

Green Lake Adult Crew Handbook

Green Lake Small Craft Center
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1. Purpose

The purpose of this handbook is to provide an overview of how the Masters Program operates as part of the Green Lake Crew organization, what you can expect from staff and coaches, and what is expected of you as a participant. It also contains some basics about the sport like rowing terms and coxswain commands.

2. History and Organizational Structure

Green Lake Crew (GLC) is a sponsored program of the Seattle Parks and Recreation Department. It is one of two publicly funded rowing programs in the city (the other is Mt. Baker). The City provides the facilities, pays the core office staff, and contracts with the Associated Recreational Council (ARC) to hire coaches and authorize a volunteer Rowing Advisory Council to provide strategic direction for the organization. Green Lake Crew operates out of the Green Lake Small Craft Center, often referred to as “the boathouse.” We share this facility with the Seattle Canoe and Kayak Club, summer sailing classes, and youth day camps.

GLC has a long and proud history of excellence that began in 1948 with the Juniors program, which now serves over 150 junior high and high school athletes from neighborhood schools every year. The Juniors’ varsity program has evolved into a nationally recognized competitive rowing team that places in regional and national regattas. The Junior teams practice every week day after school and some weekends.

The Masters Program is for adults age 18+. “Masters,” in this case does not mean “expert”, but rather adults rowing both recreationally and competitively. There are several different classes that comprise what we call Green Lake Adult Crew (GLAC), from Learn to Row to Competitive, which are explained below in Section 3c.

The vision of GLAC is to be an inclusive community where every individual can experience the transformative power of rowing and achieve their fullest potential. The following entities play key roles for GLAC:

a. Rowing Advisory Council (RAC)

The Rowing Advisory Council (RAC) is the advisory body of Green Lake Crew, and is authorized by the Associated Recreation Council (ARC). Comprised of a group of volunteers (including Juniors’ parents and adult rowers) dedicated to Green Lake Crew’s continued success, the RAC helps make decisions regarding the budget, equipment purchases, and fundraising. The RAC meets at the boathouse on the third Wednesday of each month. Meetings are open to all, and participants are welcome to attend.

b. Masters Advisory Council (MAC)

The Masters' Advisory Council (aka "MAC") is a voluntary organization of participants of the Green Lake Adult Crew (aka GLAC) rowing program. The MAC monitors and supports the mission/vision of GLAC, and its coaches in an advisory, non-coaching capacity. The MAC aims to ensure the efficient operation of the GLAC program, promote team growth and camaraderie, strengthen the team's relationships with program administration and the broader rowing community, and garner resources to support team needs and goals. See **Appendix A** for the MAC By-Laws, which include a description of council positions and roles.

c. Seattle Parks & Recreation

The Green Lake Small Craft Center is managed by the Seattle Parks Department. Staffing for the facility, also known as the "office staff," consists of one full-time Program Coordinator, a part-time Recreation Attendant (0.8 FTE), and a part-time Assistant Program Coordinator (0.4 FTE). The office staff is responsible for all happenings at the facility, seven days per week. This includes all programming, special events, hiring, training, payroll, Advisory Council partnerships, implementing all city policies, and standard administrative duties. The office staff are assigned to the Aquatics unit which is part of the large Recreation unit within the Department. The Program Coordinator oversees the dozens of ARC staff who work with participants at the facility. The Recreation Attendant fields class registrations and questions, and interfaces with park visitors.

d. Masters Rowing Coordinator

In January 2018, a part-time Masters Rowing Coordinator position (0.15 FTE) was added to the ARC-hired staff to ensure adequate program support for GLAC. Duties for this role include:

- Designating lead coaches for each class
- Working with coaches to match participants to appropriate rowing group(s)
- Translating input from the MAC into program adjustments
- Working with GLSCC office staff to optimize class scheduling
- Coordinating equipment usage and coxswain availability with Junior coaches
- Managing the team roster and communications
- Providing monthly program updates to the Rowing Advisory Council (RAC)
- Coaching as necessary to ensure program consistency and continuity

e. Team Captains

See the MAC By-laws (Appendix A) for a description of the team captains' roles. If a rower has concerns regarding programming, coaching or other participants, this should be brought to the attention of the Team Captains. The Team Captains will advise or handle whether the matter needs to be addressed through the program director or coaching staff.

3. Green Lake Adult Crew Programming

a. Masters Class Structure

Participation in Green Lake Masters program is structured around classes. These classes are often referred to as "practice." Classes generally run for 4-6 weeks.

b. Payment Options

All participants will need to set up an account with <https://apm.activecommunities.com/seattle/Home> so they can register for classes. (This can be done with the office staff in-person or by phone.) Participants register for classes through www.greenlakecrew.org or through the office staff.

Ten-session punch cards can be purchased through the office staff for those who choose to “drop-in” to classes. Punch cards are intended for those who cannot commit to the typical class schedules. It is strongly recommended that those who row regularly register for classes rather than use punch cards as it is more cost effective and allows the office to better predict class size and coaching needs.

c. Masters Classes by Level

Masters classes are structured around degree of experience, skills, and interests according to the following levels. All participants must complete and submit a float test and sign a risk and release form.

Learn to Row (R1A)

For adults new to rowing. Learn-to-row classes meet twice a week for 5 weeks for a total of 10 sessions. Sessions are two hours long and are held rain or shine.

This class covers the basics of the rowing stroke, rowing terms, boat handling, equipment care, and water safety. Participants begin by learning the basics of the rowing stroke on ergometers (indoor rowing machines) and in docked boats then quickly progress to rowing in sweep (one oar per person) racing shells. Depending on class size, students may also be introduced to sculling (two oars per person). Satisfactory completion of this class qualifies participants for Developmental Rowing (R1B).

Developmental Rowing (R1B)

Requirement: Completion of Learn-to-Row (R1A) or coach permission.

The focus of this class is skill development, with special attention to building participants' sculling and coxing skills. These classes run at the same times as Learn-to-Row classes to enable a smooth transition from one class to the other. Participants are strongly encouraged to repeat this class until they have received coach approval to advance to R2.

Continuing Rowing (R2/3)

These classes include “Novice” (R2) and “Experienced” (R3) rowers as described below. Coaches will organize rowers into boats, boating people according to experience or race line-ups.

Novice Rowers (R2)

Requirements: Completion of Learn-to-Row (R1A) and Developmental Rowing (R1B) or equivalent rowing experience and coaches' approval.

"Novice," for purposes of this class, refers to those who have rowed less than two years but are competent in the basic skills taught in R1A and R1B." Novice rowers will be given instruction with an emphasis on developing their rowing skills while increasing their fitness.

Many R2 participants race in the three annual Green Lake hosted regattas and also opt to race in some regional regattas. Participants registered for the class will have boating priority over punch card participants.

Experienced Rowers (R3)

R3 participants should have at least two years of rowing experience and be competent rowers. People rowing at this level include both those who are interested in competing and those who simply want to get a good workout on the water with other competent rowers. Although skill development will continue to be addressed, there will be a strong emphasis on training and getting more meters into the workout.

R3 rowers typically row in local and regional regattas.

Competitive Rowing (R4)

This class offers rowers the opportunity for a higher intensity workout as they meet on the water four times per week. Training continues to develop skills while the workouts focus heavily on physical training in order to compete at the national levels. This class is open to experienced rowers or coaches' permission. In addition to local and regional regattas, this group may compete at different regattas across the country, Head of the Charles, Masters Championships, etc.

Supplemental erg/land conditioning classes may take place in the off-season (November-February). Note: Seattle Parks & Recreation policy prohibits novice participants from rowing before sunrise.

Class registration is expected for participation in this class; participants using an open row "punch card" will be boated last.

Erg Conditioning Class

Participation in erg conditioning classes is open to all adults but completion of a Learn-to-Row class is strongly encouraged. These are on-land conditioning classes primarily consisting of indoor rowing on ergometers (ergs) and are offered during the winter months (September - April). The focus of this class is improving fitness and form for on-water rowing. Coaches may also incorporate other land-based exercises. Class registration is required for participation. Open row punch cards are not accepted. All participants must have a current risk and release form on file.

d. iCrew

Once a participant has completed a Learn To Row class and registers for a class or purchases a punch card, they will be enrolled in the Green Lake online iCrew system, which tracks class enrollment, attendance and regatta participation. The participant will receive a registration email from iCrew with instructions for creating an account. iCrew may be accessed online or by downloading the iCrew smartphone app.

- **Using iCrew to RSVP for Practice**

Keeping your attendance plans current in iCrew is essential for helping coaches know who to expect for practice so they can plan line-ups and lesson plans. If you plan on attending practice please indicate on iCrew no later than 8pm the night before. Putting together a line-up for several boats is a strategic and time-consuming process so keeping the coaches informed of your attendance status is an important expectation of participation in any rowing program.

- **Using iCrew to Determine Coxing Rotation**

In the Masters program every participant is expected to take a turn coxing a boat if a junior coxswain is not available. iCrew will keep track of the number of sessions since you last were assigned coxswain duties. The iCrew system allows both you and the coach to see when your turn at coxing is coming and allows you to plan accordingly. See *Basic Coxing and Calls* in **Appendix B** for cox role, responsibilities and calls.

4. Safety

Safety is of paramount importance at Green Lake Crew. See **Appendix C: Safety at Green Lake** for a complete list of safety measures including the requirements of a float test, thorough coach safety training, handling of wind and water conditions, and pre-dawn rowing protocols.

5. Racing Seasons and Regattas

Green Lake hosts three regattas a year: Frostbite (November), Spring (March), and the Summer Extravaganza (August). Other clubs from the area come to Green Lake to compete in these 1000 meter sprint races. There are events for juniors, masters and both novices and more experienced rowers. These are great opportunities to both compete and volunteer. We also travel to other sites to compete in regattas. See **Regatta Basics** in **Appendix D**, for complete information on types of races, types of events, age handicaps, what to wear and scholarships. A current list of regattas can be found on <https://www.greenlakecrew.org> under Adult Crew/Masters Calendar. The season typically involves these events:

January NW Ergomania (*all rowers*), Seattle

March Green Lake Spring Regatta (*all rowers*), Green Lake

April "Raising of the Green" Fundraising Auction/Dinner, Nile Golf Course

April Spring Sprints Invitational (*all rowers*), Lake Stevens, WA

May Opening Day/Windermere Cup (*qualifying boat only*), Montlake Cut

June NW Masters Regional Championship (*all rowers*), Vancouver, WA

July Cascadia Masters (*all rowers*), Vancouver, BC

August U.S. Rowing Invitational National Championships (*qualifying boats only*)

August Green Lake Extravaganza (*all rowers*), Green Lake

September Erg-a-thon Fundraiser

September Row for the Cure (*all rowers*), Lake Union

September Otter Island (*all rowers*), Everett, WA

October American Lake Fall Classic (*all rowers*), Tacoma, WA

October East Coast Regatta (*qualifying boat*), location varies

November Frostbite Regatta (*all rowers*), Green Lake

November Head of the Lake (*qualifying boat*), Lake Washington

Financial aid to help meet class or travel costs is available to all Green Lake rowers. Contact the office for information.

Volunteer Opportunities

The three regattas that Green Lake hosts each year raise money for the program. Masters rowers contribute by volunteering for dock duty. Rowers of any level are encouraged to sign-up for 1-2 hour shifts to ensure that racing crews launch safely and direct traffic on and around the docks. Dock duty is a great way to see the big picture of the event, contribute to the team and represent Green Lake to the community. There are also opportunities to volunteer with time keeping and other regatta procedures.

Green Lake Crew is in the midst of a campaign to build a new boathouse. There are opportunities to support this effort on the Green Lake Crew webpage. Fundraising also supports the purchase of equipment and the scholarship program for both the Masters and Juniors programs.

There are two primary fundraising events during the year:

The “Raising of the Green” annual auction and dinner is our major fundraising event and is held annually in March or April. Volunteers are needed to help with planning, procurement, and day-of tasks. Green Lake Crew encourages everyone to contribute as generously as possible and to attend the event.

In the fall there is an Erg-a-thon which involves both junior and adult rowers.

6.Guidelines for Masters Coaches and Rowers

These guidelines were developed by Masters rowers to communicate what they expect from both Masters coaching staff and rowers. These guidelines are advisory only and not intended to supplement, in any manner, the coaches’ contract with Seattle Parks and Recreation.

a. General Culture and Purpose

The Green Lake Adult Crew (GLAC) Masters program is an inclusive community of adult rowers who participate in sweep, sculling and conditioning sessions for a variety of reasons, the social community, skill development and health/athletic benefits being primary. As members of the GLAC program, rowers pay for specific class sessions or drop-in attendance throughout the year-round program and expect a certain level of organization and accountability. Meeting the expectations of our rowers regardless of skill level or natural ability, creating a positive coaching environment with common goals and building and retaining participation is the goal and purpose of these guidelines.

b. General Expectations of Coaches:

- Rowers want and welcome tips and corrections of individual technique and skill development if delivered in a supportive manner. Coaches are expected to give individual as well as boat feedback.

- Rowers like to see practice sessions run in a manner that maximizes time on the water (barring rescheduling or delays due to weather). This might mean utilizing iCrew to set line-ups ahead of time and having a practice plan.
- Rowers should feel that their coaches are accessible directly following or prior to practice sessions to discuss their individual goals or concerns regarding their time on the water.
- Coaches are asked to stress the importance of using iCrew for attendance reservations so that the coaches know ahead of time who and how many are coming to practice. Universal and consistent use of iCrew by both rowers and coaches will help set boatings and line-ups and encourage advance class registration.
- Coaches are asked to encourage participation by all rowers in local regattas. Green Lake hosted regattas (three per year) are an integral part of our program and community development goals. These events are open to all skill levels and foster a sense of community and team building. New rowers often need encouragement to be in their first regatta. Participation in other more competitive regattas is strongly encouraged according to individual goals and/or class skill levels.
- The Green Lake Masters program tries to use junior coxswains when available but often must rely on rowers to cox boats for fellow rowers. Cox duty rotates through the team according to frequency of attendance, which is tracked on iCrew, e.g. someone who is a regular attendee is likely to cox more often. The coxing assignment is done through iCrew (with some coach discretion) in an effort to be equitable and transparent. Coaches are responsible for ensuring that their class participants have basic coxing skills. Twice yearly coxswain training will be offered free of charge to all rowers. In addition, coaches are responsible for ensuring that every coxswain, regardless of skill level, is familiar with the course, operation of the cox box, traffic pattern and hazards (buoys, swimmers, boaters, etc.) for safety purposes.
- Coaches are encouraged to foster a productive and enjoyable experience for rowers, on and off the water, through innovative coaching techniques, friendly competition and other practices that engage and develop a supportive GLAC rowing community.

c. Coaching Expectations, by Class

Learn to Row and Developmental (1A and 1B):

- Coaches are asked to follow the Learn to Row and Developmental curriculum (which may be modified from time to time or due to inclement weather or class size) so that there is consistency across classes and all safety and rowing technique basics are covered.
- Coaches are asked to provide feedback and make recommendations to new rowers about which class would be most appropriate to their skill level following completion of the Learn to Row course.
- Coaches will provide basic training in coxing

Continuing Rowing (Rowing 2 and Rowing 3)

Novice (Rowing 2)

- Focus of practice sessions is primarily on improving fitness and skill level of individual rowers
- Coaches are encouraged to periodically assess the skill level of individual rowers and recommend at what point they should advance to Rowing 3.
- Rowing 2 participants are best served by coaching to the specific skill level of these rowers and providing line-ups and boating opportunities for their successful technical skill development whenever possible.

Experienced (Rowing 3)

- Rowing 3 participants are experienced rowers who may or may not be interested in being competitive. These rowers often share practice times with Rowing 2 and are offered a number of options for practice sessions.
- Though focus is on skill development and fitness, coaches are encouraged to be flexible in meeting the expectations of this group whether it be purely recreational, off-season competitive rowers, preference for sculling, sweeping or particular line-ups whenever possible.

Competitive Rowing (Rowing 4)

- Participants generally have at least two years' experience and want to compete at a high level and train for specific regattas; or very experienced scullers who prefer an early morning high intensity workout to retain and refine their technical skill and fitness.
- Coaches at this level are encouraged to develop individual and team fitness goals and provide seasonal training plans for the duration of each class.
- Regatta specific training and determination of boat line-ups in advance are encouraged. Coaches are asked to encourage this group to set individual performance goals and to do extra conditioning outside of regular class sessions.

d. Rower Responsibilities

- All rowers should use the iCrew reservation system so that coaches are informed of attendance plans. This allows coaches to plan line-ups in advance and efficiently conduct practice sessions. In the event of an unexpected or last-minute change of plans, rowers are asked to notify coaches via iCrew or by text (cell #s are available on iCrew) in a timely manner whenever possible.
- If a rower has a concern with their individual development within the program, they should feel free to discuss these concerns with their session coaches.
- If a rower has concerns regarding the programming, coaching or other participants, this should be brought to the attention of the Team Captains. The Team Captains will advise or handle whether the matter needs to be addressed further through the program director or coaching staff.

- The Green Lake Masters program tries to use junior coxswains when available but often must rely on rowers to cox boats for fellow rowers. Cox duty rotates through the team according to frequency of attendance, which is tracked on iCrew. E.g. someone who is a regular attendee is likely to cox more often. The coxing assignment is done through iCrew (with some coach discretion) in an effort to be equitable and transparent. A list of coxing and rowing terms is given to all Learn to Row participants (see **Appendix B**). Every rower is responsible for ensuring that they are familiar with the course, traffic pattern and hazards for the safety of all participants.
- Rowers are expected to adhere to the directions of coaching staff while on the water. Rowers are expected to follow the calls and direction of the cox (drills and pieces are at the discretion of coaching staff). The ONLY exceptions are for safety.
- Rowers should not coach other rowers in the boat unless specifically asked to provide feedback from an individual.
- Rowers are responsible for fostering a positive rowing environment for all participants.

Appendix A: Masters Advisory Council (MAC) By-laws

Green Lake Adult Crew MASTERS
ADVISORY COUNCIL BY-LAWS
December 4, 2019

Mission Statement: The Masters' Advisory Council (aka "MAC") is a voluntary organization of participants of the Green Lake Adult Crew (aka GLAC) rowing program, sponsored by the Green Lake Rowing Advisory Council (aka "RAC"). The vision of the GLAC is to be an inclusive, community where every individual can experience the transformative power of rowing and achieve their fullest potential.

The MAC shall monitor and support the GLAC, and its coaches in an advisory, non-coaching capacity. The MAC shall assist the coaches and rowers, promoting team growth and camaraderie, strengthening team's relationships with program administration and the broader rowing community, and garnering resources to support team needs and goals:

1. Foster inclusivity, participation, continuity, and comradery across rowing classes, and abilities to strengthen GLAC team relationships.
2. Facilitate communication between rowers and coaches so that rower's ideas, questions and concerns are voiced and addressed.
3. Facilitate communication and cooperation among adult rowers and other groups connected with rowing at Green Lake including Green Lake Small Craft Center staff, coaches, the RAC, and Green Lake Junior Crews. Assist and advise the RAC in areas such as: Formulation of policy affecting the Adult Rowing Program, fundraising, providing volunteers and support as needed.
4. Carry out short and long-range planning for adult rowing activities, both recreational and competitive.
5. Help develop a strong rowing program at the following levels:

- Learn-to Row (Level 1A)
- Developmental (Level 1B)
- Novice (Level 2)
- Experienced Rowers (Level 3 and 4)

6. Assist with or provide educational and training activities for participants to supplement the regular adult rowing program: nutrition, physical conditioning, advanced rowing technique, coxswain skills, coaching skills, and general knowledge about rowing development.

7. Help maintain equipment and facilities for rowing.

8. Develop and promote GLAC team fundraising activities.

Green Lake Small Craft Center Staff: Seattle Parks & Recreation and Associated Recreation Council staff has the authority and responsibility for the rowing program.

Commitment of Members: By joining the MAC, members commit themselves to regular attendance at meetings and rowing classes as well as fundraising, maintenance and other activities of the organization.

Meetings: The members of the MAC will meet every month. Minutes will be kept for each meeting and distributed to Team members and Green Lake Small Craft Center staff. Every-other month, meetings shall be open for all GLAC participants to attend. Special meetings may be called at any time by any MAC member as needed to resolve special issues.

One, all-team meeting will be scheduled early in the year (January/February) to review the year's events, procedures, etc. with all interested GLAC team participants.

MAC Membership: GLAC participants shall elect MAC members who will serve two years. The term shall begin and end on September 1st of each year. Two-year terms will be off-set by a year amongst (approximately) half of the group to maintain consistency and institutional memory within the group.

MAC Positions and Roles:

Co-Captains: (Natalie Lecher & Patty Albert)

- Represent the team in a manner consistent with the best interests of the organization. Co-Captains are responsible for serving the interests of all rowing classes and skill levels – novice, recreational and competitive.
- Coordinate MAC meetings, determine dates/location, agenda and preside over the discussions
- Facilitate communications between Green Lake Crew facility Staff and Rowers
- Support team activities as needed including competitions, social activities, rower training, etc..
- Maintain GLAC team roster
- The mid-term Co-Captain will be responsible for coordinating the annual nominations and elections of MAC members

Treasurer: (Charles Kooperberg)

- Collect and disperse funds for activities related to Regattas and other GLAC Activities
- Provide accounting for each meeting

Internal Affairs Chair: (Aaron Hossack)

- Document MAC and Team meetings (meeting minutes), and distribute to rowers & Green Lake Staff
- Maintain & post GLAC Team Calendar including regattas and events, team meetings, and class schedules. This information should be made available to GLAC participants and the public at large
- Solicit & Coordinate volunteers for GLAC team activities for GLAC team activities that don't fall under Regattas or Social Events
- Coordinate events such as Erg Room Cleaning and winter Oar Painting.
- Attend & represent GLAC at RAC meetings, and report RAC activities to GLAC participants.
- Assist Seattle Parks and Recreation staff and coaches in distributing information to GLAC participants

Regatta Chair: (Leslie Minch)

- Coordinate logistics (lodging, food, volunteers, etc.) and other non-coaching activities for out-of-town regattas.
- Assist in Scrimmages with other crew teams.
- Coordinate volunteers for Green Lake regattas. (e.g. dock duty)
- Assess interest in away regattas
- Communicate with rowers regarding expectation, costs estimates, payment, and eligibility for regatta participation
- Coordinate with coaches and program director regarding timelines, goals for seat assignments and logistic for regattas
- Communicate goals to both coaches and rowers. Work to keep all parties on track with timelines.

External Affairs Chair: (Laurel Geddes)

- Devise & Implement marketing and external communication efforts to reach new audiences and recruit new participants.
- Contribute to GLAC presence on Social Media (i.e. Facebook) and recommend content to be included on the Green Lake Crew website
- Contribute to the creation and implementation of outreach activities that enhance GLAC's public presence
- Assist to implement collaborative activities that foster partnerships with other crew and organizations (skrimmages, Skyhawks, Global Erg Marathon)
- Represent & promote GLAC to the public at relevant events (i.e. staff information tables at fairs)

Social Chair: (Laura Nelson)

- Coordinate GLAC social activities
- Assist with the coordination of opportunities for inter-class interaction like mixer rows and scrimmages
- Support the Regatta Chair by coordinating team meals and off-water events at away regattas

New Rower Representative: (Lauren Vanderlugt)

- Welcome new rowers to GLAC Program. (Attend at least one class or Mixer Row) Provide an overview the GLAC Program
- Distribute informational handouts to new rowers (Welcome letter, handbook, contact information, etc.)
- Liaise between new rowers, the MAC and the GLAC Staff. Provide feedback to the MAC

- Make sure new rowers' interests are addressed
- Increase participant retention. Develop initiatives to improve rower experience

These By-Laws shall be reviewed, updated and approved annually at the beginning of each term ready for the upcoming year's season.

Appendix B: Basic Coxing and Calls

Before Launching:

- If you are unclear about traffic patterns on the water ask the coach.
- Check which boat you are coxing and try to remember the crew in it.
- Get a whistle (sculling house), cox box (boathouse in north corner) and lights if dark (sculling house). When it is fully light in the summer, lights are obviously not needed.
- ****If dark, boats require lights. Check that the lights work. To switch them on takes only a SMALL turn to the left. The red and green lights are for the bow, and the white light is for the stern. The lights should be in working order if they were put away properly, but if they are not, substitute and set lights aside for repair.**
- Check in with your crew (especially the stroke) ASAP
- If you are not very experienced, inform your stroke to pay attention to the plan for the day's outing (see next point)
- LISTEN to what the coach for the day tells you about the outing – you will then know what to do on the water. Don't rely on anyone in the crew to be listening and remind you later. Ask if you don't understand anything.
- Don't launch (move the boat away from the dock) before checking with the coach where he/she wants you to go.
- Hustle! Try and get the boats down to the dock quickly. Always keep a close watch on the bow and/or stern of the boat as you maneuver the boat out of the boathouse – stay at the end furthest into the boathouse, and get someone else to watch the other end if necessary one of the ends for you.
- Give commands quickly and concisely.
- IN PARTICULAR, don't leave a crew holding a boat over their heads for any longer than is necessary.
- Get the crew seated in the boat as quickly as possible. Press them to get their oars secured and to not mill about.
- Fix lights on the boat while the rowers are removing shoes and adjusting stretchers
- Collect shoes and place them in the boathouse so as to keep them dry.
- Plug in your coxbox and adjust the volume.
- Announce to your crew that you are getting in, and enter the boat. Ask the coach if you are unsure where you can step. NEVER step anywhere but on the very-narrow raised wooden keel. Ask.

On the Water:

- Stay alert – you are in control
- Stay in control – never delegate responsibility to anyone else. Rowers will always listen first to a coach, but you are in charge of the boat and need to maintain a point and safety while the coach is talking.

- Always look out for other boat traffic, particularly before you start to turn – small boats, swimmers and other hazards can spring out of nowhere. YELL at any singles/doubles coming towards you who do not seem to know you are there.
- Steer safely and stick to traffic patterns (see map attachment).
- Try to stay within communication (sight) range of the coach, unless directed otherwise. In general, you should stay in sight and within 100m of the coaching launch; this is especially important if you are in a single or double.
- Listen to the coach at all times – ask for clarification if you don't understand what he/she is telling you to do. ALWAYS wave clearly to indicate that you have heard/understood a command. This also applies if any other coach says anything to you – if you don't wave to show you have heard, they may keep yelling till you do.
- Make the life of the coaches as easy as possible – try to stay within communication (sight) range of the coach, unless directed otherwise. Keep the boats grouped together if possible (add a pause drill if too far ahead; pause drill is a good way to slow a boat down). When stopping, stop NEXT TO the other boats so that the coach can communicate with all the boats at once. This prevents too much sitting around.
- Always follow the coach's instructions UNLESS your boat is getting into trouble (e.g. drifting into the bank, heading for a collision etc). Then you must take control and move the boat away from danger as soon as possible – the coach may be unaware of it. You are EXPECTED to interrupt and speak over a coach whenever you feel the need.
- If you're coxing without a coxbox, try to shout loudly to the end of the boat – try aiming your voice at the feet of the stroke to propagate the sound along the boat itself.
- State clearly what it is you want the rowers to do, and make sure that they do it.
- Ask the stroke if you don't understand something – novice coxswains will almost always have an experienced stroke to help them out. If you feel like you are getting too many comments from within the boat, tell the crew to shut up and let you make the decisions (difficult, but do it!).
- Be specific with commands (tell individual rowers what they are doing right or wrong rather than a general command to the whole boat), and give feedback as to how they are doing. This is hard at first, but concentrate on the rowing, and learn to notice what causes problems and whether things change when you give instructions.
- Remember that everyone has to cox and most people are nervous to start with so everyone is sympathetic towards you. Don't take any bad-tempered comments to heart – things are said when people are tired or nervous that they don't necessarily mean.

Warming Up:

- The first thing you do on the water is warm up the crew – as directed by coach. The purpose of this is to stretch out all the muscles and make sure no damage is done by leaping straight into hard rowing, and to make sure the washer settings are correct. With this in mind...
- Warm up by pairs in a 4+ or quad (bow pair and stern pair) or by fours in an 8+ (bow four and stern four).
- Each group should row square blade arms only, then arms and back only, then half slide, and finally each full slide. The square-blade rowing enables rowers to adjust their hand heights for the crew and boat of the day. If they are unable to adjust and row square blade cleanly, they will need to adjust washers before rowing all-4 or 8.

- For a non-novice crew, you should aim to have warmed up each pair by the time you have reached the start line (by Duck Island). Typically, the coach will also assign another activity so that you will make a full lap before stopping and starting the work out for the session. Stop at the black buoy and allow rowers to make any washer adjustments. Try to be able to report to the coach how the set was during the all-four or eight rowing (e.g. large/small wobble, hard down to one side or another, consistently down at the catch/release, inconsistent, etc.)
- Emphasize that the crew should not be pulling hard in the warm up – instead, tell them to focus on technique and trying to set the boat.

Back on the Dock:

- Get out first and give their shoes to your rowers.
- Get crew out of boat and the blades out quickly.
- Remove the lights and/or batteries and cox box and flotation.
- Once boat is back in boathouse, wipe it down with one of the towels. If the boat is on a high rack, have your crew hold the boat at waist so you can wipe it down before putting it up on the rack.
- If the batteries/lights are dim or dead, notify the coach and leave the lights on the table.
- Connect the cox box to the charger.

Coxswain Calls

Backing: A backwards stroke used to turn a boat or back a boat. Coxswain will call for seat positions and duration of backwards strokes.

Check it: A command used to get all oars on starboard or port to hold water causing the boat to turn. **All eight Check it:** see **Hold Water**

Count down when ready: The command the coxswain uses to confirm with each rower that they are ready to row. From bow to stern, each rower calls their number when they're ready.

Even Pressure: The command for rowers on both sides of the boat to row with the same power.

Heavy on Starboard/Port: The command for rowers on a certain side to apply more pressure; used to turn the boat with or without using the rudder.

Hold/ Hold water: The command used to **stop the boat quickly**. Each rower squares their blade in the water creating drag. Like putting on the brakes.

Let it run: The command used to have a crew stop rowing. **Gunwale your blades:** crews will keep their blades in the air (with oar handles against the gunwale) and let the boat coast.

On the square/On the feather: on the square-rowing with blades at a 90-degree angle from the water. On the feather-rowing with flattened blades while on the recovery.

Paddle: Row lightly.

Pick drill: A warm up routine where rowers (in pairs or 4s), on the coxswains call, row using (for example): their arms only; arms and body; half slide; full slide with blades squared and use minimal pressure. **Reverse pick drill:** a warm up routine beginning with legs-only rowing.

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 or re-focus a crew.

Ready Row: The starting command for any piece or workout.

Set the boat: a command to balance the boat using the position of the oars. 1) the set can be adjusted by rowers individually raising or lowering their oar handles through the stroke; 2) during drills when a pair(s) of rowers are not rowing-a command to apply pressure with blades flat on the water to balance the boat. Coaches will instruct proper set position.

Touch it/Light strokes: A stroke where rowers use only their arms and back. Used mostly for warm-up or to turn a boat.

Weigh Enough –pronounced ‘weigh ‘nuf’: the command to stop rowing, e.g. “weigh enough in two” (strokes).

Getting the boat out of the boathouse - Order of calls:

Hands on the boat

Pull it out

Split sides - go around

(make sure rowers are distributed according to similar heights, weight of the boat is evenly distributed, and no heads are inside riggers)

Up an inch - ready? UP

Walk it out - ready? OUT

Up to shoulders - ready? UP

Walk forward - ready? WALK

Watching riggers (note bow or stern placement for putting the boat away)

(watch all around boat calling if need to slow down or switch direction) (note once stern is clear of boathouse)

Bow swing down, stern up

Walk it forward (note to be careful on dock if slippery) (call side of dock)

Left side

Weigh enough (way nuff)

Step to the edge

Up overhead – READY UP

Roll boat down and in - ready down (make sure boat is out wide so the rudder is not damaged)

Ports get oars, Starboards get oarlocks

Outside oars across

One foot in

Down and in

(Coxswain in last, make sure box is working, ask bow if they can hear you)

Count down when ready

Lean away

Walk it off

Bow pair row when clear

Warm up - follow direction of coach

Follow the lake course unless directed otherwise

Wait until coach is on the lake with the launch

Pick drill - start with stern four then switch to bow four

-on the square, 20 strokes, arms only - ready, row,

in two arms and body, that's one, two, arms and body,

in two half slide, that's one, two half slide,

in two full slide, that's one, two full slide

Reverse pick drill - leg drive focus, start at the catch

-on the square, 20 strokes legs only ready row, in two legs and body that's one, two legs and

body, in two add in the arms that's one, two, add in the arms

Putting the boat away:

Hands on

Up and overhead

Ready up

Show sides and split

Down to shoulders

Walk it forward

(Remember which end goes in first)

Bow swing out, stern in

Weigh enough

Walk it forward - ready? walk

Watching riggers

Weigh enough (adjust to fit)

Down to waist - ready? down

Arms across so people can come around

And put it in - (adjust to fit)

And Roll it in

Steering

- Hold the rudder line toggles lightly between thumb and forefinger.
- Push the rudder line away from you on the side you want to steer toward – so if you want to steer right, push the right hand forward. Make sure the toggle returns to its original position (i.e. the rudder is straight) when you finish steering
- First rule of steering is don't unless you have to. When you feel comfortable, take your hands off the rudder for a few strokes and notice that in a reasonably fast moving boat not much steering is needed to stay in a straight line.
- Steering slows down the boat (and ruins the set), so try and mainly steer when the blades are in the water, for more stability. A few small turns of the rudder over a few strokes are better than one long hard jamming of the rudder.
- The boat takes a couple of strokes to respond to the rudder, so finish steering before you are pointing where you want to be to cope with this delayed response. Otherwise, you will need to compensate back the other way and will steer a wavy course.
- To steer in a straight line aim at a distant object (or if you can't see any distant objects due to the tall people directly in front of you, note two points either side of the course you want to steer). Use small corrections to keep in line. If you need to see what is directly in your blind spot, lean out slightly to see round the rowers.
- If you steer round a corner (such as at Fox point or the buoys), ask the rowers to pull harder on one side than the other to help you round if you need to. Turning to port causes the boat to drop down on starboard side (and vice versa) – so tell the rowers when you are turning and they can compensate for the rudder.

Spinning (turning) the boat

- Make sure you are not too close to the shore line or any other obstacle. Turn using one side backing down and the other side rowing (this side will be on the outside of the turn).
- "Port side backing, starboard side rowing on.....from the release.....ready.....row"

- Rowers should only move their backs and arms when spinning the boat — no legs. When their oars are recovering, they should be dragged across the water. For the backing oars, this requires that the oar be over-feathered so that it does not slice into the water.
- Experienced crews should spin a boat without minimal wobble or disturbance to the set of the boat. Scraping the blade on the recovery and paying attention to blade depths when rowing or backing is key to accomplishing this.

Balancing

The coxswain should sit upright and still, bracing feet a little against the foot rest (you must keep your weight off the shell of the boat, just as you would when rowing)- if you are not braced, the body flops around and the balance of the boat is affected. In addition, your back tends to get slammed into the back of the cox seat at each stroke which can be very painful.

Do not be tempted to lean to one side or another to counteract a problem with the set – this will not help the rowers. Often sitting on the flotation device can make balance more difficult as your center of gravity is raised up (this effect is most notable when the cox is tall) – so try putting it behind your back instead.

Appendix C: Safety at Green Lake

Summary: The safety of our participants is of paramount importance. Our program employs a number of practices to create a safe environment, many of which are described below.

- **Float Test**-Every participant must successfully pass a float test prior to their first water session. Float tests may be taken at any swimming pool or beach under the supervision of a lifeguard certified by the American Red Cross. The test cannot be administered at the Rowing & Sailing Center. The test is as follows: In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes. In the final minute of the test you must put on a life vest while continuing to tread water. (This test is a good approximation of what could happen should you end up in the water during a rowing session.) The float test is valid for three years.
- **Safety Video**-Every participant is required to view the USRowing Safety Video. The video reviews a number of safety risk factors that can arise in rowing and demonstrates methods to mitigate the risks. Expect to view the video with your teammates as part of Learn to Row class.
- **Coach Safety Training**-All Green Lake rowing coaches are required to hold certificates in First Aid and CPR. They must also hold Washington State Boater certifications.
- **Coach's (Safety) Launch**-All rowing shells must be accompanied by a coaching launch when on the water. The launch is both a platform for coaching and a safety device. The launch is equipped with a two-way radio that provides contact with the boathouse and other coaches on the water. The launch also carries a supply of PFDs and blankets that can be deployed in the event of an upset that puts rowers in the water. In an emergency the coach can summon help over the radio and provide assistance to boats and crew. It is imperative that boats stay in close contact with the coaching launches throughout practice.

• **Rowing Shell Safety Features**-Every rowing shell incorporates features to provide for the safety of its crew. There are two primary safety features: heel ties and the bow ball. **Heel Ties:** The heel tie is a strap that secures the heel of the rowing sandal or shoe to the foot board. The heel tie will allow the heel of the sandal or shoe to flex upward (away from the bottom of the boat) about an inch. It then holds the heel securely in place. This secure hold enables the rower to quickly extract his or her foot from the sandal/shoe as is imperative in the case of an upset. Absent the heel tie the heel of the sandal/shoe would flex and it will be very difficult for the rower to extract his or her foot. **Bow Ball:** On the prow of every rowing shell should be a rubberized ball. It is there to blunt the otherwise rapier like prow of the boat and to prevent injury in the case of a collision.

• **Rower Safety Features**-every rower is equipped with several safety features: eyes and ears; common sense; knowledge of safety procedures and the ability to speak up.

If you see something that you believe is unsafe, speak up. Better safe than sorry.

• **Wind and Water Conditions**-We all like to row on flat calm water, but most of the time there is some wind and wind driven waves. Sometimes there is too much wind and/or the water is too rough to permit safe rowing. The coach is responsible for monitoring existing and anticipated weather conditions and for making a determination as to whether we will go on the water. The coach's decision is final and should be respected by all rowers.

• **Traffic Pattern**- at Green Lake we have established a traffic pattern for boats to insure safe rowing and to avoid head-on collisions.

• **Boat Wakes**-Boat wakes can pose a significant safety risk for rowers. Sit up, stay tall and row your way through. Get the boat parallel to the wake!

• **Pre-Dawn Rowing Procedures**-for a good part of the year our morning rowing program will be on the water before dawn. All early-morning class participants will be required to attend in person the "Pre-Dawn Rowing Clinic" that will be part of the class curriculum. Boat lights, whistles, glow-lights and the relationship of the launches to the rowing shells will be described in detail. We employ a number of specific safety procedures to guard against mishaps pre-dawn such as:

- **Running Lights**-each shell will mount and illuminate a bow and stern running light. These lights are battery powered and affixed to the deck of the shell with a suction cup. The coxswain will draw a set of lights and insure that they are mounted prior to leaving the dock. The bow light is split with one half red and the other half green. The bow rower will place the light on the bow deck with the red light to port and the green light to starboard. Tie the retention strap to the backstay of the bow rigger. The coxswain will place the clear (white) light on the stern deck. Place the retention strap underneath the coxswain's seat.
- **Light Sticks and Whistles**-each shell will carry two lanyards that hold a light stick and a whistle. The bow rower should wear one lanyard and the stern most member of the crew (often the cox) should wear the other. The light stick and whistle should be employed in case of an emergency. Use them to signal the coach or other rescue personnel. Remember to take the lanyard off and return it to the cox at the end of your row.
- **Coaching Launches**-as with all rowing sessions a coaching launch will accompany the rowing shells. The launches will have running lights that help rowers to see them. The coach will also have a spotlight which he/she can use to light up obstacles such as the buoys.

• **Accident Procedures**-What to do in case of an accident? In all cases you should remain calm and rely on guidance and assistance from your coach. Our coaches are trained in safety procedures and our coaching launches are equipped with flotation devices and other safety equipment.

- **Capsize**-stay with your boat. Signal to the coach. Follow the coach's direction. Depending on conditions you may right your boat and get back on board or get a quick trip by launch to the shore.
- **Collision**-stay with your boat. Signal to the coach. Identify any injuries. Follow the coach's direction.
- **Injury or Medical Emergency**-stop rowing and signal the coach. Identify the injury or medical emergency to the coach. Follow the coach's direction.
- **Swamping**-stop rowing and evacuate the boat with the rowers in the middle of the boat exiting first followed by rowers at the bow and stern. (A boat filled with water is very heavy and as there is flotation in the bow and stern you put massive pressure on the keel in the middle of the boat. Therefore, the rowers in the middle get out first.) Stay with the boat. Signal the coach. Follow the coach's direction.

Clothing: The best clothing for rowing and land workouts is soft, stretchy, and fairly form fitting. Polypro, CoolMax, and similar 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. 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.

Appendix D: Regatta Basics

There are two types of competitive races in rowing- Sprint Races and Head Races.

Sprint Races- generally run in the spring and summer and are 1,000 meters long. The exception is Opening Day which is a 2,000 meter course. Crews are lined up at a starting line and start simultaneously down a straight course. Each crew has its own 'lane' divided by a line of buoys.

Head Races- races are on a 4000 meter to 6000 meter course. Head races are staggered starts; crews leaving the starting line in time intervals. The courses are often along rivers and may feature bridges and turns. The course will have buoyed markers for the race and specified warm up areas.

Events- each regatta features multiple events (races). Each boat in an event will have a 'bow number' which identifies that boat's 'lane' in a Sprint race or its racing order in a Head race.

Events **may** include:

1x or SINGLE (1 person sculling)

2x or DOUBLE (2 people sculling)

4x or QUAD (4 people sculling)

4x+ or COXED QUAD (4 people sculling with a cox-more common in Head racing)

2- or PAIR (2 people sweeping; no cox)

4+ or FOUR (4 people sweeping with cox)

8+ or EIGHT (8 people sweeping with cox).

Events may include: Women's, Men's, Mixed women and men (MX) or Novice (N) events. Age brackets are indicated by the letters A-H (A=27+...H=70+)

Age Handicaps - Masters races are 'handicapped' based on the average age of the rowers in a particular boat. Age handicapping is done either as a time adjustment in which time is subtracted from the raw finish time or by the 'event' class where all boats are within a specified age bracket.

Coaches and Coxswain meeting: If you are 'bow' seat in an un-coxed boat (doubles, pair, quad) you are generally required to attend the pre-race Coaches and Coxswain Meeting to learn the course, rules for passing, and information specific to the particular regatta.

What to wear: You will need to wear your team UNIFORM- Green Lake racing tank top and black trou or leggings. Racing tanks are available for purchase in the boathouse office. Call the office 206-684-4074 to pay for and set aside a tank if you are not able to make it in. Tanks are \$35 each, White hats (optional) are also available at \$25 each. Additional Green Lake Team gear can also be purchased through www.JLRacing.com. The TEAM STORE is open twice yearly for ordering and purchasing gear. Check periodic emails for dates.

Regardless of the forecast, wear layers that will keep you warm even when wet and bring a change of clothes for post-race. High winds or lightning can cancel a regatta, but rarely rain.

Home Regattas- Green Lake Crew hosts three regattas: Spring Regatta (March) Summer Extravaganza (August) and Frostbite (November) on our 1000 meter sprint course. Masters will have two events each and are expected to sign up /volunteer for "Dock Duty". Dock masters direct traffic, insure order and safety on the docks, check foot stretchers (making sure they are tightly fastened into the boat) and bow numbers (event lanes) before each boat launches. Generally, the Junior parents provide food for the Green Lake Juniors and Masters teams at these events. If you have food sensitivities you will want to bring your own snacks. Costs are the per person entry fee as listed in the Regatta calendar.

Away Regattas- Away regattas may be local or out of the area, and run for one day or multiple days. The anticipated cost may include: transportation, lodging, meals and often shared costs of trailering boats or boat rentals, and coaching staff. These costs will also vary depending upon the number of participants.

Note about cost - GLC Regatta Fees cover boats, boat transport, coaches, and regatta fees. Additional expenses may be required that will include coxswain fees, food (purchased and available at the regatta) and will be payable to the MAC Treasurer. Lodging and other meals outside of the regatta are the responsibility of the individual rowers.

Eligibility and practice commitments- The eligibility criteria and practice requirements will vary depending on the regatta. Boating line-ups are determined by coaches and may be subject to a competitive selection process which may include: technical skill, erg tests, experience level, fitness, seat racing, age, and practice time availability.

De-rigging/loading/re-rigging- With the exception of Otter Island and National/East coast regattas, individual participation in away regattas will require de-rigging and loading/unloading, rigging and washing boats by participating rowers. Riggers refers to the triangular metal or composite pieces that attach to the boat and holds the oars in place. The riggers are removed prior to loading boats onto a trailer for transporting to/from regattas. Check the Green Lake Masters Regatta and Event Schedule for scheduled boat maintenance clinics which will include information on boat rigging. Unless you are experienced in boat and equipment maintenance, buddy with a regatta veteran to learn hands-on how boats are rigged when preparing for a specific regatta. **Note: how a boat is rigged will vary by type of boat and whether it is port or starboard stroked. For the safety of your fellow teammates, it is imperative that rigging be done correctly- there is no room for error.**

Food/lodging- as a team we make every effort to keep associated expenses reasonable. For day-long or multi-day events we provide food at the venue on a shared cost basis. We also try to reserve group discounted rates at venue hotels or a group shared home for lodging. Individuals are encouraged to carpool and share accommodation in an effort to keep costs down.

Scholarships- Green Lake Adult Crew encourages all members to participate in regattas according to their skill and interest level. Scholarships to help cover the expenses associated with regatta participation are available on a financial need basis. Please contact your team captain, program coordinator or the boathouse office to apply.

Appendix E. (excerpted from USRowing.org)

Rowing is a total body workout. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints. The sport demands endurance, strength, balance, mental discipline, and teamwork.

Sweep (like a broom) and **Sculling**: There are two basic types of rowing sweep rowing and sculling. In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars, one in each hand.

Boat configurations: Sweep rowers come in pairs (2-s), fours (4+s), and eights (8+s). Scullers row in singles (1x), doubles (2x), and quads (4x). Sweep rowers may or may not carry a **coxswain (cox-n)**, the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In all sculling boats and sweep boats without coxswains, a rower steers the boat by using a rudder moved with the foot.

Categories of rowing events: 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 there are masters' events for rowers 27 and older. There are two weight categories: lightweight (men under 165 pounds and women under 130 pounds) and open weight.

Equipment: Today's rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a 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 their shells. Sweep oars are longer than sculling oars, typically with carbon fiber handles and rubber grips (although some sweepers still prefer wooden handles). Sculling oars are almost never wood.

The Crew: Athletes are identified by their position in the boat. The athlete sitting in the bow, (the part of the boat that crosses the finish line first) is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat 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 trying to stand out in an eight will only make the boat slower. 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.

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

Race watching: The crew that's making 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; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed. Lanes usually are numbered from left to right and from one to six when facing the starting line. Binoculars help the viewer identify distant boats, a collapsible chair helps make a long day more comfortable, and this booklet 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 1000 meters. Times vary depending on conditions, such as the weather and wind direction.

Appendix F: Glossary of Rowing Terms

Blade: The wide part of the oar. Blades are painted in team colors.

Bow: The leading end of the shell with a rubber ball on the end to prevent injury.

Bowball: A small white rubber ball attached to the bow designed to protect a rower in the event of a collision.

Bow Seat: #1 seat in the boat.

Catch: The point at which the blade takes the water to initiate the drive phase of the stroke. The blade must be placed quickly and accurately into the water before the rower changes direction.

Catching a Crab: When a rower places the oar into the water without squaring the blade, it often goes too deep and the rower loses control. This can stop a boat dead in the water and also catapult a rower out of the boat.

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

Cox (coxswain): The person in charge of steering the boat and the only person facing the direction of travel.

Cox Box: A small amplification system with timer and stroke meter. This allows the cox to be heard all along the boat and provides key elements such as strokes per minute and elapsed time.

Drive: The propulsion phase of the stroke, which occurs between the catch and release.

Ergometer (erg): The wind resistance machine used to test the absolute power generated by a rower, usually recorded in 500-meter splits. On the water, this force coupled with the distance from catch to release determines an athlete's power value in the boat.

Feather: The hand motion used to roll the blade into a horizontal position during the recovery phase of the stroke. The blade can then skim just above the water's surface in preparation for the next stroke.

Gunwale (pronounced 'gun-el'): The sides of the boat.

Hatchets: Oars with big blades.

Head Races: Fall races between 2.5 and 4 miles, which build rowers' endurance.

Layback: Amount of backward lean of a rower's body at the finish of the drive.

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

Line-ups: The order the athletes sit in a boat, partially determined by erg scores.

Lightweight: Category for rowers who meet a maximum weight requirement. The weights vary depending on the regatta and season. Weight category applies to the individual, usually 130 for girls and 155 for boys.

Oarlock: The "U"-shaped swivel holding the oar in the rigger. It is mounted on the rigger "sill", rotates on an upright pin, and has a "gate" at the top to secure the oar.

Openweight: Rowers who are not in the lightweight category.

Outside Hand: The hand at the end of the handle (left for ports, right for starboards). This hand dominates the pulling and controls the level of the oar through the stroke.

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

Power Ten: The ten most powerful strokes a crew can produce. Called for by the coxswain. Must be used strategically and not over-used.

Puddles: "Footprints" in the water made by the oars. Little whirlpools.

Rate, Stroke rate: The number of strokes taken per minute.

Recovery: The rest phase of the stroke when the blade is out of the water.

Release: The point at which the oar is extracted from the water. The end of the work phase of the stroke. When executed properly, it is a smooth, clean maneuver.

Rigger: An attachment to the gunwale to hold the oar in place as it rotates through the stroke.

Rudder: Steering device at the stern of the shell controlled by the Coxswain through cables and ropes.

Run: The boat's response to the send generated by the propulsion phase of the stroke. This is what rowers should feel as the boat glides underneath them on their way up to the catch.

Rushing: Athletes who pull themselves up the slide to the catch faster than they drive the oar in the water are "rushing the slide." This slows down a boat.

Sculling: Rowing with two oars, each smaller than a sweep oar.

Seat Racing: A system by which the coach can judge which rowers are fastest on the water.

Two boats of 4 are matched against each other in a series of races. Rowers are switched from boat to boat or seat to seat until an obvious winning combination is achieved.

Set: The balance of the boat, achieved by keeping the oars moving together horizontally, preferably along the same plane in both the drive phase and recovery phase of the stroke.

Shell: Can be used interchangeably with boat.

Slide: The tracks that the seat moves across or the action of sliding with each stroke.

Splits: The time it takes a rower to complete 500 meters based on his/her current pace.

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

Stern: The trailing end of the boat, where fin and rudder are located. Generally the coxswain is seated in the stern so that he/she can see what the rowers are doing. There are, however, "bow loaders" in which the cox is seated in the bow section of the boat.

Stretcher or Foot-stretcher: Where the rower's feet go. The stretcher consists of two inclined footrests that hold the rower's shoes. The rower's shoes are bolted into the footrests.

StrokeCoach: A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.

The Stroke: The rower in #8 seat who sets the cadence of the strokes for the other rowers. Must have excellent technique.

Sweep: Each athlete has only one oar.

Swing: The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

Below diagrams from <http://ucirvinewomensrowing.weebly.com/prospective-athletes.html>

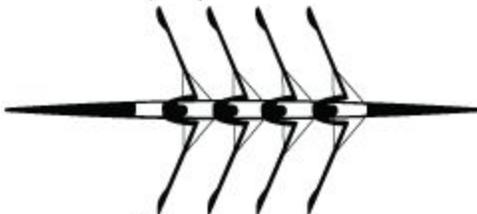


Sculling Boats

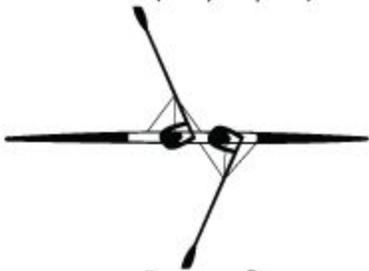
Single (1x): Approximately 26 feet long, 11 inches wide, and about 30 lbs. Rowed by one person using two oars.



Double (2x): Approximately 32 feet long, 13 inches wide, and about 60 lbs. Rowed by two people using two oars each.

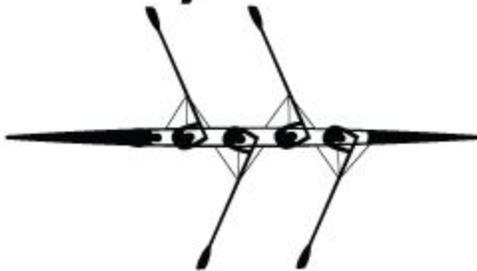


Quad(4x): Approximately 42 feet long and about 115 lbs. Rowed by four people using two oars each.



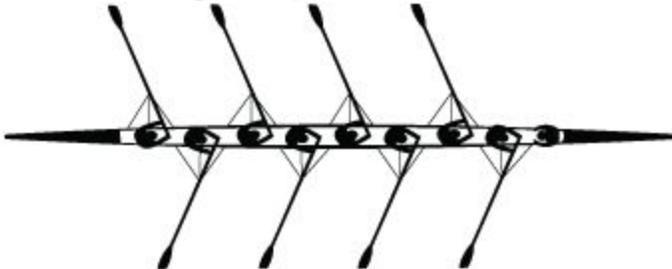
Sweep Boats

Pair (2-): Approximately 32 feet long, 13 inches wide and about 60 lbs. Rowed by two people using one oar each.



Four (4+): Approximately 42 feet long, 21 inches wide and about 112 lbs. Rowed by four people using one oar each. Coxswain can be in the bow or the stern.

A **Straight Four (4-)** is a similar boat but without a coxswain.



Eight (8): Approximately 60 feet long, 26 inches wide and about 210 lbs. Rowed by eight people using one oar each. Coxswain sits in the stern.