



# Chautauqua Lake Rowing Association, Inc.

18 Jones & Gifford Ave · Jamestown, New York 14701

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## Terms/Safety

Terms:

### **Boat and Accessories:**

**Shell:** Can be used interchangeably with boat. The racing boat.

**Hull:** The outside skin of the boat. The hull is not safe to step on.

**Deck:** The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

**Slide:** The set of runners for the wheels of each seat in the boat.

**Gunwales:** The top edges of the shell. The riggers are bolted into them.

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

**Bow:** The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow, who crosses the finish line first.

**Port:** Left side of the boat, while facing forward, in the direction of the movement.

**Starboard:** Right side of the boat, while facing forward, in the direction of movement.

**Bowball:** A rubber ball that protects the boat against damage in case of a collision.

**Rudder:** The device used to steer the shell.

**Skeg:** Or fin. A small flat appendage located along the stern section of the hull which helps to stabilize the shell in holding a straight course.

**Foot Stretcher:** An adjustable plate to which a rower's feet are secured.

**Cox Box:** Now a generic name for a battery powered, small amplifier that allows the coxswain to communicate with the crew and also gives the coxswain stroke rate information.

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

**Oarlock:** The D-shaped device at the end of the rigger in which the oar rests. There is a locking gate at the top to keep the oar in place.

**Oar:** Used to drive the boat forward: rowers do not use paddles.

**Button or collar:** A wide collar on the oar that keeps it from slipping through the oarlock.



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**Blade:** The oar, also the end of the oar which is placed in the water.

**Erg (ometer):** Rowers call it an "erg." It's a rowing machine that closely approximates the actual rowing motion.

## **Rowers:**

**Bowman:** The number 1 seat in the bow.

**Coxswain:** Person who steers the shell and is the on-the-water coach for the crew.

**Stroke:** The #8 rower who sits closest to the stern. The stroke sets the rhythm or cadence for the boat; others behind him must follow his cadence.

## **The Rowing Stroke:**

**Catch:** The moment the blade first enters the water

**Drive:** The part of the rowing cycle where the rower applies power to the buried blade.

**Feathering:** Turning the oar blade flat during the recovery to lessen wind resistance.

**Finish:** The oar blade leaving the water at the end of a stroke.

**Power 10:** A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

**Puddle:** The effect in the water caused by the movement of the oar, particularly at the end of the stroke.

**Recovery:** The time between drives, when the blade of the oar is traveling through the air.

**Squaring:** Term describing the turning of the oar from horizontal (feathered) to vertical (squared) blade position.

## **Commands:**

**Weigh-Enough:** A coxswain command to have all rowers stop rowing.

**Run your oars:** Slide the oars all the way out until the button touches the oarlock.

**One foot in:** Stand ready on the dock with one foot on the deck of the shell.

**Down:** Slowly sit down keeping one hand on the oar.

**Ready-All, Row:** Starting command for most races



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## Safety

- Pay Attention
  - Accidents can happen if you don't work together.
- Listen to the coach first then the coxswain
  - The Coach has authority over the coxswain.
- Always Keep one hand on the oar
  - Oars are your training wheels. Don't let go!
- Always keep your oar touching the water
  - Training wheels not touching the ground do not help.
- Stay with the boat at all times
  - It will float even when fully filled with water.
  - The motor boat will come to you if there are any problems
- Stay Relaxed
- Have fun!!!