



Queen's Park High School Rowing Club Handbook



September 2021

Created with content from British Rowing, Row Safe and other sources

Information correct at time of publication – subject to change

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QPHS ROWING CLUB
Queens Park, Chester
Email: rowing@qphs.co.uk

QPHSRC Handbook

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Welcome

A warm welcome to you and your child to Queen's Park High School Rowing Club.

Queen's Park High School is one of only four state schools in the country to be able to boast to having its own Boat House which was founded back in 1946 when the school was Chester City Grammar School.

The existing boathouse was built in 1971 and is located nearby on the picturesque River Dee. Our rowers compete very successfully at local, regional and national levels and are fantastic ambassadors for the school.

We share Council owned premises with canoe and dragon boat clubs. Each club has its own boat bay but the changing and external areas are shared.

QPHS RC aims to introduce the sport of rowing to all interested students of Queen's Park High School.

For those members who wish to compete at local or National events, a programme of training will be prepared by the coaches.

For those members who do not wish to compete, recreational rowing is equally encouraged, with dedicated outings for our recreational rowers (year 10 and above) provided weekly where possible.



About QPHSRC

Fees and membership:

QPHSRC is proud to be able to provide access to rowing at a much lower rate than other clubs in the North West. If you have any issues with payment, please discuss with the Treasurer.

Fees are per month and are set annually.

Fees should be paid through bank transfer. Please contact club treasurer for information.

In addition to club fees, all rowers must hold British Rowing Membership. They need to have ROW (as a minimum) or RACE (for those rowers wanting to compete), this provides insurance cover for the individual and the club.

www.britishrowing.org

Event fees and transport costs will also be charged for those wanting to compete at Head Races (timed races in categories), during the winter months and Regattas (racing against other crews in heats resulting in a final win), in spring and summer. Payment of these fees to be paid within a month of the event.

All rowers must have a completed consent form returned to the club secretary.

Code of Conduct

All rowers are bound by our code of conduct. This covers training at the boathouse and school as well as at competitions. On submitting the consent form, rowers agree to this code of conduct. Parents should make sure that their children understand this code.

Those members not complying with the Code of Conduct will be given three warnings after which they will be temporarily or permanently excluded from the club. Exceptionally bad behaviour will lead to immediate expulsion.

All members must:

1. Arrive early or on time for outings

Late arrivals will not be allowed on the water if boat allocation has already taken place. If there are no coaches left at the boathouse, late arrivals will be sent home. Parents dropping off their child should wait to ensure they are supervised for the outing.

2. Assist with the launches

This means helping both at the start and finish of outings.

3. Assist coaches with boat and crew allocation.

The coaches will try to be fair with boat and crew allocation. Their decisions must be complied with. Rowers should not alter crew allocation without prior consultation with a coach.

4. Be responsible for their boats and equipment

All crews are responsible for their own boats. They should ask for assistance, if required, to get them on the water as soon as possible and off the water as soon as they reach the landing stage. Oars should only be taken down to the landing stage once the boat has been put on the water.

All boats to be wiped down at the end of each outing prior to returning to the boathouse.

5. Be well behaved

The coaches expect good behaviour for both the safety of people and equipment. Bad language and bad behaviour will not be tolerated. Ball games are not allowed in the boathouse area.

For members wishing to compete:

6. Crews must train regularly on and off the water at the designated dates and places.

Regular training is essential for competitors, unless unfit to do so. The coach in charge should be told in advance if the person is ill or unable to attend a training session.

Club Kit

For rowing, baggy, loose clothing is not recommended as it can interfere with the flow of the stroke and get caught in and or hinder the mechanisms of the boat. Wearing thin layers is recommended so that, depending on the weather, they can be added or removed easily. It is important to avoid getting too cold or hot. It is essential that rowers bring plenty of spare kit in case of capsized or if the weather is bad (rowing does not stop for rain!).

YEAR 7 AND 8

For rowers Year 7 and 8 the basic club kit (t-shirt, technical top and fleece) is available through Uniformity in Handbridge.

<https://www.uniformityschools.com/collections/queens-park-high-school-rowing-club>



All rowers are issued with a high vis vest, this is to be brought to all outings as is a safety requirement for being on the water.

YEAR 9 AND ABOVE

Rowers in Year 9 and above, must have official club kit, as a minimum, the All in one (AIO) available through <https://godfrey.co.uk/club/queensparkhighschoolrc>



All rowers are issued with a high vis vest, this is to be brought to all outings as is a safety requirement for being on the water.

WHAT TO WEAR TO TRAINING

Please make sure rowers are suitably kitted out when attending training: All rowers are issued with a **high vis vest**, this is to be brought to all outings as is a safety requirement for being on the water.

Health: inform the coach if you are taking medication and if necessary bring this with you. Sun cream is essential. All open cuts or grazes must be covered.

Water: always bring a refillable container of water or still drink that is small enough to fit in the boat. No single use plastic bottles, energy drinks are not encouraged.

Change of clothes and a towel: to be left in the clubhouse in the event of a capsize.

Headwear: a hat or cap to prevent loss of body heat when it is cold or protect the head and shield the eyes from the sun.

Upper body: preferably a combination of fitted, thin layers that can be adjusted depending on the workload and to protect from wind, rain, sun and cold. It is important that tops cover the lower part of the back but are not so long that material or ties could get caught in the seat fittings.

Hands: Blisters are a common problem and can be associated with holding the blades too tightly but wearing gloves to avoid that is not recommended as this reduces your ability to handle the blade properly. The hands are susceptible to the effects of cold weather and some people invest in 'pogies' which are fleecy mittens designed to fit over the hand and blade.

Legs: as with the upper body, a combination of layers on the legs suits most people. These can comprise shorts, leggings or tracksuit bottoms.

Footwear: sports shoes are desirable. They are removed before getting into the boat and will be left on the landing stage.

More information on what to wear can be found on the British Rowing website: <https://www.britishrowing.org/knowledge/online-learning/techniques-and-training/what-to-wear/>

Training sessions

Training is scheduled per year group and occurs all year round.

Each term a schedule of outings is provided, these can change due to weather conditions and availability of coaches. Please ensure you stay up to date on heja. (Download www.heja.io)

During winter there is a combination of water and land based training due to available light hours on the water. During summer there is a higher level of river outings due to available time on the water.

Parents must advise on heja if their child is attending each session. If attendance hasn't been advised on heja and child turns up they will be sent home. Registering attendance helps coaches determine crews prior to the session which streamlines the running of the outing.

We ask parents to respond to these as soon as possible and no later than 6 pm on the Friday, ahead of weekend sessions. This allows us to plan crews more effectively, wasting less time on arrival to allocate rowers to their crews. We understand that there are circumstances when acceptances need to be changed to "decline" but would request that this is kept to a minimum. For very last-minute changes, parents should text the coach directly.

There are some occasions when training sessions will need to be cancelled if coaching availability does not allow it (they are all volunteers) or if attendance is very low. We will always let you know if this is the case.

The following document from British Rowing "How much and how often" provides guidance around good practice for what is appropriate training at different stages in a rower's development, so that they gain the best experience and enjoyment of the sport to progress over time at the appropriate rate.

<https://www.britishrowing.org/knowledge/rower-development/how-much-how-often/>

Rowing is one of the most physically demanding sports as all the major muscle groups are used in the rowing stroke. It is also a technical sport: a crew of the strongest rowers will not necessarily be the fastest boat if they do not have the technical ability to row the boat efficiently. One coach described a world class performance in rowing to be as difficult as 'getting eight guys to run a four-minute mile in step!' Rowing is an endurance sport and thus demands that most of its training is aerobic. In addition to the aerobic and technical sessions in a training programme, you will also find muscular strength development, flexibility training, core stability training, psychological skills and tactical awareness.

Medical conditions

Please ensure that the coaches are aware of any medical issues e.g. asthma, epilepsy. If applicable, please see the British Rowing statement on epilepsy:

<https://www.britishrowing.org/knowledge/safety/health-and-fitness/rowing-and-epilepsy/>

Training is quite intense and it is not advisable to train when feeling down and generally unwell. A good guide is to establish resting a heart rate i.e. first thing in morning before getting up.

Club Captain/s

Our Club Captain is elected every year from our sixth form rowers. Depending on the number of applications we aim to have a Club Captain and up to 2 Vice Captains to share duties.

The role of the Club Captain is an important one to the club, ensuring our rowers have a voice, a leader and supporter to assist them in their rowing journey. As well, they demonstrate behaviours to younger rowers and support our coaches.

The Club Captain is to be a role-model through demonstrated behaviour and helping to raise and maintain boathouse standards, assisting coaches as requested, provide constructive advice and help fellow rowers, assist with the “learn to row” programme and curriculum rowing where school timetable allows.

Representing the club in a formal setting, attending all school open evenings / events, to promote rowing.

The Captain is responsible for overseeing lunchtime training sessions with younger rowers, organising launches to be off the water and away at each session attended, updating school notice board, website and notices to help promote rowing in school and to organise the club pudding races at Christmas.

Parent Helpers

Currently, QPHS sports curriculum includes some rowing but all coaches and officials are volunteers, not members of staff.

The club is passionate about involving parents in any way possible. We support having parents volunteer to help with our learn to row crews, especially assisting coaches as part of a rota.

If you are keen to be involved further we work with parents to formalise their coaching accreditation, and support them gaining launch driving licenses to further assist at the club and during outings.

Throughout the year we rely on assistance towing the trailer, transporting rowers, helping to raise funds and importantly, supporting your children at events.

If you are able to help in anyway, please let one of the coaches know.

Fundraising

The club continually is exploring ways to access grants and raise much needed funds for the club which assist with boat purchase, maintenance and safety equipment.

Sign up to easyfundraising and raise FREE donations every time you shop online with over 5,200 retailers. John Lewis & Partners, Argos, Uswitch, eBay and many more are waiting to give a free donation. Plus once you've signed up and raised £5 in donations, easyfundraising will give you a £5 shopping voucher and us an extra £5 bonus donation! Sign up to support us here

<https://www.easyfundraising.org.uk/invite/AC4MJJ/>



Annual awards

Angie Mohan Award – Most helpful

For the rower who has been voted the most helpful by all the coaches.

King Crab Award

For the best capsized

Cox of the year Award

Most improved rower Award

This award is for each crew, and the lead coach looks at their rowers to see who has made the most progress over the course of the year.

Most successful crew Award

The awards are reflective of the last 12 months, finishing at the start of the school year, and looks at the team that has been ranked the most high across national competitions.

Bev Chuter Award for excellence

Bev was responsible in the 1960s for establishing the rowing club when QPHS was a boys grammar school. This award takes into consideration any rower across all aspects of what we strive to be at QPHSRC.

Leadership Award

For a rower, Demonstrating the following qualities:

- Creates a following
- Is seen to lead the team/motivational
- Appreciates others and is kind
- Positive and consistent in their behaviour
- Develops others
- Is passionate about QPHS Rowing Club



Safeguarding and reporting issues:

QPHS Rowing Club endorses and has adopted British Rowing's policies, not limited to but including:

- Safeguarding and Protecting Children's Policy,
- Adults at Risk policy,
- Code of Conduct,
- Rowsafe: A Guide to Good Practice, as well as the NSPCC Best Practice in Safeguarding.

<https://www.britishrowing.org/about-us/policies-guidance/>

The club will ensure that all children and vulnerable adult members at the club are safe and that their physical and mental health are paramount always. All club and committee members have an obligation to read the above documents and confirm that they have done so to the Club Welfare Officer.

QPHSRC will follow the above policies and procedures and will provide a safe environment for children and vulnerable adults, enabling them to participate and enjoy rowing to the level they wish to achieve. Whatever their age, culture, disability, gender, racial origin, religious belief and/sexual identity, they should feel protected from bullying as well as physical and mental abuse. The children's needs are paramount. All rowers, coaches, volunteers and anyone involved with QPHSRC have a duty of care to safeguard the welfare of the children and act upon any reported suspicions of their abuse.

The Welfare Officer of QPHSRC will ensure Codes of Conduct, Safeguarding Policies as well as an Annual Audit will be undertaken and outcomes visible to all at the club.

The club's Safeguarding Board lists the contact numbers of the Club Chairman and the Club Welfare Officer. These include photographs and are clearly visible so that children and those reporting suspicions of abuse can easily identify these role holders.

Any child, adult or parent who has any safeguarding concerns should discuss their concerns in confidence with the Club Chairman or Welfare Officer. Any concerns raised will be dealt with promptly and effectively according to British Rowing Guidelines. In the absence of the Club Welfare Officer, any concerns should be directed to Club Chairman in the next instance.

If you have any need to report issues, please see below on recommended communication path.

Reporting issues

- Complaints - Please speak to coach/welfare officer
- Bullying – The rowing club follow the schools anti bullying policy which can be found on the school website: <https://www.qphs.cheshire.sch.uk/>
- British Rowing. Any concerns please contact the Welfare Officer.
- Whistleblowing Policy- please follow appropriate process through British Rowing <https://www.britishrowing.org/wp-content/uploads/2021/07/Whistleblowing-Policy-2021-Final.pdf>
- Concerns/Worries-speak to rowers coach or the club Welfare Officer.

Useful Links

www.britishrowing.org

www.britishrowing.org/about-us/safeguarding

www.britishrowing.org/codeofconduct

www.britishrowing.org/about-us/policiesguidelines/rowsafe

www.nspcc.org.uk/preventing-abuse/safeguarding

www.childline.org.uk

Introduction to competitions

There are two parts to the rowing year and two basic types of competition:

Head races

Head races run in winter from the end of September to the end of March. A head race or time trial is a timed processional race. Distances can be from 2.5km to 7km (the boat race course) but can also be longer. Each boat lines up one behind the other and races one at a time with short intervals between each other. When all the competitors have finished, the time for each to have completed the course is calculated. The fastest in each category is the winner. Some events are able to issue results in real time and others will release results 24 or even 48 hours after the race.

Regattas

Regattas run in the summer from mid-April to the end of August. They involve side-by-side racing (up to seven abreast at the larger events) and are usually more exciting to watch. They take place on both rivers and lakes. Course lengths usually vary between 500m and 2000m. Most river regatta courses only allow for 2 or 3 racing lanes. Regattas involve heats, semi-finals and finals held over the course of a day. However, due to many new oversubscribed events, some regattas may use a time trial instead of a side by side heat to determine the semi-finalists. Losing crews in the earlier rounds may get another chance to advance to the next round in an extra race known as a 'Repêchage'.

We aim to attend events throughout the year and will encourage capable rowers to attend when they are ready to do this. This is a nice way of getting our rowers to enjoy competitions, and building up to a specific event generally results in great improvements in their rowing ability and strength. There is nothing like a goal to focus the mind. Parents are encouraged to attend and support the crews.

There are some logistical matters which need to be in place for your children to be able to compete:

Kit: All competitors need to be suitably attired in club kit.

Costs: Most of the events we enter have a seat fee £8 to £12 per category. We also ask for a small contribution of around £2 per competitor to cover the cost of transporting our boats.

Most of these events are fairly local and we expect parents to accompany their children and provide some assistance with loading and unloading our equipment as well as ensuring they turn up when needed as we do not have their phone numbers as a matter of policy. If your son/daughter is attending a regatta, we will expect you to arrange for their transport to and from the regatta and for you to be responsible for them during the day (we are not able to keep an eye out for them during the day).

Coaches will be there to organise boats and get crews on the water in good time. We also rely on parents' help in rigging and derigging boats and loading the trailer at regattas, after races have ended (please don't all disappear!)

If your son or daughter is attending a competition, please make sure they familiarise themselves with the course map, H&S and other competition rules. You can find car parking information and location of these clubs on the club website, which is hosting the competition. Please make sure they also have plenty of water to drink throughout the day.

It may not be possible to include all members in a racing event. Our competing crews will be made up of those who have shown commitment and progress over the course of the months leading up to competitions. Rowers will also be asked to cox crews which we will try to rotate. There is real value in being able to cox a boat through a race as it promotes good boatmanship, communication and encourages leadership.

Medical, health and safety

Rowers can capsize and fall in the water. Please note however, that health and safety policies as well as risk assessments have been carried out for all activities and as an affiliated rowing club, the Boat Club adheres to the safety requirements as laid out by British Rowing. Safety precautions and navigation on the river are also explained to all participants at regular intervals.

Nutrition

Nutrition is an important aspect of exercise whether your goal is to improve cardiovascular fitness, improve your body weight, and compete on the rowing machine or simply to have fun.

There is some basic information on nutrition on the BR web site and the Rowing Magazine includes articles most months.

<http://www.britishrowing.org/education-training/nutrition>

A healthy and balanced diet is important. This means three meals a day plus appropriate snacks and proper hydration. Each day's intake should contain a variety of food groups, as well as adequate fluid intake (6 - 8 glasses of water daily). Athletes should not use protein supplements or any other performance supplements <http://www.britishrowing.org/competing/anti-doping>.

Hydration is important. Water bottles should not be shared by athletes as this could spread infections. Always bring your own bottle for training on the water and in the gym.

Sun exposure

Rowers and coaches are exposed to higher intensity of sun than other athletes who do not train on the water. Reflection of the sun's rays off the water results in increased exposure to harmful solar radiation. Use of sunscreen, hats and sunglasses can help.

Hypothermia

Hypothermia occurs when the whole of the body has been chilled to a much lower than normal temperature, and can no longer maintain its heat. i.e. below 35° C. Avoidance must be the first consideration at all times. It is important to dress to beat the cold – layers of clothing are more effective than one warm garment. The outer layer should be wind and waterproof. Remember the head is a source of heat loss so it is important to wear a hat in cold weather. Be alert to the warning signs of cold both in yourself and others. Exposed arms and legs heighten the risk (see information on kit).

Follow the link below for advice on what to wear:

<http://www.britishrowing.org/juniors/whattowear>

Leptospirosis (Weill's Disease):

All club members should be aware of the dangers of this disease which rowers are more at risk of catching due to them being in contact with water.

Leptospirosis is a type of bacterial infection spread by animals. It is caused by a strain of bacteria called *Leptospira*. In 90% of cases, leptospirosis only causes mild flu-like symptoms, such as a headache, chills and muscle pain. However, in some cases the infection is more severe and can cause life-threatening problems, including organ failure and internal bleeding. In its most severe form, leptospirosis is also known as Weil's disease. The common mild symptoms mean most leptospirosis infections are hard to diagnose. Diagnosis is easier if the infection causes more serious problems.

You will find more information on the BR website under RowSafe for all aspects of health and safety associated with Rowing and our waterways.

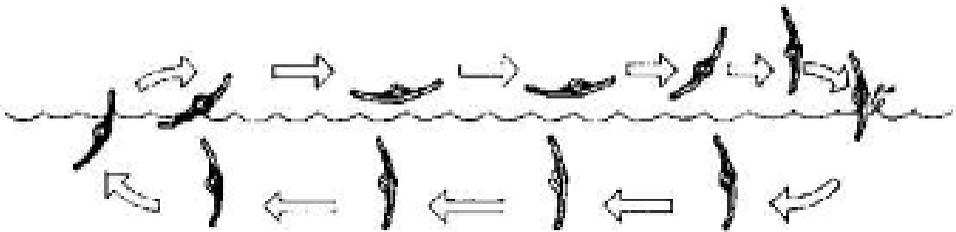
<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

Sculling and equipment:

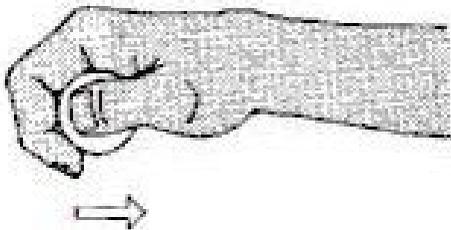
The following pictures are taken from <http://www.sculling.com> to demonstrate some basic principles.

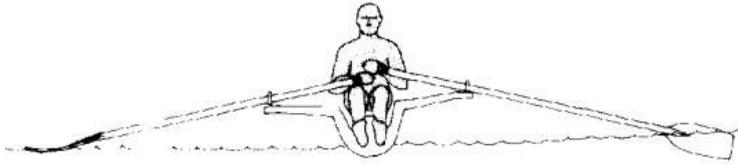
Correct movement of the blade in the water:

The blade is 'feathered' above the water



Correct handgrip on the oar:





In sculling, whenever the hands cross over each other, the left hand should always be above the right hand, and as the hands separate the left should lead the right – it doesn't matter whether you are naturally right or left handed.

Rowing Technique

The stroke is best described by breaking it down into basic parts, as follows:

The Finish - the legs are flat and the hands are pulled in towards the body, just below chest height, with the blades buried in the water. The upper body is held strong, leaning slightly backward towards the bow and the shoulders should be relaxed. From this position the handle of the oars are tapped downwards and the blades are lifted out of the water.

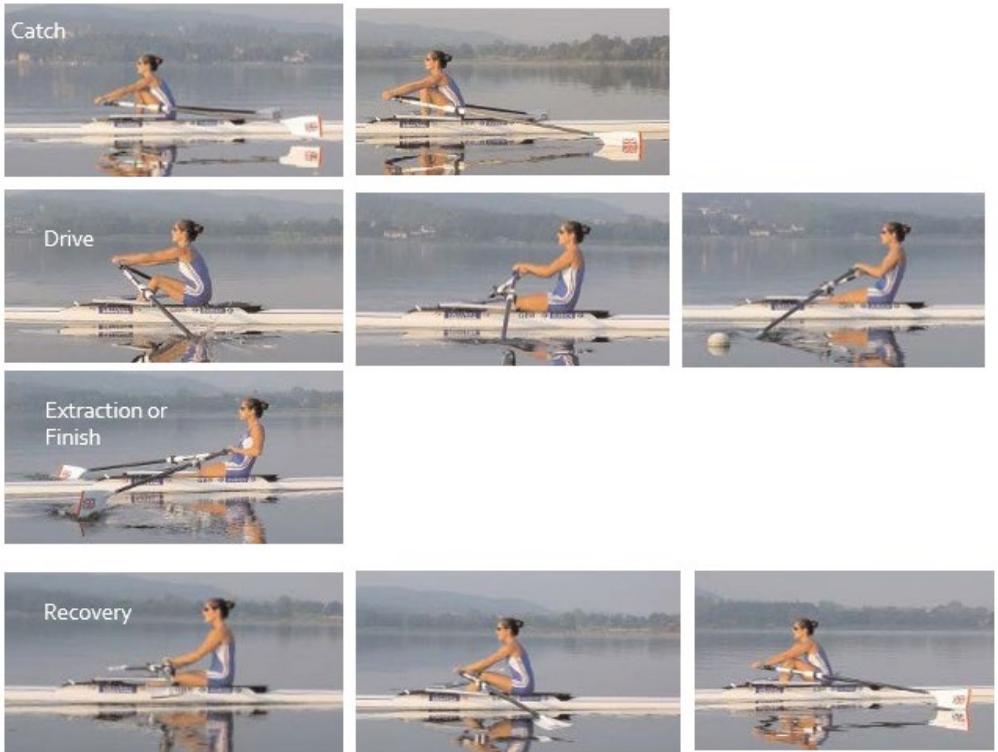
The Recovery - the legs remain flat as the hands continue to be pushed smoothly down and away from the body, allowing the arms to be straightened. The upper body follows the arms by rocking forward and pivoting from the pelvis. At this point the body weight shifts from the back of the seat to the front. Whilst maintaining the rocked over position with the arms straight, the knees begin to bend allowing the body to move smoothly up the slide. As the shins become vertical, pressure can be felt on the balls of the feet. The upper body should now be in a strong upright position, leaning slightly forward so that the shoulders are just in front of the pelvis.

The Drive - at the catch the blade is placed in the water by lifting the hands. With the body, oar and water now connected the drive through the water begins using the leg muscles. Keeping the back tilted slightly forward in the strong upright position, and with the arms straight and the shoulders loose, the legs are pressed down by pushing off the footplate, sending the body back along the slide towards the bow.

The Finish - as the legs flatten the body rocks backwards from the pelvis, allowing the arms and back to engage in the final part of the stroke. The arms are drawn into towards the body ready to complete the stroke.

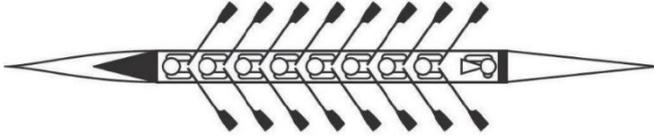
The power for rowing is generated by the muscles in the legs, with the arms and back adding to that effort towards the finish of the stroke. Staying relaxed in the upper body, and imaging that you are hanging off the oar handles during the drive part of the stroke, reduces unwanted tension in the back and body fatigue. In the recovery phase, if you have difficulty rocking forward from the pelvis when your knees are flat, then you may have to carry out exercises to stretch your hamstrings. The overall aim is to achieve smooth movement throughout the whole stroke.

This sequence of pictures is taken from a British Rowing poster demonstrating the 'perfect stroke'.

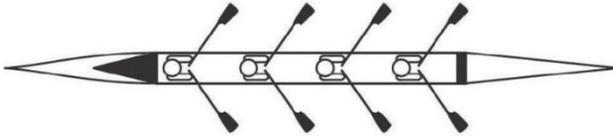


Types of boats

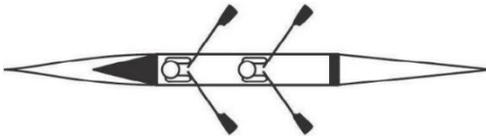
Octo / 8x / Octuple Scull (coxed)



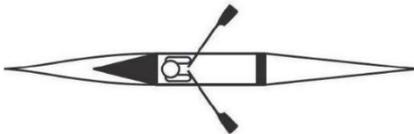
Quad / 4x / Quadruple Scull



Double Scull / 2x



Scull / 1x / Single Scull



Note that quadruple sculls can be coxed or coxless (for J16 and over). All rowers are expected to take various positions in the boat:

The cox has an important role in making sure the crew follows the coach's plans. A cox can either be positioned at the stern (back) of the boat facing the crew or at the bow (front) facing forward. There are advantages to each. At the stern, they can see the crew and therefore oversee exercises and correct any errors in timing, for example. Sitting at the front, the cox has a clear sight of where to steer.

The stroke sits at the stern end of the boat (facing the cox in a stern-coxed boat). He/she sets the rhythm of the stroke, which the rest of the crew has to follow. A good stroke can maintain a steady rhythm, keep the right ratio (fast through the water and slow up the slide), and raise or lower the rating (the number of strokes per minute) as instructed by the cox or dictated by the conditions. As the stroke's oar is normally on the port side of the boat (left from the cox's viewpoint), this is called "stroke side".

Bow sits at the front (bow) end of the boat. They should notify the cox of any hazards which may be blocked from his/her view. In a coxless boat the bowman often steers. As the oar is normally on the starboard (right) side of the boat, this is called "bow side".

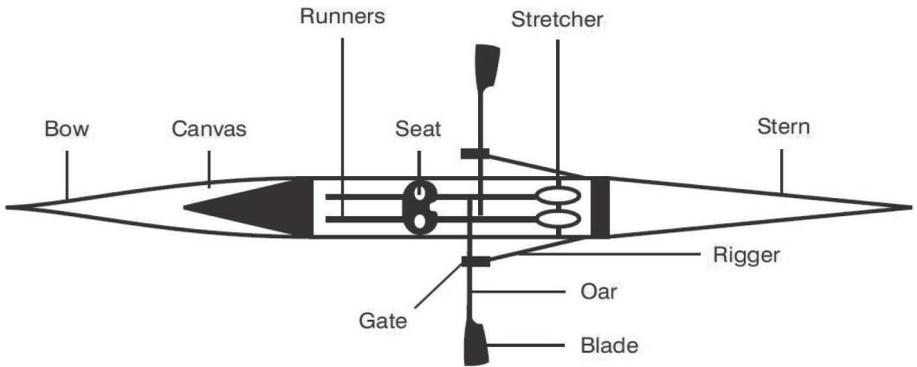
The rest of the crew is numbered from bow to stern with bow being number 1. Usually therefore odd numbered crew members are on bow side and even on stroke side.

The club owns several boats and blades which are kept in the boathouses and on external racks behind the boathouses. Every piece of equipment is stored in a specific place. Certain boats are only suitable for rowers of a certain size and level of ability and junior rowers will be told which boats they can use at the start of these sessions. At the end of sessions, equipment should be washed down and put away in good condition after use. Handling the equipment correctly and making sure that it is put away in good condition is fundamental to keep the club fleet in a good state of repair.

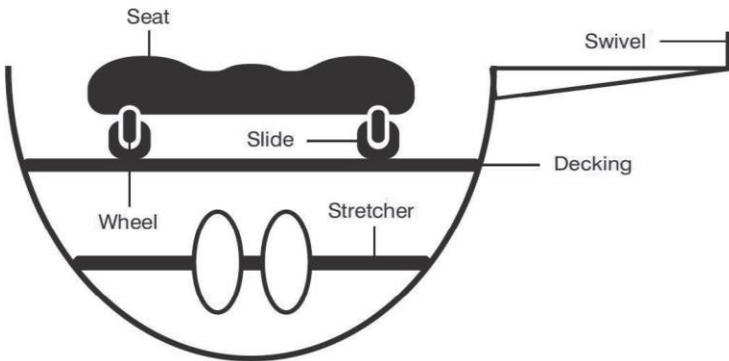
Before equipment is used on the water, all rowers should check it for damage or wear and tear.

Terminology of a boat:

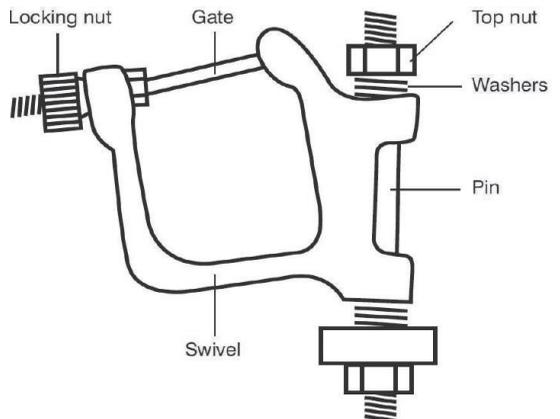
Overhead view of a boat



Inside the boat (note that this illustration is for sweep rowing, i.e. rowing with one oar only)



Swivel:



Common Terms

All-in-one: Compulsory racing outfit.

British rowing: National governing body for rowing; responsible for training and development of rowers from grass roots level to high performance and Olympic athletes. See www.britishrowing.org.

Burst/move: Tactical increase in speed.

Blade. The oar which you use to propel the boat.

Bow. The front of the boat, in relation to its travel, rather than relative to the direction you sit facing.

Bow Ball. Soft rubber ball on the bow of a boat, designed to prevent serious injury in the event of a collision with a person.

Canvas: Covering which encloses the bow and stern sections of the boat and is a term used to describe a leading margin by one crew over another representing approximately 5 to 6 feet.

Capsize drill: Routine drill to familiarise the rowers with procedures in the event of a capsize.

Catch: Moment of entry of the blade into the water at the beginning of the rowing stroke.

Circuits: Intensive gym exercises done in repetition to improve muscle endurance and heart and lung function.

Coxswain. Usually known as the cox and is the person who steers the boat by means of strings or wires attached to the rudder. Can sit in either the stern or bow of the boat.

Crab. When the oar becomes caught in the water at the moment of extraction and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of boat speed.

Double. Boat with two people sculling (using two oars/sculls each).

Ergo. Indoor rowing machine used for training.

Feather. Position of the blade being swung forward parallel to the water as the

rower prepares to take the stroke.

Fin. Attached to bottom (hull) of the boat for stability.

Finish. Moment of blade extraction from water at the end of a stroke.

Foot Plate. Metal plate which has shoes fixed to it.

Four. Four-oared racing boat with four rowers. There are two classes; coxless and coxed, the former being steered by one of the rowers using a device attached to the foot stretcher.

Gate. The plastic swivelling component on top of the rigger, which allows the blade to turn.

Handle. The part of the blade which you hold in your hand.

Head Race. Race in which crews are timed over a set distance. Usually run as a processional race rather than side by side.

Length of stroke. The arc through which the blade turns when it is in the water from catch to finish.

Oct. Eight-person racing boat in which rowers have a pair of sculls (oars) each.

Pogies. A type of mitten which has holes allowing a rower to grip the oar with bare hands while keeping hands warm. Available from rocktheboat.co.uk and other rowing suppliers.

Port. The left hand side of the boat in the direction of travel. Occasionally used by umpires to advise crews to move to one side during a race.

Pressure. The amount of effort applied by the legs during the drive phase of the stroke. (usually light, $\frac{1}{2}$, $\frac{3}{4}$, firm or full)

Push. Tactical increase in speed.

Rate. Or rating. Number of strokes per minute.

Quad. (quadruple scull): Four-man racing boat in which the rowers have a pair of sculls each.

Recovery. Rest phase during stroke cycle when a rower is swinging forward to take the next catch.

Regatta. A competition with events for different boat types and status athletes

usually involving heats, semi-finals and finals for each event. Boats compete side by side from a standing start.

Rigger. The metal framework which holds the gate through which the blade swivels.

Rigger jigger. A small spanner used for attaching and adjusting riggers.

Rigging. The way in which the riggers, slides, swivel, pins, foot plate, oars and sculls can be adjusted to optimise athlete comfort and efficiency.

Rolling start. A rolling start means that the boat is allowed to gather momentum before it crosses the start line – generally used during winter head races.

Rudder. The means by which the boat is steered. All larger boats (quads and eights) have one, as do pairs, however in general doubles do not, unless they are usable as both a pair and a double, and singles never have one.

Saxboard. The sides of the boat

Scull. The blade used as one of a sculling pair in a rowing boat.

Seat. What the rowers sit on in the boat.

Shaft. The long part of the blade between the handle and the spoon.

Slide. The metal runners which the seat rolls along.

Spoon. The part of the blade which dips into the water.

Square. Position of the blade at right angles or perpendicular to the water just before and as it enters for the catch, through the stroke and at the point of extraction before being rolled onto the feather for recovery stage.

Starboard. The right hand side of the boat in the direction of travel. Occasionally used by umpires to advise crews to move to one side during a race.

Standing start. A racing start done from a stationary position at summer regattas.

Stakeboat. An anchored boat or pontoon from which rowing boats are held prior to a race starting.

Stern. The rear of the boat.

Steers-person. Generic term for the person who steers the boat, i.e. the cox in coxed boats, but usually in a coxless boat it is the person in the bow position. Often used at events where the steers-person is expected to come to safety briefings.

Stretcher. Metal bar which goes from one side of the boat to the other, and has the foot plate attached to it.

Stroke. The rower who sits closest to the stern of the boat in front of all the others and is responsible for the rating and rhythm of the boat. (other crew members can influence rating and rhythm from behind)

Time trial. Race in which times are used to determine who gets through to the next round. Often used at large National events, to get numbers of competitors down to reasonable levels.

Trestles. Portable stands used to support a boat for rigging, washing etc.

Coxing Commands

Back it down. Term used to describe using a reverse rowing action by turning the face of the blades towards you and pushing the handles away from you. This propels the boat backwards.

Backstops. The end of the slide nearest the bow. Prevents the seat from running off the slide. Also used to describe the position at which most crews start the stroke, in which the rower sits with their legs straight and with the oar handle drawn to their chest and with the blade in the water.

Crew Spin. Instruction to the whole crew to back paddle with one oar and forward paddle with the other at the same time, causing the boat to spin round. The crew will be taught to synchronise this movement.

Easy oar/all. Instruction given by cox for the crew to stop rowing. This may be stated as an immediate action or the crew may be given notice, for example 'next stroke easy oar'. The rowers should be in a position of arms away and the blades feathered before being lowered onto the water.

Front stop. The end of the slide nearest the stern. Prevents the seat from running off the slide. Also used to describe the position at which the athlete sits with their legs at 90° and the blade spoon at the furthest point to the bows.

'Hold it up'. Instruction to bring the boat to a halt immediately, for example in an emergency stop. The rowers sit at backstops with the blade squared in the water. This works against the natural flow of the boat.

Light, Half and Firm/Full Pressure. These are terms used to tell the crew how much effort to apply through their blades to the water.

Number off when ready. Instruction to each crew member to shout their number or position when they have finished adjusting their equipment and are ready to row.

On green or red. When sitting in the boat the rower will have the green/starboard oar in their left hand, and the red/port oar in their right hand.

Paddle on. Instruction to the crew to start rowing.

Ready to race/ Come forward to row. Instruction used by the cox to bring the crew to the front stops position at the front of the slide, with shins vertical and the blade in the water at the catch, ready to row. This command is also given at the start of racing.

Take the run off. Instruction to tilt the blades backwards to slow the boat down to come to a gentle stop.

Up the rating. Instruction to the person in stroke position to increase the number of strokes per minute.

Wind down. Instruction to gradually reduce the rate or pressure of a strong to

*It is important that each crew member knows the name or number of their position in the boat, as the cox may call out individual instructions so that the boat can be precisely manoeuvred. For example, the command '3 back it down on red' means the person sat at No.3 must apply a backward stroke with the blade in their right hand (port/red) whilst the rest of the crew must not act.

Basic Sculling Exercises

This section is based on 'The Down and Dirty Drill Card' taken from <http://www.thecoxguide.com> (2005), but the execution and name given to exercises can vary between clubs.

Alternate feathered and square blade rowing: purpose is to improve blade control and the balance of the boat, by making the rower aware of the height of their hands and to encourage consistency in each stroke.

Cutting or icing the cake: purpose is to emphasize the importance of timing, particularly at the finish of the stroke.

This is carried out on every third stroke. The rowers take a full and normal stroke. At the finish the blade is feathered and arms moved away from the body until the elbows are straight. The arms are brought back to the body, and then pushed away a second time but continuing into a normal stroke.

Eyes closed: purpose is to enhance the ability to feel what is happening to the motion of the boat through the stroke sequence, and be aware through sound of other crew members.

Feet out: purpose is to maintain pressure on the footplate until the blade is released from the water at the finish of the stroke. This encourages the correct amount of tilt backwards at the finish without falling backwards and improves balance in the boat.

Half-slide rowing: purpose to encourage quickness of the blade at the catch, and a solid connection with the legs on the drive through the water.

The quickness of this stroke often prompts the rower to rush up the slide during recovery. To counter-act this the rower needs to concentrate on making sure that the body is in the right position before the blade is dropped into the water and the legs are engaged for the drive through the water. Alternating half-slide and full strokes can be used to vary this drill.

Pair add in: purpose is to allow pairs in a crew to feel the weight and the speed of the boat alter as other crew members join in or drop out.

Pick drill or working up the slide: purpose is to act as a warm-up and to try and focus the crew to establish rhythm and timing. This allows the crew to focus on individual parts of the recovery and drive of the stroke.

Rowers start by doing a series of strokes, between 10 and 20, at a given position,

progressing from: arms only, arms and upper bodies only, and then $\frac{1}{4}$ slide through to full slide rowing. This can be done in pairs or as a whole crew. A variation to this reverses the sequence from full slide back down to arms only rowing, which regains the feeling of speed around the start and finish of the stroke.

Pyramids: purpose is to be aware of the impact of different pressure and rating on the speed of the boat. This also helps to focus a crew and can assist in getting a new crew to work together.

This is achieved by rowing in sets of 10-30 strokes at different pressures, and measuring the distances covered. Variations can be made by increasing or lowering the rate, or number of strokes per minute.

Single strokes: purpose is to teach control and promote a smooth movement throughout the stroke and improve crew timing at the catch. This is achieved by reinforcing the order of arms away and body rock before the knees begin to rise.

a) finishing at arms away - finish the drive through the water, tap the blade down and push the hands smoothly away from the body until the elbows are straight. The upper body should remain tilted back towards the bow by about 10° and the legs should be flat.

b) finishing at arms away and body rocked over - following the process through a), as the arms continue forward the body pivots from the hips and reaches forward until the hands are at the knees.

c) finishing at $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or full slide - this exercise encourages the rower to relax and maintain boat balance at different points in the stroke. Following the process through a) and b), the stroke continues until the hands pass over the knees and the legs are rising.

Square blade rowing: purpose is to allow the rower to concentrate on blade placement at the catch, a clean extraction from the water at the finish, and to be aware height of the blade off the water during recovery. This helps to correct early feathering and 'washing out' (uncovering the blade at the finish of the stroke) by preventing the hands from drawing in low to the body.

This can be achieved either in pairs or as a whole crew. This drill can also be used to improve the catch during starts and short sprints at a high rating.

Stand-up sit-down: purpose is to emphasise the connection between the body, oar and water during the drive.

This can be done in pairs, by sitting at the catch with the blades buried. At the command to row the rowers' full weight is hung from the oar handle, and by driving through the legs they are able to push themselves up and off the seat.

Wide grip: purpose is to emphasise the importance of relaxation and to be aware of the entry of the blade into the water at the catch. This is achieved by moving the hands off the grips and onto the shaft of the blade towards the rigger.

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