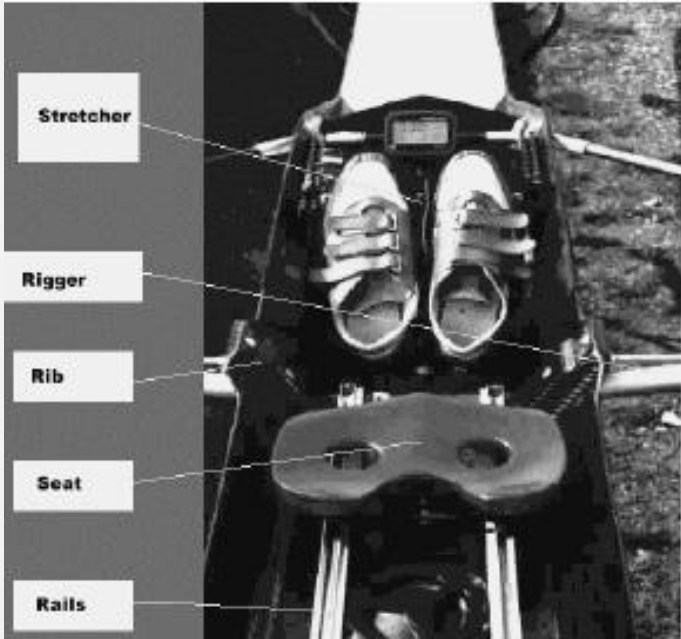
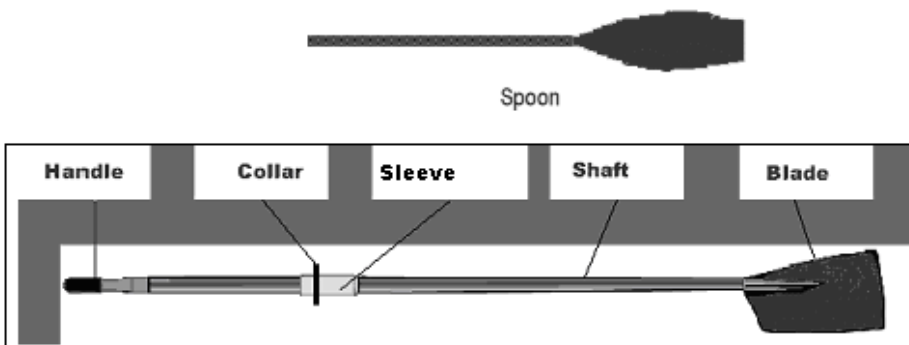
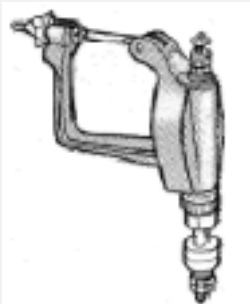
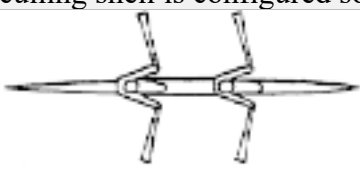
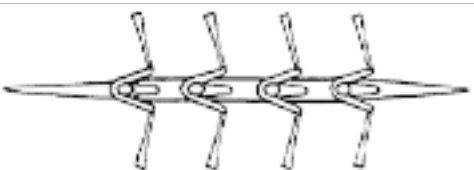
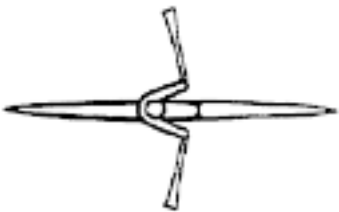


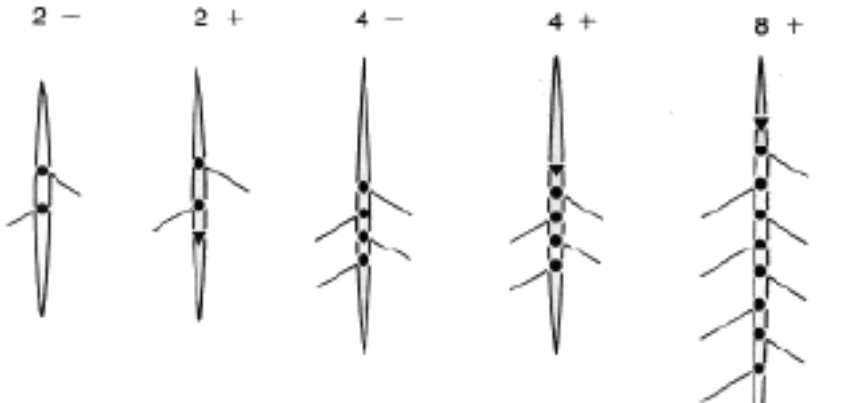
Introduction to Rowing Terms

Term	
Bow	The “front” of the boat as the boat is moving forward in the water. Also the position of the rower who sits in the “bow” or first seat from the front as the boat is moving forward.
Catch	The start of the rowing cycle at which the blade enters the water. It is accomplished by an upward motion of the arms only. The blade of the
Crab	Not a hard or soft-shelled edible. “Catching a crab” refers to a problem encountered by a rower when the oar gets “stuck” in the water, usually right after the catch or just before the release and is caused by improper squaring or feathering. The momentum of the shell can overcome the
Coxswain	The person in charge of the boat, particularly its navigation and steering. The coxswain, or “cox” will translate and implement coach orders to the rowers.
Drive	That part of the rowing cycle when the rower applies power to the oar. This is a more (or less) blended sequence of applying power primarily
Feathering	The act of turning the oar blade from a position perpendicular to the surface of the water to a position parallel to the water. This is done in
Finish	The last part of the drive before the release where the power is mainly
Foot Stretcher	An adjustable bracket in a shell with attached sneakers or similar footwear for the rower’s feet. 
Gunwale	(Pronounced gunnel) Top section on the sides of a shell which runs along the sides of the crew section where the rowers are located. The riggers are secured to the gunwale with bolts.
Keel	The center line of the shell. The term refers to the extent to which the boat is balanced from side to side while rowing. A "good keel" is where

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Oar	The piece of equipment that each rower uses to propel the boat. In sweep rowing, each oar is approximately 12 feet long, lightweight, and well designed. Comprised of Handle, Collar or button, Sleeve, Shaft and Blade  The top image shows a spoon oar blade, which is a simple, curved, spoon-like shape. The bottom image is a detailed diagram of an oar with labels: Handle (the part held by the rower), Collar (the connection point), Sleeve (the part that fits into the oarlock), Shaft (the long central part), and Blade (the part that goes into the water). Hatchet: (aka big blades or choppers or cleavers) These oar blades have a bigger surface area than the standard, or spoon, blades and have a hatchet
Oarlock	A U-shaped swivel that holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin.  The image shows a detailed view of an oarlock, which is a U-shaped metal component that allows the oar to pivot smoothly during rowing.
Port	The left side of the boat as it is moving forward and from the coxswain’s point of view. Port side rowers use oars on their right side.
Rating	The number of strokes per minute. Also known as “stroke rate.” Power 10 (or 15 or 20): A set of strokes when the crew makes an extra effort to “get everything on the oar and make the shell go faster.” Used in a race to try to
Recovery	Part of the rowing cycle from the release up to and including where the oar blade
Release	A sharp downward (and away) motion of the hand that serves to remove the oar blade from the water and start the rowing cycle.

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Rigger	The device that connects the oarlock to the shell and is bolted to the body of the shell. 
Rigging	The adjustment and alteration of accessories (riggers, foot-stretchers, oars, etc.) in and on the shell. Examples of rigging adjustments that can be made are the height of the rigger, location of the foot-stretchers, location and height of the
Rudder	Steering device at the stern. The rudder is connected to cables (tiller ropes) that the coxswain uses to steer the shell.
Sculling	Each rower has two oars. These shells often do not have a coxswain. Steering is generally accomplished by applying more power or pressure to the oar(s) on one side of the shell, or with special steering shoes in the bow position of the boat. A sculling shell is configured so that each rower uses two oars.
Sculling Boats: Double (2X)	 Two scullers. Most racing doubles also can be used as a pair with a different set of riggers designed for sweep oars. When used as a pair, a rudder is added. There are also recreational versions of sculling doubles.
Sculling Boats: Quadruple (4X)	 Four scullers. Often referred to as a “quad,” it usually has a rudder attached to one of the sculler’s foot stretchers as in the straight four. Most quads also can be rigged as a straight four using a different set of riggers.

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Sculling Boats: Single (1X)	 One rower or sculler. These shells are about 26-feet long and less than a foot wide. Racing singles can weigh as little as 30 lbs.
Shells	The boats (or shells) are of two types and reflect the two forms of rowing, sweep rowing and sculling. In sweep rowing, each rower handles a single oar (about 12.5 feet or 3.9 meters long); in sculling, a rower uses two oars, (each about 9.5 feet or 3 meters long). The boats are called shells because their hulls are only about 1/8” to 1/4” thick, to make them as light as possible. Shells are also rather long and as narrow as possible. Each rower has his/her back to the direction the shell is moving, and power is generated using a blended sequence of the rower’s legs, back, and arms. The rower sits on a sliding seat with wheels on a track called the slide. Each oar is held in a U-shaped swivel
Skeg	(or fin) A small fin located along the stem section of the hull. This helps to stabilize the shell in holding a true course when rowing. All racing shells
Slide	Two tracks on which the seat moves. The seat moves forward and backward on the slide, enabling the rower to “gather up” his or her body at the start of the stroke and then use the combined power of the legs, back, and arms when
Slings	(or boat slings) Collapsible/portable frames with straps upon which a shell can
Squaring	A gradual rolling of the oar blade from a position parallel to the water to a position perpendicular to the surface of the water. This is accomplished during the recovery portion of the rowing cycle and is done in preparation
Starboard	The right side of the boat as it moves forward, and from the coxswain’s point of view. Starboard side rowers in sweep boats use oars on the rower’s left side.
Stern	The back of the boat as the boat is moving forward. The coxswain’s seat in an eight, or other “stern-loaded” boat, is in the stern.
Stroke	One full motion to move a shell. This term also is used to refer to the sternmost rower, who sits nearest the coxswain.

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Sweep Boats	Shells configured so that each rower has one oar. These shells can have a coxswain, who steers the shell (using a rudder) and urges the rowers on. Oars on a sweep shell are normally alternated from side to side, but alternate rigging configurations are possible. 
Sweep Boats: Coxed Four (4+)	See Sweep Boats Illustration: Four sweep rowers with a coxswain
Sweep Boats: Coxed Pair (2+)	See Sweep Boats Illustration: Two sweep rowers with a coxswain
Sweep Boats: Eight (8+)	See Sweep Boats Illustration: Eight sweep rowers with a coxswain. Eights are 60+ feet (18.5+ meters) long and weigh about 200 to 250 pounds.
Sweep Boats: Straight (or Coxless) Four (4-)	See Sweep Boats Illustration: Four sweep rowers without a coxswain
Sweep Boats: Straight (or Coxless) Pair (2-)	See Sweep Boats Illustration: Two sweep rowers without a coxswain. Steering usually is accomplished with a rudder that is attached to a cable connected to one of the rower's foot-stretchers. (There is an adjustable bracket to which the rower's feet are secured). The coxless four has a similar rudder set up.