

# Lake Washington Rowing Club

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The Rowing Shell	
<b>Bow</b>	The forward part of the shell. Rowers sit with the bow behind them.
<b>Stern</b>	The rear part of the shell. Rowers sit with the stern in front of them.
<b>Starboard</b>	The side of the boat that is on the rower's left.
<b>Port</b>	The side of the boat that is on the rower's right.
<b>Bow Ball</b>	A rubber ball used to protect the boat and anything the boat may hit.
<b>Deck</b>	Covering over the bow and stern ends of the shell. The deck may be of cloth, plastic or fiberglass.
<b>Gunwale</b>	Pronounced "gun-ul", the lip around the edge of the shell's cockpit, where the rowers and coxswain sit.
<b>Hull</b>	The body of the shell.
<b>Keelson</b>	A support running along the interior bottom of the hull at the center. (A keel is on the outside, running along the center of the exterior bottom of the hull.)
<b>Rib</b>	The u-shaped structures in the boat, where the hull and rigger attach.
<b>Rigger</b>	The triangular shaped metal device that is bolted onto the side of the boat and holds the oars
<b>Bench</b>	The supporting platform for the sliding seat tracks. To enter a boat, set your foot on that portion of the bench identified as step.
<b>Track/Slide</b>	Rails that the rower's rolling seat rolls on.
<b>Seat</b>	Molded seat mounted on wheels that the rower sits on. The seat rolls on tracks that allows each rower to generate power, through greater stroke length with their his/her legs.
<b>Stretcher</b>	The adjustable footplate with built-in shoes (or clogs) which allows the rower to adjust his/her position in the shell relative to the oarlock.
<b>Oarlock or Rowlock</b>	Device that holds the oar and takes the pressure of the rowing stroke. The lock consists of the swivel bracket and the gate. The gate is held closed by a fastener (usually a threaded nut) that is loosened to allow the rower to open the gate and insert an oar in the oarlock. The gate is then closed and the nut is hand tightened.
<b>Gate</b>	The bar across the oarlock that keeps the oar in place.
<b>Spacer</b>	Snap-on plastic "horseshoes" that adjust the height of oarlocks at the swivel pin.
<b>Blade</b>	The hatchet- or spoon-shaped end of the oar.
<b>Shaft</b>	The part of the oar between the handle and the blade. Comprises the majority of the length of the oar. Also called the loom.
<b>Sleeve</b>	A thin piece of plastic around the oar that keeps the oarlock from wearing out the shaft of the oar.
<b>Handle</b>	Part of the oar that rowers hold during each stroke.
<b>Collar</b>	A wide, adjustable ring on the sleeve of the oar that keeps the oar from slipping through the lock.
<b>Skeg</b>	A fixed fin, attached to the bottom of the boat near the stern, that helps keep the boat on course (this is not the rudder).
<b>Rudder</b>	A movable fin, often attached to the skeg, which allows the coxswain or a rower to steer the shell.

  

Rowing	
<b>Stroke</b>	The cycle of the oar during rowing; one stroke consists of the catch, drive, release, finish and recovery (up to the next catch)

<b>Catch</b>	Entry of the blade into the water
<b>Drive</b>	Power portion of the stroke that begins when the blade engages the water and ends when it leaves
<b>Release</b>	Disengaging the blade(s) from the water at the end of the drive.
<b>Finish</b>	The act of disengaging the blade from the water and beginning the movement of the body toward the stern for the next stroke. "Release", "follow-through" and "finish" are often used
<b>Recovery</b>	The time between drives in which the rower moves sternward, preparing for the next catch.
<b>Lay Back</b>	The amount of pivot of a rower's torso bowward, stemming from the hips, during the second half of the drive..
<b>Set</b>	Refers to the side-to-side balance of the boat. An unset boat will lean to either port or starboard.
<b>Crab</b>	To catch the leading edge of the blade in the water. This can cause a loss of control of the oar.
<b>Feather</b>	The act of rotating the oar at the finish so that the blade is parallel to the water during the recovery. The opposite of the squared position.
<b>Square</b>	The act of rotating the oar so that the blade is perpendicular to the water. The blade is square during the drive, and the rower is propelling the boat through the water
<b>Ratio</b>	The relationship between the time taken during the drive and recovery portions of the stroke.
<b>Backing</b>	A backwards stroke used to turn a boat or move away from something. The backing drive begins with handles at the body, with blades releasing when arms are fully extended.
<b>Hold Water</b>	<del>Used to</del> To stop the boat by creating drag. Begin by tilting the leading edge of the blade slightly from a feathered position, until the shaft is carried well underwater.

#### Equipment Basics

<b>Rowing Shell</b>	A thin-walled, long slender wooden or fiberglass boat propelled by 1,2,4 or 8 rowers using one or two oars each.
<b>Single</b>	Rowing shell with one rower using two sculls.
<b>Wherry</b>	A wider and more stable rowing shell, used at LWRC to teach beginners
<b>Double</b>	Rowing shell with two rowers. A double is a sculling boat, so each rower has two sculls. A double does not have a coxswain and is usually steered and commanded by the person rowing in the bow
<b>Pair</b>	Rowing shell with two rowers. A pair is a sweep boat, so each rower has one oar. A pair with (2+) has a coxswain; a straight pair (2-) does not and is steered and is usually commanded by the person rowing in the bow seat.
<b>Triple</b>	Rowing shell with three rowers (only at LWRC). A triple is a sculling boat, so each rower has two
<b>Quad</b>	Rowing shell with four rowers. A quad is a sculling boat, so each rower has two sculls. A quad with (4x+) has a coxswain; a straight quad (4x-) does not and is usually steered and commanded by the person rowing in the bow seat.
<b>Four</b>	Rowing shell with four rowers. A four is a sweep boat, so each rower has one oar. A four with (4+) has a coxswain; a straight four (4-) does not have a coxswain and is usually steered and commanded by the person rowing in the bow seat.
<b>Six</b>	Rowing shell with six rowers and a coxswain (only at LWRC). A six is a sweep boat, so each rower has one oar.
<b>Eight</b>	Rowing shell with eight rowers and a coxswain. An eight is a sweep boat, so each rower has one
<b>Oar: Sweep</b>	Oar used in pairs, fours and eights, each rower using one oar. A sweep oar is approximately 12-12.5 feet in length. Oars may be made of wood, fiberglass, or carbon fiber.
<b>Oar: Scull</b>	Oar used in singles, doubles and quads, called "sculls". Sculls are about 9.5 feet long and may be made of wood, fiberglass, or carbon fiber. Sculls have a different handle shape than a sweep oar, although the parts of the oar are the same.

<b>Spoon</b>	The traditional u-shaped blade – also called tulip or Macon.
<b>Hatchet</b>	The modern and current oar blade shape that is rectangular or hatchet shaped.

<b>Around the Boathouse</b>	
<b>Coxswain</b>	Pronounced “cock-sun”, also sometimes called the cox. A non-rowing member of the crew who either sits in the stern or lies in the bow of the boat. The coxswain commands the crew, steers the boat, and is responsible for the safety of the crew and the boat.
<b>Stroke Seat</b>	Rower in the stern-most seat who sets the pace for the rest of the crew to follow.
<b>Bow Seat</b>	Rower in the bow-most seat a shell. In shells without a coxswain, the bow person is responsible for steering and calling commands.
<b>Slings</b>	Used to put rowing shells in, before and after rowing. Before going out on the water, a shell is placed in slings to close ports (openings on certain boats), adjust oarlock height, and inspect the overall condition. After coming off the water, a shell is placed in slings in order to dry the hull, open any ports/plugs, and inspect the overall condition.
<b>Log Book</b>	Sign out shells before leaving the boathouse, sign back in after returning to LWRC. Used to track usage, as well as for safety. Check the log for rowers still out before returning all slings to their boathouse racks.
<b>Damage Log</b>	Log any damage to shells/oars – students/new members should speak with a coach as well.

<b>Coxswain Commands</b>	
<b>Hands On</b>	When preparing to lift a boat from slings or on a rack, place hands on the boat. Or when preparing to lift a boat out of the water, find a proper handhold inside the boat. Once this command is called, there is no talking from the rowers unless life, limb or property is in imminent danger.
<b>Roll It In</b>	Together, gently but purposefully roll the boat from over heads and set it into the water keeping the boat level, and making sure the bottom of the boat, rudder, and the skeg remain clear of the
<b>Up and Over Heads</b>	With the boat at shoulder height, press the boat up and over head so that arms are straight. Hold the boat there until the next command.
<b>Split and Down to Shoulders</b>	From the overhead position, lower the boat to shoulder height, with rowers alternating sides of the boat.
<b>Up/ Down to</b>	Lift/lower the boat to shoulder height. Step under the gunwale opposite your rigger and hold it on your shoulder closest to the boat, preparing to carry the boat.
<b>Up/ Down to Waist</b>	Lift/lower the boat to your waist and hold it there
<b>Oars Across</b>	Slide the water-side oar(s) out until fully extended (collar against the oarlock).
<b>One Foot In... and Down</b>	Place one foot on the center of the bench, put your weight on it and keep the other foot on the dock, preparing to sit in the boat. With one hand on the oar handle and the other on the gunwale at the after end of the rower’s bench, let yourself down onto the seat, using your free leg as counter balance. <b>Do not attempt to place your foot in the clog or shoe until your weight is on the seat.</b>
<b>Sit Ready</b>	Sit at the catch, with the blade feathered, ready to begin rowing
<b>Sit Easy</b>	Sit with knees bent, with the handle between your knees and chest.
<b>Way Enough</b>	Sounds like “way-’nuff” – command to stop (walking, rowing). The rower remains ready to continue rowing on command until told to “sit easy”.

<b>In-House</b>	When moving boats, towards the back of the boathouse (away from the bay doors)
<b>Out of House</b>	When moving boats, towards the front of the boathouse (towards the bay doors)
<b>In Rack</b>	When moving boats, moving straight into the boat's rack
<b>Out of Rack</b>	When moving boats, moving straight out of the boat's rack

