant Coach ([emmaellenwhite@gmail.com](mailto:emmaellenwhite@gmail.com))

### Parent Leadership Group

(Contact all at [BIRJuniors@gmail.com](mailto:BIRJuniors@gmail.com))

Diana Christoffersen, Parent Leadership Group Coordinator/Communications  
Peggy Nimb, Regatta Coordinator  
Alison Hawley, Registration  
Cynthia Riha, New Parent Orientation  
Melanie Roth, Uniforms and Logowear Store

# 2011-2012 CALENDAR

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## Fall Season - September 12 through November 6, 2011

Varsity rower orientation: Wednesday, November 7, 2011 (7:00 p.m. at the Senior Center Commons)

Novice rower orientation: Thursday, September 8, 2011 (7:00 p.m. at the Senior Center Commons)

Coaches: Tim Goss, Bruce Beall, Barb Trafton, Chris Lane and Emma White

100 rowers: 30 Varsity boys, 30 Varsity girls, 20 Novice boys, 20 Novice girls

Eight week program: Monday through Friday, 3:30 p.m. to 6:00 p.m.

Regattas:

Head of the Novice on Vashon Island - Saturday, October 29, 2011 (Novice only)

Portland Classic - Sunday, October 30, 2011 (Varsity only)

Green Lake Frostbite - Saturday, November 5, 2011 (Novice only)

Head of the Lake - Sunday, November 6, 2011 (Varsity only)

## Winter Training - November 28, 2011 through February 2, 2012

(No practice December 19 through 29, 2011)

Coach: Chris Lane

50 rowers: 25 Varsity boys, 25 Varsity girls

Eight week program: Monday through Friday, 3:30 p.m. to 5:00 p.m. (Boys/girls alternate)

Regattas:

Ergomania at Lakeside School - Saturday, February 4, 2012

## Spring Season – February 6 through May 20, 2012

Varsity rower orientation: Wednesday, February 1, 2012

Novice rower orientation: Wednesday, February 8, 2012

(Varsity practice begins February 6; Novice practice begins February 13)

Coaches: Tim Goss, Bruce Beall, Barb Trafton, Chris Lane and Emma White

100 rowers: Ideal configuration is - 30 Varsity boys, 30 Varsity girls, 20 Novice boys, 20 Novice girls

Fifteen week program: Monday through Friday, 3:30 p.m. to 6:00 p.m.

Regattas:

Ergapalooza –Saturday, February 25, 2012 at the boat yard (Varsity and Novice)

Green Lake Regatta – Saturday, March 17, 2012 (Novice only)

All-Island Regatta (on Vashon Island) - Sunday, March 25, 2012 (Varsity and Novice)

San Diego Crew Classic – Sat. and Sun., March 31 – April 1, 2012 (one selected Varsity girls 8+ only)

Covered Bridge Regatta (in Eugene, Oregon) – Fri., Sat. and Sun., April 13 – 15, 2012  
Varsity and Novice)

Brentwood Regatta (on Vancouver Island) - Fri., Sat. and Sunday, April 27 - 29, 2012  
(limited Varsity and Novice)

Opening Day Windermere Cup - Saturday, May 4, 2012 (limited Varsity pending invitation)

N. W. Junior Regionals - Thur., Fri., Sat. and Sunday, May 17 - 20, 2012 (Varsity and Novice)

Youth Nationals - Thur., Fri., Sat. and Sunday, June 7 to 10, 2012 - (Varsity only pending qualification at N. W. Junior Regionals)

Scrimmage w/ Lakeside School - Date yet to be determined

## The Coaches

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### **Bruce Beall**

A member of the 1984 U. S. Olympic Rowing team (he stroked the U. S. Olympic Quad), Bruce was a collegiate rowing coach for 18 years, coaching at the University of Washington, Boston University, Harvard University, MIT, and the University of California at Berkeley. He was the first Executive Director/Head Coach at the Pocock Rowing Center in Seattle. Rowing is also how he met his wife, Barb Trafton, who was a national team rower and former college rowing coach. They have two children, daughter Keziah who is rowing for the University of Virginia and son Jackson, a BIR rower who graduated from Bainbridge High School in 2011.

### **Tim Goss**

Tim was first drawn to rowing as a way to stay in shape for skiing in the off season. He was “bit by the oar” and went on to row at Williams College. After moving to Seattle in 1987, Tim was a rowing coach at Lakeside School and took up sculling at Green Lake Rowing Center. Graduate school and kids followed, and rowing took a back seat to biking and running. It wasn’t until his older daughter, Amanda, joined BIR in 2007 that Tim rediscovered the joys and challenges of rowing. Tim was head coach for this past summer season. He looks forward to growing the club and sharing the inspiration inherent in this sport.

### **Barb Trafton**

Barb Trafton is happy to share her love of rowing with the girls’ teams of BIR. Barb started rowing in high school when told she wasn’t allowed to swim for three seasons. By senior year, rowing was her sport of choice. She competed on the Junior National Team and rowed four years on the varsity eight at Princeton University. With enthusiastic support from husband Bruce Beall, Barb competed after college on several U. S. National Teams, including winning a silver medal in the Lightweight Women’s Single in the 1984 World Championships. Barb has coached Junior, Novice collegiate and an International crew. Barb joins Bruce in cheering on daughter Keziah while making boats fly at the University of Virginia and son Jackson as he embarks on his college career.

### **Chris Lane**

Chris started rowing in high school as a sophomore because there was no sailing team to join at his new school. What started as a way to stay on the water turned into a passion, and he went on to be a three-year varsity stroke at Choate Rosemary Hall, leading the school to its second ever qualification for Youth Nationals his senior year. Crew took a back seat to studies during college, but during this time he discovered his passion for coaching as a racing instructor for sailors on Long Island Sound. Chris moved to Bainbridge Island in 2008 and joined the coaching staff at BIR in 2010. He is excited to be able to combine two of his greatest joys at a successful and growing program. When not coaching, Chris works at Blackbird Bakery where he creates delicious food for wonderful people.

## Emma White

Emma White began her rowing career on a rainy June morning in 2007. She and her father joined many of BIR's finest at a "Learn to Row Day." Due to the classic northwest weather, the two Whites were the only students, but they were welcomed with vigor and excitement. Thrown immediately into a boat, the crew decided these two could handle a challenge; but Emma promptly caught an "over-the-head" crab. A little shaken, but not completely spooked, she decided to try rowing again that fall at Bates College in Lewiston, Maine. With a little more practice, she took to the sport and quickly moved from lowly crab catcher to four seat of the varsity eight by spring. Emma had a memorable, joyful and successful college rowing experience. She took with her five NCAA DIII trophies (No. 2 in the nation, 2009-2011) and countless cherished memories. She graduated this May with a degree in Biochemistry and plans to attend medical school, hopefully in Seattle. In the meantime, she dreams of early mornings when she might row on Lake Union before her classes.

## Overview of a Rowing Season

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The rowing year here in the Northwest extends from early or mid February through early November.

### The Seasons

The summer rowing season runs from late June through early August and is not only the shortest, least competitive season, but also a great time to start rowing and learn the basics. Summer ends with the Green Lake Summer Extravaganza, usually the first Saturday in August -- a perfect time for a rower's first competitive race.

The fall rowing season, September through mid-November, 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 based on elapsed time, not head-to-head competition. The starts are staggered, with boats crossing the starting line one at a time, on a fixed interval, allowing many crews to compete simultaneously. The fall season culminates in the Green Lake Frost Bite Regatta (a short course) for Novices and the Head of the Lake for Varsity.



The spring rowing season runs from early February through late May and is the most competitive season for Junior rowing. Races, called "sprints," are 1,500 to 2,000 meters long, and boats race in lanes, up to six boats across. To accommodate all the competitors, "heats" are often necessary, with faster boats moving on to race in "finals." There are various regattas during this season, which culminates with the N. W. Junior Regional Championships, usually held in Vancouver, Washington the third weekend in

May. This is a three-day regatta with a very high level of competition. All BIR Juniors are expected to participate. Winning varsity boats are invited to attend the U. S. Rowing Junior Invitational (National championship) held in early June in Ohio or Tennessee.

## **The Varsity and Novice Teams**

Because of the inability to boat more people than we can safely coach and have seats or oars for, the number of Junior rowers is capped at 100. The ideal goal for participation is 30 Varsity boys, 30 Varsity girls, 20 Novice boys, and 20 Novice girls. If the registration numbers for any given group do not reach these goals, then those spots may be shifted to another program. For example, if the number of Varsity girls registering were only 25 rather than 30, then the Novice girls program would be open to 25 rather than 20.

Capping the number of Junior participants at 100 may mean that the BIR coaches will have to limit the number of rowers in any given group, resulting in a qualification process that would be done by the Coaches within two weeks of the first day of practice. After this qualification process, any individual not selected for the Junior team would receive a full refund of season fees and be placed on a waiting list in the event a qualifying rower cannot complete the season.

Although the Coaches and Board of BIR wish this to remain a sport open to all interested high school students, it is simply not a safe program for more than 100 Junior rowers. Should it be necessary to move forward with this qualification process, we encourage those not selected for the team to work on fitness levels, particularly erging, and to try again the following season.

Coaches will make decisions on team members based on some or all of the following criteria:

***Raw and/or weight adjusted ergometer scores*** (20 minutes for the fall season, 2,000 meters for the spring season),

***Running times*** (2.5 miles in the fall, 1 mile in the spring),

***Technical ability*** in the boat,

***Body size*** (a balance of larger and smaller body sizes is needed to have the right proportion of rowers and coxswains), and

***In regard to Coxwains***, ability, temperament, capacity to project voice, and authority.

Coaches will answer questions about this qualification process at the orientation meetings.

## **Expectations from Coaches**

Participation and commitment at practice directly contributes to the entire team's success. Seat assignments are set up in advance of each practice -- so, if you don't show up, you affect the entire boat. If you have a conflict and need an excused absence, contact your coach, preferably 24 hours in advance. Rowers should check in at the boatyard by pegging-in on the attendance/boating by 3:30 p.m. or they will be considered absent. Late rowers may not be boated and will be assigned a land workout.

## **What to Expect at Practice**

During the spring and fall seasons, practices run Monday through Friday from 3:30 p.m. to 6:00 p.m. at the BIR boatyard at Waterfront Park. Summer practices usually run Monday through Thursday from 7:30 a.m. to 9:30 a.m.

Bainbridge High School students walk, bicycle, or informally carpool to the boatyard. Rowers' rides home after practice should be waiting for them promptly at 6:00 p.m., or families should arrange for a late pickup location such as the entry to Town and Country Market. Please do not have your child wait at Waterfront Park.

Most practices consist of land conditioning (running on sidewalks near downtown Winslow, rowing on ergs, or doing calisthenics and light weights) and rowing on Eagle Harbor. Rowers carry shells from the boatyard and launch from the beach between the City dock and Queen City Yacht Club dock. At the end of practice, the rower is ready to leave only after the rowing shells and other equipment are rinsed and put away as directed.

## **What to Wear/Bring to Practice**

To every practice, be sure to bring:

- Appropriate clothing (details below)
- Running shoes
- Water shoes
- Filled water bottle

Remember -- "ABC: Anything But Cotton"! The best clothing for rowing and land workouts is soft, stretchy, and fairly form-fitting. Polypro, CoolMax, and other synthetic fabrics are best because they keep the rower relatively warm, even when wet and they dry quickly. Loose clothing can get caught in the slides, so avoid basketball style shorts or warm-ups. Form fitting material such as Spandex shorts work best. Bike-style lycra shorts, without the padding, for instance, can be found at most sporting good stores.

Running shoes and socks are needed every day for land workouts. Good running shoes are essential and should be replaced after every 300 or 400 miles of use. The website at [www.jlrracing.com](http://www.jlrracing.com) may be helpful to you when purchasing practice clothing for your rower. The on-line store (when open) on the BIR website also offers basic black practice shorts, as well as a splash jacket, long-sleeved tech shirt, and baseball cap in team colors.

In the early spring and late fall, a fleece or wool stocking-style hat should be brought to every practice. Layers are very important to keep muscles warm.

Waters shoes are essential for all rowers because boats are walked into Eagle Harbor. Shells and broken glass along the muddy shoreline are hazards, and the water is very cold all year. Neoprene (5mm without straps) ankle booties are best, but crocs, teva style sandals and other water shoes work well too. Flip-flop style sandals often fall off or break, so they are not recommended.

## **Blister Care**

***Let Blisters Heal Naturally.*** Blisters can occur when you damage your skin while rowing. Repeated friction across the palms from the oars commonly causes blisters to form along the areas of contact. If the blister doesn't affect your rowing, leave it alone. Leaving the blister intact prevents infections from entering the skin, and the clear liquid inside the blister pads the area. Plan on a week to 10 days without blister treatment before your body reabsorbs the fluid inside the blister. You may want to apply moleskin or use gauze padding to cover the blisters with a cushion. If you experience other symptoms, such as fever, or if you feel unwell, call your doctor.

***Drain a Painful Blister.*** When you row, the oar may exert too much pressure on your blister. Drain any painful blisters or blisters that restrict your rowing. Wash your hands with antibacterial soap before puncturing your blister. Disinfect a small needle by heating it until it turns red and allowing it to cool or by soaking it in rubbing alcohol for three minutes. Carefully push the needle into the blister as close to your skin as possible, but don't rip your skin. You may need to soak rough areas first to allow the needle to penetrate the blister without difficulty. Most blisters release a clear liquid, but blood blisters release blood. Gently apply pressure to the top of the blister until the bubble is empty. Never drain burn blisters.

***Protecting Open Blisters.*** Once you drain a blister, protect the exposed skin from germs. If you ripped the skin, trim the excess skin from the blister with a pair of sterilized scissors or nail clippers. Apply an antibiotic cream to the area, and then cover the blister. Unless the bandage comes loose or gets wet, you need only change it once daily. You may find blisters heal more quickly if you expose them to air when you aren't rowing or putting pressure on the area. Some people advocate making a tent in the bandage to allow air to reach the area. Keep an eye on the blister and notify your doctor if you notice any red streaks or pus.

For more on blisters, visit the website at [www.livestrong.com/article/9467-treat-blisters-from-rowing/#ixzz1WZcLmzjt](http://www.livestrong.com/article/9467-treat-blisters-from-rowing/#ixzz1WZcLmzjt).

## **Nutrition**

Rowing is a demanding sport, and the athletes will be burning many calories over the course of a workout. You should be encouraging your athlete to carry a water bottle and drink lots of water during the day, as well as to eat a good lunch. Most athletes bring a healthy snack -- fruit or an energy bar -- to eat between school and practice. At dinner time, dinners should 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.

## **Uniform Requirements**

For the spring regattas, all rowers must have either a team unisuit or a team tank and “rowing trou” shorts. A long sleeved racing shirt is highly recommended. Official team uniform orders are placed at the beginning of the spring season (check website for updates). During the summer and fall seasons, most Varsity rowers race in their team unis, but novices will race in a team t-shirt, allowing novices a chance to try competing before spending money on full uniforms. Please help your rower to see that all belongings are labeled, especially uniforms, so that they may be easily returned if lost.

## **Volunteer Opportunities and Expectations from Parents**

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The BIR Junior program cannot be fully supported nor function successfully solely through seasonal fees, it takes a commitment of time from many volunteers. Volunteering is one of the best ways to quickly understand the unique culture of crew, meet other parents, chat with the coaches, and get a grip on the rowing vocabulary. You can volunteer at many levels...

The Parent Leadership Group is comprised of parents willing to commit to key volunteer roles for a year's time. By taking on one of these key roles, you have the opportunity to be directly involved in the planning, decisions and success of the BIR Junior program.

Following is a brief description of the eight positions within the "Parent Leadership Group." Note that, because the meal planning is a larger endeavor, three individuals would form a committee. During the course of the year, the Parent Leadership Group would meet as a whole at least twice to keep the focus cohesive.

### ***Coordinator/Communications***

*This person is responsible for coordinating communication between the coaches, parents and the Board. They lead the Parent Leadership Group and represent the group on the Board. They are the predominant communication with the parents.*

### ***Regatta Coordinator***

*This role is responsible for the coordination of all elements of regattas, including transportation of rowers and equipment, accommodations (if necessary), and rental (tents, etc.) requirements.*

### ***Registration***

*This person is responsible for seasonal rower registration, multi-day regatta registrations, ensuring U. S. Rowing memberships are current, acting as the liaison between BIR and the high school, and producing a parent/rower roster each season.*

### ***Meal Planning Committee***

*These individuals (3 to 6 minimum) work closely with the Regatta Coordinator and plan, purchase and organize the food for both single- and multi-day regattas.*

### ***New Parent Orientation and Support***

*This person is responsible for programs and materials provided to rowers and their families who are new to the BIR junior program, including updating the rower handbook.*

### ***Fundraising***

*The main fundraising activities for the junior program at this point are the two semi-annual car washes. This position organizes that event as well as leads an effort to expand options to raise supplemental funds. The annual Dream Big event would continue to be organized by another group.*

### ***Uniforms and Logo-Wear Store***

*This individual is responsible for ordering junior uniforms as well as coordinating purchases for the Logo-wear store that offers casually-monogrammed BIR clothing suitable for both parents and rowers.*

### ***Publicity***

*This person has responsibility for submitting regatta results to local media outlets, writing press releases and increasing the visibility of the club within our community.*

In addition to these key roles, there are many other opportunities for volunteering with BIR. As part of the registration process, we ask all parents to make a volunteer commitment. Whether you are new to the group or a multi-seasoned parent, whether you can commit days or only hours, your help is needed and can be used. Other volunteer opportunities include web design and update, regatta planning, regatta packing, site set up and tear down, food preparation, transporting rowers and chaperoning at over-night regattas. It is essential to the organization and rewarding for the volunteer.

## Other Opportunities for Parents

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### Larger-Scale Fundraising

Rowing is a sport with expensive equipment. An eight person rowing shell costs upward of \$30,000, a four person shell around \$20,000. A thriving program means more boats are needed to increase capacity and replace old shells that have outlived their useful lives. A fundraising committee is looking into options for grants, but donations are still the backbone of growing our fleet. In 2009, our first-ever major fundraising event, Dream Big, generated enough to purchase a new eight, a new four, and a new coaching launch. Stay tuned for details about Dream Big 2011 and get involved yourself!



### Ride-Along with a Coach

Want to experience rowing up close? Parents are invited and welcome to ride along in a coach's launch during most practices. Please make arrangements to do so in advance, so that the coaches know who to expect and aren't overloaded on any given day.

### Parents' Learn-to-Row Day



Want to give it a try yourself? Watch the website calendar! A special learn-to-row class just for parents of Juniors will be offered at the end of every spring season. You'll learn the basics of rowing terminology, practice lifting and carrying the boat, and go out on the water for a rowing session. Who knows, you might even like it so much you'll want to keep rowing.

## **What You Can Find at [www.Bainbridge Rowing.org](http://www.Bainbridge Rowing.org)**

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### ***Junior section:***

*How to register (first log in at the top right to actually do so)*

*Important dates*

*E-mail addresses for coaches, Board of Directors and the Parent Leadership Group*

*Information on nutrition, blister care, and stretching*

*Links to photo collections*

### ***Calendar section:***

*Month by month details of regattas and organization events*

### ***FAQ section:***

*Answers to questions for both Juniors and Masters, including registration and membership*

### ***Links section:***

*Forms and schedules for each season and type of rower*

*Helpful links to other rowing organizations*

### ***Registration policies section:***

*Policies and procedures for registering*

*How-to on registering*

*Terms and conditions*

During the spring season, you can also access the on-line store for uniforms and other logo-wear. In addition, there is information on how to donate to the organization, more history and background, and who to contact for website issues.

# Scholarship Guidelines and Application Procedure

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## Policy

The core mission of Bainbridge Island Rowing is to build and sustain a rowing community on Bainbridge Island and throughout Kitsap County. Since its inception, BIR has provided scholarships to waive a portion of the tuition fees for Juniors whose current economic situation would otherwise be an impediment to their participation in BIR programs. Scholarships are available for spring and fall season and for attendance at regattas. Scholarships are not provided for summer season rowing.

## Process

Scholarship application should be made at the same time as registration for the season or for a specific regatta. To apply, send an e-mail to the BIR Scholarship Coordinator at [scholarships@bainbridgerowing.org](mailto:scholarships@bainbridgerowing.org) that includes the name of the athlete, contact information, and a brief explanation of need.

We will notify you of the results of your scholarship application as soon as possible after the close of registration, but in no event later than five (5) days after the close of registration.

Anyone planning to apply for a scholarship should complete the on-line registration process and meet all other deadlines as noted on the website, but are not required to submit payment while a scholarship application is pending. During the on-line registration process, choose "Check" as the payment option. Any balance due after an award may be paid by check or credit card.

## Privacy

All scholarship files remain confidential. A record of limited demographic information is kept for tracking purposes only, so that Bainbridge Island Rowing can report to donors and prospective donors the number and circumstances for which scholarships have been awarded. No personal information will be released.

# About the Sport of Rowing

(Excerpted in part from U. S. Rowing at [www.USRowing.org](http://www.USRowing.org))

## Overview of General Rowing Terms

**The Sport of Rowing.** Rowing is one of the few athletic activities that involve all the major muscle groups. Although at first glance it may look as if only the arms and back are working, the power of the stroke comes from the drive of the legs. Rowing is a demanding activity, and elite rowers can count themselves among the world's finest athletes. Rowing requires good aerobic fitness, much like cross-country skiing. While good rowing looks graceful, elegant, and almost effortless, the sport demands endurance, strength, balance, and mental discipline. Members of successful crews often develop a commitment to each other that helps them to move past early limits and discover their true potential.

**Sweep versus sculling.** There are two basic types of rowing: sweep rowing and sculling. In sweep rowing, each athlete holds one oar with both hands. In sculling, each athlete has two oars, one in each hand.

**Boat configurations.** The boats are called shells. Shells are categorized by the number of rowers (seats) in each boat. Sweep boats come in pairs (2+ and 2-), fours (4+ and 4-), and eights (8+). A "+" means that the boat has a coxswain (pronounced "cox-n"), the person who steers the shell and serves as the on-the-water coach. Scullers row in singles (1x), doubles (2x), and quads (4x+ and 4x-). All 8-person shells have a cox, as do most fours and some quads.



**The equipment.** Today's rowing shells are made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is 27-30 feet long, one 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 the shell through the water. Sweep oars are longer than sculling oars. Oars are also made of carbon fiber and most have rubber grips over the handles, although some sweep rowers still prefer wooden handles.

**The rowers.** 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 Junior events for rowers 18 or under (or who spent the previous year in high school) and Masters events for rowers 27 and older. The Open division encompasses any age group.

There are also two weight categories: lightweight and open (or heavyweight). Lightweight division is for women weighing 130 pounds or less and for men weighing 155 pounds or less. Within BIR, rowers are eligible for the lightweight category if, and only if, the athlete naturally qualifies for that weight category.

**Novice versus Varsity.** Junior rowers are considered Novice during their first year of rowing, with the Novice year beginning in the summer and ending at the conclusion of the spring season, regardless how many seasons the rower has raced. Because a Junior rower moves into the Varsity program after rowing a single spring season, a novice who wants to maximize his or her competitive advantage as a new rower should begin in the summer season and compete in the fall and spring programs.

**Position in the boat.** Rowers are identified by their position in the boat. The rower in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person directly in front of the bow is No. 2, then No. 3, and so on. The rower closest to the stern, which crosses the finish line last, is known as the stroke. The stroke 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.



**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 who wants to make the boat competitive learns to blend effectively with teammates. The athlete will find that the greater the commitment to teammates, the more satisfaction will be gained from the sport. 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 blade work with one another.

**Watching races.** The crew that makes 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. Bodies and oars should be synchronized, and the oars should enter and leave the water with little splash. Race courses are generally 6 lanes across and 2,000 meters long. Lanes are usually numbered one through six, from left to right, if you are facing the starting line with the finish line at your back. A good course will have brightly colored buoys marking the course at every 500 meters. Binoculars can help you identify distant boats, a collapsible chair helps make a long day more comfortable, and this handbook will help a first-time observer understand what is going on. There are numerous categories for races, as well as distances. At Green Lake, the races are 1,000 meters. At Brentwood in Canada, the races are 1,500 meters, but most other Junior races in the spring are 2,000 meters.

**Measuring speed.** Crew races are measured against the clock, but wind and wave conditions, as well as water temperature, all affect the speed of a race, so there can be great variability in actual results. A fast Junior boys 8+ might cross the line in six and a half minutes.

Rowers speak of strokes per minute (SPM), which is literally the number of strokes the rowers take in a minute's time. The stroke rate at the start of a race is high and then "settles" to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. The cox may call for a "Power 10" during the race, a demand for the crew's most intense 10 strokes.

**Rowing ergometers.** Off-water rowing is an important component of our conditioning program. "Ergs" are rowing machines that measure the rowers' strength and endurance of the rowing motion. Erg test pieces are generally 2,000 meters in the spring season or 20 minutes (6,000 meters for boys, 5,000 meters for girls) in the fall. The time taken to row those distances is then used to objectively evaluate the athlete. The lower the time, the more power the athlete can contribute to boat speed. Because other factors, such as technique and body size, also determine the athlete's ability to contribute to boat speed, erg times are but a single factor in determining of boat and seat assignment.



## All About Regattas

**Regatta schedules.** Regatta schedules are posted on the website and communicated by the coaches and via e-mail. Athletes are expected to be at every race, or regatta. Please contact your coach by phone in the two weeks that precede a regatta if you have a conflict. Realize that if a rower suddenly drops out of a competition, he/she may pull up to 8 other teammates from a race. The day of a regatta starts early, leaving on the 5:20 a.m. ferry. Upon arrival at the regatta site, there is usually much work to be done -- rowers unload the boats from the trailers and parents set up camp. The number of races that each rower competes in varies, usually between one and three. Team members and parents are encouraged to cheer for every race in which any BIR boat competes.

As a parent, you may find it helpful to bring a book, binoculars, folding chair, and warm clothes. Volunteering to help with meals is a good way to make the time fly and to meet other parents. Rowers are expected to stay at the regatta until all team members have competed, boats are loaded on the trailer, and the coach dismisses the team. Upon returning to Bainbridge, the team will immediately meet at the BIR boatyard to unload boats from the trailer.

**Clothing for regattas.** For every regatta, please make sure your rower has the following items:

- Uniform for racing
- Running and water shoes
- Water bottle
- Warm clothing, including hat and raingear
- Sunscreen
- Sunglasses
- Ferry and gas money
- Money for team meals
- Homework/folding chair

**Transportation to regattas.** Parent volunteers typically carpool the team to regattas. ***Rowers are not allowed to drive themselves to regattas -- ever.***



## The Boats (Shells)

**Sweep.** In a sweep boat, each rower has one oar (held by both hands).

**Eight (8+).** A shell with eight rowers. Always rowed with a coxswain because of the size, weight, and speed of the boat. Bow-loaded eights (with the coxswain in the front of the boat rather than the rear) exist, but are banned from most competitions for safety reasons.

**Four (4-) or (4+).** A shell with four sweep rowers. Coxless fours (4-) are often referred to as straight fours, commonly used by lightweight and elite crews, and are raced at the Olympics. In club and school rowing, one more frequently sees a coxed four (4+), which is easier to row and with a coxswain to steer.

**Pair (2-) or (2+).** A shell with two sweep rowers. The coxless pair (2-), often called a straight pair, is a demanding but satisfying boat to master. Coxed pairs (2+) are rarely rowed by club and school programs.

**Sculling.** In a sculling boat, each rower has two (somewhat shorter, lighter) oars, one in each hand and on each side of the boat.

**Octuple (8x).** A rarely seen sculling boat having eight rowers with two oars each. Generally, a training boat, but raced by juniors in the United Kingdom.

**Quad (4x).** A sculling boat having four rowers with two oars each. Can be coxed (4x+) or coxless (4x-).

**Double (2x).** A shell for two scullers, generally rowed without a coxswain.

**Single (1x).** A shell designed for an individual sculler. It can range in length to accommodate racing (long sleek shells) or for open-water with more stability (wider, shorter shells).

## The Athletes

**Bow (or bow seat).** The rower closest to the front or bow of a multi-person shell. In coxless boats, often the person who keeps an eye on the water behind him (in the direction the boat is going) to avoid accidents.

**Coxswain.** The oar-less member of the crew who is responsible for steering and race strategy. The coxswain either sits in the stern or lies in the bow of the boat.

**Engine room.** The rowers in the middle of the boat. In an 8-person shell, these are generally seats 5 and 6 and, to a lesser degree, seats 3 and 4. They are generally the biggest and strongest rowers in the boat.

**Heavyweight.** A rower who weighs more than the restrictions for lightweight rowing. Often referred to as open weight.

**Lightweight.** A rower whose weight allows him or her to be eligible to compete in lightweight rowing events.

**Novice.** Rowers who are rowing their first year, which may run three seasons, summer, fall and spring. A novice who competes in any season must move up at the end of the spring season following any competitive racing.

**Port.** A sweep rower who rows with the oar on the port or left side of the boat.

**Sculler** . A rower who rows with two oars, one in each hand.

**Seat number.** A rower's position in the boat, counting from the bow. In an eight, the person closest to the bow of the boat is "bow" (or 1), the next is 2, followed by 3, 4, 5, 6, 7, and finally 8 or "stroke." In certain countries, the seats are numbered in the opposite direction, from stroke to bow.

**Starboard.** A sweep rower who rows with the oar on the starboard, or right, side of the boat.

**Stroke** . The rower closest to the stern of the boat, responsible for the stroke rate and rhythm.

**Sweep.** A rower who rows with one oar, held by both hands.

## Equipment/Parts of the Boat

**Rigging** is the term used to describe how the boat is outfitted, including all of the apparatus (oars, outriggers, oarlocks, sliding seats, etc.) attached to a boat that allows the rower to propel the boat through the water. Rigging is also used to describe the configuration of the boat and settings of the apparatus. The following list includes terms often associated with a boat's rigging, along with often-used terms for other equipment used in rowing.

**Backstay.** A brace that is part of the rigger and extends toward the bow from the top of the pin.

**Backstop.** The stop mechanism that prevents a rower's seat from falling off the tracks at the back end (towards the boat's bow).

**Blade.** The spoon- or hatchet-shaped end of the oar.

**Bowloader/bowcox/bow-steered.** A boat where the coxswain is placed in a seat partially enclosed in the bow of the shell (instead of sitting in the stern).

**Bow.** The front section of a shell.

**Bow ball.** An essential, small, soft ball, no smaller than 4 centimeters in diameter, that is securely attached to a boat's bow. Primarily intended for safety, but also useful in deciding which boat crossed the finish line first in very close races.

**Bow number.** A card holding the number assigned to the boat for a race, typically set into a bracket near the bow ball. Number is determined by lane in a sprint race, or position of start in a head race.

**Collar.** A wide plastic ring positioned around the sleeve of an oar. The collar stops the oar from slipping through the oarlock.

**Cox box.** A portable voice amplifier used by the cox. It may also optionally incorporate digital readouts displaying stroke rate, boat speed, and times.

**Ergometer (erg).** A rowing machine, usually used indoors.

**Footplate.** The piece of the boat to which the rower's feet are attached, either by tying in their actual shoes (sneakers) or, more often, by putting their feet into a permanently attached pair of sneakers.

**Foot stretcher.** An adjustable footplate that allows a rower to easily adjust his or her physical position relative to the slide and the oarlock. The footplate can be moved either closer to or farther away from the slide front stops.

**Frontstop.** The stop mechanism that prevents a rower's seat from falling off the tracks at the front end (towards the boat's stern).

**Gunwales.** Pronounced "gunnels," this is the top rail of the shell.

**Handle.** The part of the oar that the rowers hold and pull with during the stroke.

**Hatchet blade.** Modern oar blades that have a more rectangular hatchet-shape.

**Hull.** The actual body of the boat.

**Launch.** A motorboat used by rowing instructors, coaches, or umpires.

**Macon blade.** A traditional u-shaped oar blade (also called Spoon blade and Tulip).

**Oar.** A slender pole attached to a boat by the oarlock. One end of the pole, called the handle, is gripped by the rower and the other end has a blade, which is placed in the water during the propulsive phase of the stroke. The blade portion of the oar is similar to a razor blade or a piece of paper -- essentially two-dimensional; the third dimension is very thin, although it should be noted that there is a very important element to the third dimension of the blade, namely that it is curved into a sort of hydrofoil, which helps provide much of the thrust.

**Oarlock.** The rectangular lock at the end of the rigger that physically attaches the oar to the boat. The oarlock also allows the rower to rotate the oar blade between the "square" and "feather" positions.

**Pin.** The vertical metal rod on which the oarlock rotates.

**Pogies.** A type of mitten with holes on each side that allows the rower to grip the oar with bare hands while also warming the hands; used frequently by rowers in colder climates.

**Port.** The left side of the boat when facing (towards the bow). A port sweep rower has the oar out to the port side of the boat.

**Rigger.** A rigger is the rowing slang name for an outrigger. It is a projection from the side (gunwale) of a racing shell. The oarlock is attached to the far end of the rigger, away from the boat. The rigger allows the racing shell to be narrow, thereby decreasing drag, while at the same time placing the oarlock at a point that optimizes leverage of the oar. There are several styles of riggers, but most often they are a triangle frame, with two points attached to the boat and the third point being where the oarlock is placed. The term rigging is also used to describe whether a boat is stroked by a port or starboard rower (port-rigged or starboard-rigged, respectively). With sweep rowing, riggers typically alternate sides all down the boat, though it is not uncommon to see two adjacent seats rigged on the same side of the boat.

**Rudder.** Adjacent to the skeg and used by the coxswain (or in some coxless boats, by a rower using a "toe") to steer the boat via attached cables.

**Scull.** (a) An oar made to be used in a sculling boat, where each rower has two oars, one per hand. (b) A boat (shell) that is propelled using sculling oars -- for example, a single scull is a one-person boat where the rower has two oars; in a double scull, each of two rowers have two oars each.

**Seat.** Physically, refers to the molded plastic seat mounted on wheels, on which the rower sits. A second meaning is the rower's location in the shell: bow seat is number "one," and seats are numbered upward to the stroke seat ("eight" in an eight-man shell). Thirdly, seat can mean a competitive advantage in a race; to lead a competitor by a seat is to be in front of them by the length of a single rower's section of a shell.

## Seating

Seating positions in a racing shell are generally numbered from the bow to the stern. Generally the forwardmost rower is called the bow and the aftmost rower the stroke, regardless of the number of rowers in the boat, with all other seats simply being numbered. So, for example, the crew of an eight (with coxswain) would number off from the bow like this: bow, two, three, four, five, six, seven, stroke. In a four (with or without coxswain) or a quad, the rowers would number off bow, two, three, stroke.

**Shell.** The boat used for rowing.

**Skeg (or fin).** Thin piece of flat metal or plastic that helps stabilize the shell in the water.

**Slides (or tracks).** Hollow rails upon which a rower or sculler's sliding seat will roll.

**Slings (folding, portable, temporary boat holders).** Two slings are required to hold each boat, regardless of size.

**Spoon blade.** Traditional u-shaped oar blade (also called Macon blade or Tulip blade).

**Starboard.** The right side of the boat when facing forward (towards the bow). A starboard sweep rower has the oar out to the starboard side of the boat.

**Starboard-rigged.** A boat where the stroke rower is a starboard rower.

**Stern.** The rear section of a shell.

**Top nut.** The nut that screws onto the top of the pin holding the oarlock in place.

**Tulip.** Traditional u-shaped oar blade (also called Macon blade).

## Coxswain Commands

These are commands used by coxes (or coaches) to tell the rowers what to do. They may also be used by the bow seat in a coxless boat.

**"(#) add in/drop out in two."** These commands tell the rower(s) either to stop rowing or to start rowing with everyone else. (#) indicates the seat number(s) of the rower(s) to whom the command is directed. For example, "Bow pair drop out, stern pair add in two strokes."

**"(#) hit it."** Tells the rowers to row hard one stroke. For example, "Two seat, hit it..."

**"Back it."** To have the rowers place their blades at the release position, squared, and push the oar handle towards the stern of the boat. This motion causes the shell to move backwards.

**"Check it down."** Square the oars in the water with upward pressure of the hands (to stop the boat).

**"Count down."** Tells the rowers to call out their seat number, starting at the bow, when ready to row.

**"Down on port/starboard."** Means that the boat is leaning to one side or the other. Typically, in order to set the boat, rowers on the side that is down raise their hands, and the other side lowers their hands.

**"Easy, ease up or paddle."** To stop rowing hard.

**"Even pressure."** This command tells the rowers to pull with even pressure on both sides

**"Firm it up."** Tells the rowers to apply more pressure as needed.

**"Hands on."** On land, tells the rowers to grab the boat, usually next to their own seat, so that the boat can be moved.

**"Sit ready to shove."** Tells the rowers to grab the dock in preparation for shoving off.

**"Hard on port/starboard" (or "ort/starboard pressure").** The rowers on that side of the boat must row harder (and the opposite side must row slightly easier) in order to facilitate a turn.

**"Heads up."** A shout to alert others, used often off the water to watch out for a boat being carried.

**"Up over heads."** Tells the rowers to press the boat above their heads.

**"Hold water."** Emergency stop. Instructs the rowers to square their blades in the water to stop the boat.

**"In two..."** Often appended to the front of a command, telling the rowers that the command following takes place after the next two strokes. For example, "In two, power ten," or "In two, weigh-enough."

**"Let it/her run."** To stop rowing and to put the handles of the oars either down to the gunwales or out in front of the rower, so that the oar blades are parallel to the water yet not touching it. Allows the boat to glide for a distance, leaving no paddle wake in the water.

**"Paddle."** Tells a crew to row with just enough pressure to move the boat. Also used to bring a crew down from full pressure at the end of a workout piece or race.

**“Pick it / Picking.”** A rapid stroke where rowers use only their arms and use minimal pressure. When done right, an effective and impressive way to turn a boat.

**“Power ten.”** Tells the crew to take ten strokes at more than full pressure. Used for passing and gaining water in a race (sometimes, “Power five” or “Power twenty” or “Power thirty”).

**“Ready all, row.”** Sit ready and then begin rowing.

**“Roll to waist.”** Tells the crew to flip the boat over, in unison, from above their heads down to waist height.

**“Set it up.”** Reminds the rowers to keep the boat on keel.

**“Set ready.”** Commands the crew to move to the catch blades buried, and be ready to start the race.

**“Settle.”** A command and a part of the race. As a command, tells the rowers that the crew is going to bring the stroke rate down for the body of the race, but still maintain pressure. The settle usually comes after the faster, harder starting portion of the race.

**“Up to shoulders.”** Tells the crew to lift the boat, from any position below their shoulders, up to shoulder height. Can be reversed (“split to shoulders”) to tell rowers to lower the boat from overhead down to their shoulders, the best position for carrying a shell.

**“Scull.”** A command used if the stern is held by a stake boat. “Port scull” usually means that two seat takes bow’s oar in front of him/her and rows lightly with it. Likewise, “Starboard scull” means that three seat takes two seat’s oar and does the same. This is easier than having bow seat take a stroke, since it can move the boat in a more parallel direction.

**“Swing it.”** On land, a command used when carrying a boat to start turning either bow or stern.

**“Take the run off.”** To stop rowing and hold the blades at a 45-degree angle in the water to slow the boat down.

**“Touch it.”** A stroke where rowers use only their arms and back. Used mostly for warm-up or to turn a boat.

**“One foot up and out.”** The command for exiting a boat as a team.

**“One foot up and in.”** The command for getting into a boat as a team.

**“On the square.”** To row without feathering the blades on the recovery.

**“Up to waist.”** Tells the crew to lift the shell to their waist.

**“Watch your blades port/starboard.”** Tells the rowers on the side specified to look out at their blades and take action to prevent them possibly hitting something.

**“Weigh enough” (or “wain...’nuff” or “way enough”).** The command to stop whatever the rower is doing, whether it be walking with the boat or rowing.

## Rowing Strokes

**Air stroke.** To take a stroke without the blade having been placed in the water, resulting in a complete lack of power.

**Backsplash.** Refers to the water thrown back toward the bow by the blade as it enters the water. Less is best. This indicates that the blade has been properly planted before the rower initiates the drive.

**Backwater.** To propel the shell backwards.

**Body angle.** Amount of forward lean of a rower’s body from the hips at the catch.

**Bury the blade.** Submerge the blade totally in the water.

**Catch.** The part of the stroke when the oar blade enters the water and the drive begins. Rowers conceptualize the oar blade as “catching” or grabbing hold of the water.

**Check.** Interruption of the forward movement of the boat, often at the catch and sometimes at the release.

**Cover.** The distance between one set of puddles and the next set of puddles.

**Crab.** A rowing error where the rower is unable to remove or release the oar blade from the water in a timely manner and the oar blade acts as a brake on the boat until removed from the water. A crab results in slowing the boat down. A severe crab can even eject a rower from the shell or make the boat capsize (unlikely except in small boats). Occasionally, in a severe crab, the oar handle will knock the rower flat and end up behind him/her, in which case it is referred to as an “over-the-head crab.”

**Drive.** The propulsive portion of the stroke from the time the oar blade enters the water (catch) until it is removed from the water (release).

**Feather.** To turn the oar so that its blade is parallel with the water (opposite of square).

**Finish.** That portion of the pull-through, just as the oar is taken from the water.

**Hands away.** At the close of the drive phase, the hands move away from the body.

**Hanging at the catch.** When the blade incorrectly hesitates at the catch point, before entering the water.

**Hot seating.** When two crews share the same shell. During a regatta, it is sometimes necessary for the crews to switch places at the dock or launching area without taking the boat from the water.

**Inside hand.** The rower's hand that is nearest the oar lock. This is the feathering hand.

**Jumping the slide.** A problem where the seat becomes derailed from the track while rowing.

**Keel.** The balance of the boat. Good keel means that the stability of the boat is good. "Keep keel" is a command often heard from the coxswain when the boat starts to sway.

**Layback.** What the rowers do when they sit with their legs flat and lean back, from the hips, towards the bow of the boat.

**Leg drive.** Power applied to the stroke, at the catch, by the force of driving the legs down.

**Missing water.** A technical fault where the rower begins the leg drive and stroke before the oar is in the water and the catch is complete.

**Outside hand.** The hand of a rower that is placed on the end of the oar handle (away from the oarlock).

**Over reach.** A fault that occurs when a rower comes to his full reach forward and then attempts to obtain even greater length by releasing his grasp on the handle with his outside hand or by bringing his outside shoulder further forward, dipping the body into a weak position.

**Pause paddling.** To row with a pause between each stroke. The coxswain will indicate where in the stroke the pause should be taken.

**Puddles.** The swirling impressions in the water made by an oar blade pulled through the water. The farther the puddles are pushed past the stern of the boat before each catch, the more run the boat is getting.

**Ratio.** The relationship between the time taken during the propulsive and recovery phases of a rowing or sculling action.

**Recovery.** The non-work phase of the stroke where the rower returns the oar from the release to the catch and slides up the track into position for the catch.

**Release.** At the end of the drive portion of the stroke, when the oar blade is removed (released) from the water.

**Run.** The distance a shell travels during each stroke.

**Rushing.** Term for when rowers move too quickly along their tracks into the catch. The boat will lose the feeling that it is gliding or "running out."

**Set.** The balance of the boat. Set is affected by handle heights, rowers leaning, and timing, all of which affect the boat's balance. When a boat is not set, the coxswain usually tells rowers to "set the boat"-- that is, to make adjustments as needed to get the set back.

**Shooting your slide.** Term used when an oarsman's seat moves toward the bow faster than his shoulders, often before the oar is in the water.

**Skying.** Term used to describe a blade that is too high off the surface of the water during the recovery. The rower's hands are too low, causing an upset to the balance of the boat, and often a late catch or missed water.

**Split time (split).** The amount of time it takes to row 500 meters.

**Square.** To turn the oar so that its blade is perpendicular to the water (opposite of feather).

**Stroke.** One complete cycle through the rowing motion. Also, the rower in the stern of a multi-person shell who sets the timing and rhythm for the other rowers.

**Stroke rate.** The number of strokes rowed per minute.

**Swing.** The arc of the body, from reaching forward to laying back during a stroke; this is an important source of power. Also a feeling in the boat when the rowers are driving and finishing their strokes strongly and getting good layback.

**Three-quarter slide/half/quarter.** Shortened strokes, often used during the start of a race or in a warm-up.

**Walking.** When passing another boat, the coxswain often announces each seat in the other boat as his/her own boat starts to overtake the competitor.

**Washing out.** When an oar blade comes out of the water during the drive and creates surface wash, which causes the shell to lose power and become unsteady.

## Rowing a Race

**Start.** In head-to-head races, where boats line up next to each other and start together, the start is one of the most important parts of the race. In head races, where boats do not race next to each other, there is a running start, where rowing begins before the starting line and rowers are already at full speed when they cross the start. In sprints (head-to-head), the start consists of the following sections: **Actual start:** Generally five or six partial strokes done at a high rate and in a certain pattern -- for example, a three-quarter length stroke (sometimes called three-quarters slide),

followed by half, half, three-quarters, three-quarters, and then a full length stroke. The goal is to get the rowers off to a cohesive start and quickly build momentum. **High ten:** A set of strokes done at a high cadence immediately after the start. Not to be confused with “Power Ten,” the high ten is ten strokes at a high rating, near the start of a race, to finish building speed. Some crews may pull fifteen or twenty high strokes to build even more speed before settling. **Settle:** Immediately after the rowers complete their high cadence strokes, the stroke rate is lowered and the stroke itself lengthened to the rating that will be used through out the body of the race. Often accompanied by a power ten or twenty. A coxswain may call “ten to settle” or “ten to glide,” in order to drop the cadence more gradually. **Body.** The body of the race is carried out at a consistent rating, with power tens called as the coxswain deems necessary. **Sprint.** The last 300 meters of most 2,000 meter races are generally taken at a much higher stroke rating than the rest of the race, as the crew pulls for maximum speed to exhaustion. **Head race.** A long race in which rowers race an often twisting course of three or more miles. A race for time. The start is staggered. These races usually occur during the fall season. **Seat race.** A means for coaches to compare the relative contribution of two rowers in a four- or eight-person shell. Two boats race against each other once. Two rowers, one from each boat, switch positions and the two boats race again. The relative performance in the two races is used to compare the abilities of the two rowers.