



Green Lake Crew Handbook

Welcome to Green Lake Crew	2
Master Coaches	2
Program Staff	2
The Masters Advisory Council	2
The Rowing Advisory Council	3
Classes	3
Club Expectations	4
Green Lake Rowing Map	4
Green Lake Crew Course Map	6
Practice Expectations	7
Weather Expectations	8
Regatta Expectations	8
Local Regattas	9
Volunteering Expectations	10
Money Expectations	10
Social Expectations	11
Rowing Vocabulary	12
Parts of the boat	12
Parts of the oar	13
Parts of the stroke	14
Adjustments	15
Coxing Calls	16
Rowing Equipment	18
Personal Equipment	21
Tools and Trainings	22
How to Register for Classes	22
Using iCrew	25
USRowing Membership and Safe Sport Certification	26

Welcome to Green Lake Crew

We are happy that you want to start (or continue!) your rowing practice here at Green Lake. Green Lake Crew is a City of Seattle supported program that is in partnership with Seattle Parks and Recreation. We are open to rowers of all skill levels and types. The philosophy of Green Lake Crew is simple: “pull hard, go fast, have fun.”

Masters Programs and Coaches

For more current information about coaches take a look at the [Green Lake Crew website](#).

Program Staff

For more current information about program staff take a look at the [Green Lake Crew website](#).

The Masters Advisory Council

The Masters Advisory Council “MAC” is a group of Master rower volunteers who help facilitate the Master’s program. The MAC is an active board, running events, doing fundraising, promoting programs, and carrying out work beyond that done by the staff.

Positions include:

- MAC Captain
- Regatta Chair
- Communications Coordinator/Secretary
- Novice Coordinator
- Social Chair
- Fundraising Coordinator
- Volunteer Coordinator
- Treasurer

The Rowing Advisory Council

The Rowing Advisory Council “RAC” is the governing body of Green Lake Crew. The Rowing Advisory Council is an active board, running events, doing fundraising, promoting programs, overseeing a large budget, and carrying out work beyond that done by the staff. The time commitment is estimated at a minimum of 4-6 hours per month (with some positions and committees having more work at various times of the year).

Full board members (3-year term) have all voting privileges and serve on 2-3 committees. They are also asked to chair a committee at least once during their tenure. Associate board members

(1-year term) do not vote in general session but do vote in committees; they are invited to serve on at least one committee and may serve as a committee co-chair with a full board member. Officers of the board serve on the Executive Committee, chair at least one committee, and their time commitment runs to more like 8 hours a month.

Board members serve under the umbrella organization Associated Recreation Council, which is a nonprofit partner of Seattle Parks & Recreation.

Classes

Green Lake Crew offers a rowing experience through classes only. To row here you must sign up for a class with a coach. Classes are posted on the [Green Lake Crew website](#). See further for [How to Register for Classes](#).

Learn to Row

Adults new to rowing can take our Learn to Row class (LTR), which teaches the fundamentals of rowing. This class covers the basics of the rowing stroke, rowing terms, boat handling, equipment care, and water safety. Learn-to-row classes typically meet fourteen times for two hours each, for a total of 28 hours of instruction.

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 the Rowing 2 class.

*Participants must complete and submit a signed [Float Test](#) in order to row. A [Risk & Release](#) form can be signed prior to, or on, the first day of class

Novice Rowing (Rowing 2)

Participation in Novice Rowing (R2) requires completion of Learn-to-Row (LTR) or equivalent rowing experience and coaches' approval. The focus of this class is skill development, with special attention to building participants' sweeping, sculling, and coxing skills. Participants must complete a US Rowing membership and Safesport.

Experienced Rowing (Rowing 3)

Participants must have developed their sweeping and sculling skills to the point at which rowing and setting the boat comes intuitively. This usually requires 2 years of rowing experience and coaches' approval. This class has a dual focus of fitness and technique.

Competitive Rowing (Rowing 4)

Participation in Competitive Rowing (R4) requires past participation in Experienced Rowing (R3) or equivalent experience; in addition to coaches approval before registering.

Athletes must be able to perform the basic stroke in sweep and sculling, row a single, and demonstrate proper boat handling, boat safety and coxing. This program is designed for the rower who wants to race, or the rower who wants to train alongside the racers. The expectations and goals are self-driven, but the program develops the rower for success; physically and mentally. The focus of this class is competition.

Erg Conditioning

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). The focus of this class is improving fitness and form for on-water rowing. Coaches may also incorporate other land-based exercises.

Adaptive Rowing

Adaptive Rowing makes the sport of rowing accessible through individualized equipment, coaching, and technique adaptations, allowing athletes of all abilities to participate.

Club Expectations

This section will cover norms and expectations when rowing with Green Lake Crew. This includes a map of the lake and key points for practices and regattas as well as expectations around regattas, volunteering, class fees, donations and more.

Green Lake Rowing Map

Green Lake is not a particularly large lake, but there are a few key points that are necessary to know for both practice and regatta situations. **Rowers always go counterclockwise around the lake** unless explicitly instructed by coaches in unique situations. Additionally, rowers are expected to be on the lookout for, and successfully navigate around, swimmers, SUP's, angler lines and other lake users.

Key Landmarks to Know:

Black Buoy - This buoy is located about 200 meters NE from the boat launch. This is where boats will often gather to begin practice after launching. Many coaches request boats to regroup at this point during practice. Be sure to avoid fishing lines at the dock before the buoy.

Angler's Dock - Occasionally marked with an orange buoy this dock is located around 600 meters NE from the boat launch. You will often see folks fishing from this dock. There are also concrete blocks here that are graffitied.

Evan's Pool - While the pool is at the northeastern most point of the lake, you do not row all the way to the pool. Instead this is used as a shorthand for where you will turn west to start going

around the lake. You do not want to end up in the cove by Evan's pool, and there is often a buoy (most recently white) that indicates where you should begin your turn.

Black Buoy (North) - From Evan's Pool you will set your point to the black buoy in the northern most part of the lake. When making this western traverse beware of swimmers as they are most commonly in this area.

Big Cove - There are two additional buoys beyond the Black Buoy (North). These buoys are in the big cove and indicate 1250 meters from the regatta finish line. These are not used and rowers should not go into the big cove unless instructed by a coach.

Starting Line - Often marked by an orange buoy but always inline with the large metal posts, the starting line is where 1k regattas start and is often used in practice for race pieces.

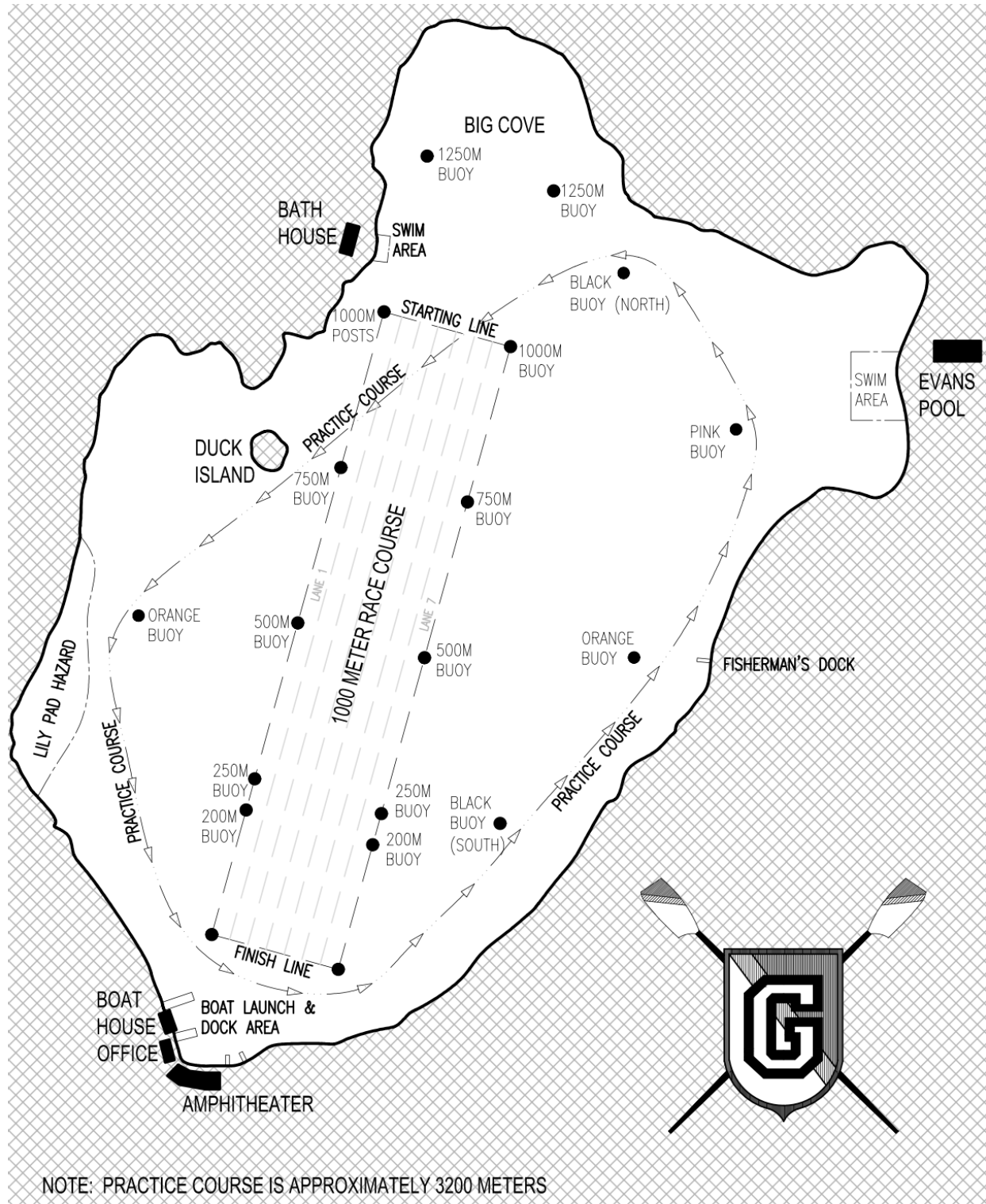
Metal Pylons - Do not go on the western side of the metal posts (shore side) as this is off-limits to rowers.

Duck Island - An avian island refuge, this is a useful visual landmark. Always stay on the eastern side of Duck Island and do not attempt to circumnavigate the landmass. Rowers should never go between Duck Island and the shore.

Lilypads - This is the southeast orange buoy and it indicates where you should turn before rowers get stuck in the lilypad hazard.

Regatta Course - This is not set up year round, but is situated in the middle of Green Lake. The meter buoys are up year round, but the racing lanes are only present during the week leading up to a regatta.

Green Lake Crew Course Map



GREEN LAKE CREW COURSE MAP



Practice Expectations

While all coaches have slightly different styles there are a few practice expectations that are universal across our team. Reach out to a coach if you have any specific questions.

Before Practice Begins

1. Hydrate well the night before practice, especially on warmer days. Bring a water bottle regardless of weather.
2. Try to eat a meal 90 minutes before practice so you are fueled but not prohibitively full.
3. Always check in on iCrew ASAP (check in opens 30 minutes before practice). If you are not planning on attending, be sure to remove yourself from the class. See further for [Using iCrew](#).
4. Show up at least 5 minutes before practice is scheduled to begin. Showing up when practice begins means you are already late.

During Practice

1. You are respectful and kind to all of your teammates, coaches, and coxswains.
2. Your head is in the boat. It's important to be focused on rowing at all times and be listening for any and all calls.
3. You honor your role in the boat. If you are not bowing or coxing, you do not make those calls.
4. You are quiet when coaches are talking.

End of Practice

1. Dry off your boat after racking it.
2. Return any equipment (stroke coaches, lights, oars) and make sure they are plugged in if necessary
3. Roll the launches back into their bays.
4. Help any other boats that still need to get off the water or return equipment.
5. Check in with your coach before you leave (they often have announcements at the end of practice).

Weather Expectations

We are lucky enough to be able to row on Green Lake year round. However, there are a few weather events that will impact practices and regattas.

Rain - Does not cancel or modify practice.

Heat - We rarely haven modifications for heat, but instead monitor the situation and will adjust practice as necessary.

Cold - When the water temperature is below 50 degrees we will no longer take out anything with only 2 oars. If the lake is frozen or has ice on it we will not row on the water and will most likely erg in the boathouse.

Fog - When you cannot see 30 feet from the shore we will not launch boats.

Thunderstorms - Check with your coach to see if there is an erg-ing alternative.

Smoke - When the AQI is above 100 we will have a modified practice. When the AQI is above 150 practice is canceled.

Regatta Expectations

Regattas are a great way to compete with local clubs, test your fitness, and bond with your fellow Green Lake Crew members.

Pre-Race Day

1. Commit to a regatta on iCrew ASAP. This gives the coaches a sense of who is available and they can start putting together boats.
2. Show up to practice. Regattas are more fun when you have practiced with your boat. If you want to race you have to practice.
3. Coordinate with the rest of your boat. Using contact details in iCrew you can coordinate practice dates/times as well as carpooling options with the rest of your boat.
4. Pay for your regatta via Seattle Parks and Rec. Just like a 5k race or a triathlon, regattas cost money. Pay your fee as soon as it is posted on Seattle Parks and Rec. Of note - if the regatta is canceled part way through the event, your registration will not be refunded.

5. Make sure your USRowing membership and SafeSport certification is up to date. [Learn more about USRowing and SafeSport here.](#)

Day Before the Race

1. Show up for trailering (if the regatta is not at Green Lake). Everyone participating in an away regatta **must show up the day before the race to load the trailer.** DO NOT show up to the regatta expecting your boat and oars to just magically be there.
2. Confirm details with the coaches and your boat including when to show up and where.
3. Consider carpooling with your teammates as parking is limited at most regatta venues.
4. Hydrate, hydrate, hydrate.

Race Day

1. Keep track of timing for your heat using [Regatta Central](#). Times are subject to change day of the regatta.
2. Show up at least 90 minutes before your race is scheduled to start.
3. Check in with your coach and teammates when you arrive.
4. Go to the bathroom early, there are often long lines.
5. Bring a snack for before and after your race.
6. Bring your uni and or racing tank.
7. Always bring a change of clothes, especially warm socks.
8. If it is an all day event, be sure to bring a chair, blanket, clothing layers, and books or entertainment for while you wait.

End of Race Day

1. No matter when you are racing you are expected to be around to help reload all of the boats and equipment. Check in with coaches day-of for more specific timing.
2. We always unload the trailer the same day as the regatta making sure to rerig boats back at Green Lake. **If you are participating in the regatta you are required to unload at Green Lake post event.**
3. Stretch and hydrate, hydrate, hydrate!

Local Regattas

Below is a list of local regattas that Green Lake regularly attends. Attendance is based on a few things such as interest from rowers, availability of coaches, weather, and more. Months are based on when they were put on in past years.

- Ergomania: February, TBD (indoor regatta), Indoor in Tacoma
- Green Lake Spring Regatta: March, Seattle
- Lake Stevens Sprints: April, Lake Stevens
- Opening Day Regatta: May, Seattle

- Masters Regionals, June, TBD (Oregon)
- Cascadia Regatta, July, Victoria BC
- Green Lake Summer Extravaganza, August, Seattle
- Otter Island Tour, September, Everett
- Pink Ribbon Row, September, Seattle
- American Lake: October, Tacoma
- Head of the Charles Regatta: October, Boston, MA
- Green Lake Frostbite Regatta: November, Seattle
- Head of the Lake: November, Seattle

Volunteering Expectations

Green Lake Crew is only possible through the work of volunteers. Every master rower is expected to volunteer at least three times per year.

Volunteer at Green Lake Regattas

One of the easiest ways to volunteer is to sign up for a volunteer shift during one of the Green Lake hosted regattas. Green Lake regatta volunteer shifts require no training or special skills, just a little common sense and a positive attitude. Volunteer roles include dock duty, race timing, path monitoring, food tent and more.

Even if you are racing at the regatta you are expected to sign up for a volunteer shift. Don't worry about the timing, your race needs will be accommodated. Your help is the only way the regatta can happen.

Volunteer to Maintain the Boathouse

Throughout the season there are specific volunteer days where master rowers come in and fix up the boat house. These jobs may include cleaning, repairing any damage, organizing and more. Keep our new boathouse looking good by volunteering.

One-off Volunteer Opportunities

There are lots of calls for volunteers throughout the year. One off events are announced at practice, on iCrew, and via email. If you have special skills (carpentry, boat skills, marketing, anything!) reach out to the Green Lake Crew office to see if there's anywhere they need your help.

Money Expectations

Green Lake Crew is a City of Seattle supported program, this means that (unlike private clubs) financial expectations can be a little confusing. Please note that scholarships are available!

Practice Fees

Practice fees are collected through ActiveNet (the City of Seattle Parks and Rec portal) when you sign up for classes. Classes are grouped and charged by month on ActiveNet (ex: 9am Saturdays, October). By signing up for a month at a time classes usually end up costing around \$14 per class.

The other way to pay for practices is to get a drop-in punch card. You can buy a drop-in punch card by coming into the Green Lake boathouse during open hours and purchasing a 10 pass punch card totaling \$180 (or \$18/class).

No matter how you pay, you must pay for your practice before showing up. If there is a problem with your payment or if you have financial need, reach out to the Green Lake Crew office staff.

Regatta Fees

Nearly all regattas charge rowers. Many crews put on regattas as a fundraiser for their club. Regatta prices range but usually average around \$75-\$100 per rower. You will pay for regattas through ActiveNet (the City of Seattle Parks and Rec portal).

USRowing Fees

All of Green Lake's regattas are USRowing certified, as are many away regattas. Any rower participating in a USRowing sanctioned event must have a USRowing license. The yearly Basic USRowing membership is \$25.

Coxswain Fund

We have a few dedicated coxswains and juniors who volunteer as coxswains. It is expected that every masters rower who rows in a coxed boat contributes quarterly to the coxswains fund. An email will be sent out with the payment request and information by the Treasurer of the Masters Advisory Council (MAC). The expected donation is typically between \$25 and \$40 per rower and is requested by the MAC Treasurer several times during the rowing season. If this causes financial hardship for you, reach out to discuss this with your coach or a MAC representative.

Donations

Green Lake Crew hosts a few fundraisers throughout the year including an annual auction. The purpose of these fundraisers is to raise money for the club to cover necessary expenses such as repairs, new equipment and more. Additional fundraisers may happen throughout the year for rowing related causes (STEM to Stern, Pink Ribbon Row, etc.). While donations are happily received (and tax deductible!), they are never required.

Social Expectations

Green Lake Crew is a community run boathouse - and what better way to build community than through social events. There is a Social Chair position on the Master's Advisory Council (MAC). They are responsible for putting on social events that may or may not be rowing related. Past events include things like potlucks, mini-golf, exclusive museum tours, bat walks and more.

While social events are never required, they are highly recommended. It's important to get to know your teammates and community members outside of the boat. These events are open to rowers of all levels and make for a great time and a united club. If you would like to host a social event, reach out to a coach to be put in contact with the Social Chair on the MAC.

Rowing Vocabulary

There's a lot of rowing specific terminology. Here is a beginner's guide to some terms you will regularly hear. You must be familiar with all terms in order to successfully row.

Parts of the boat

Bow: Forward section of the shell, the part of the shell which crosses the finish line first. Also used as the name of the person sitting nearest to the bow (1 seat). Will have a ball on this end of the boat, this is called the "bow ball".

Stern: The rear of the racing shell. The direction the rowers are facing.

Starboard: The right side of the shell when moving forward. Oars on the starboard side of a standard-rigged boat are the Bow, 3, 5, 7. Note that for the rowers, starboard oars will be on their left. At Green Lake most starboard sweep oars are delineated with green tape near the blade.

Port: The left side of the shell when moving forward. Oars on the port side are numbered 2, 4, 6 and 8 (stroke). At Green Lake most port sweep oars are delineated with red tape near the blade.

Seat: Where the rower sits. The seat slides back and forth to enable the rowing motion.

Foot Stretcher: The stretcher consists of two inclined foot rests which hold the rowers shoes. The rowers' shoes are bolted into the foot rests. The stretchers are moveable forward or backward to allow rowers of different leg lengths maximum slide range.

Tracks: The set of metal runners set inside the shell, to accept the wheels on the bottom of each rowers seat (slide). Can also refer to the foot stretcher "tracks" to adjust your leg positioning.

Slide: A) the physical rails upon which the seat rolls, and 2) the part of the stroke when the seat is moving, both during the drive and during the recovery.

Gunwale: The top edge of a boat's side: pronounced "gunnel."

Rigger: The "arms" attached to the exterior side of the shell to which the oarlocks are attached. The rigger acts as the fulcrum for the oar.

Oarlock: The device at the end of the rigger that holds the oar.

Spacers: The plastic half rings that can adjust your oarlock height.

Spacer Tool: A fork-like tool that helps you pop spacers on and off oarlocks. It is important to get one that floats and has your name on it.

Rudder: Small, moveable piece on the bottom of the shell by which the coxswain can steer the boat. In sculling boats bow seats control the rudder with one of their feet.

Skeg: The stationary fin located at the stern section of the boat used to help stabilize the shell in holding a true course. It is not the same as the rudder.

Cox box: An electronic device used by coxswains, consisting of a headset microphone and speakers located through the shell.

Stroke coach: A small electronic device that can show speed, stroke rating, number of strokes, distance, and time rowed. At Green Lake these are not part of every boat, but rather must be acquired from the back of the boathouse and returned to be charged after every session. *Please note, they do not float.*

Parts of the oar

Oar: Used to drive the boat forward. Rowers do not use paddles. Sweep oars are longer than sculling oars. Green Lake has a few different types of oars, which we will go over in detail in a later section.

Grip: The rubber part of the oar handle that the rower grasps. There are a few different types at Green Lake so it's important to try them all - some are more smooth, some are textured, and some have indents for your fingers.

Shaft: The main part of the oar between the grip and blade.

Blade: The wide flat part that contacts the water. Blades are shaped like hatchet blades. You know you have the right oar for your side of the boat (or they are appropriately set in a sculling boat) when the scoop of the blade is facing the stern (or the same direction as the rower).

Sleeve: This is the bulky, plastic, hexagonal piece on the shaft.

Collar: This is the ring around the sleeve of the oar that is pressed up against the oarlock.

Clam: Clip-on Load Adjusting Mechanism (CLAM, for short) provides a quick way to adjust oars without tools. Each CLAM provides 1 cm of inboard and is a convenient alternative to moving collars if your crews are sharing oars. They also provide a great wear surface between the collar and the oarlock. You will always need these when rowing a 4.

White tape: Unique to Green Lake, the oars have white tape on the shaft above the blade. This is a useful indicator to show how deep your oars should be in the water at any time.

Parts of the stroke

Catch: The beginning of the stroke when the blade enters the water. The rower is fully compressed (knees bent, arms reaching forward, body pivoted with your shoulders matching the handle) and the seat is forward on the slide. The blade is fully “squared” (perpendicular) to the water at this time. At Green Lake we usually only “start” at the catch for race starts.

Drive: The part of the stroke cycle where the rower applies power to the oar. This consists primarily of the leg drive, then swinging the body, and finally pulling in the arms. Most of the power in the stroke is accomplished during the leg drive.

Layback: The rower’s act of leaning back toward the bow during the stroke. Layback should not be more than a few degrees past vertical. Usually we say you go from 11 o’clock to 1 o’clock (with sitting straight up considered 12 o’clock)

Finish / Release: The blade comes out of the water and the legs are straight and the hands have finished pulling the oars into the body. When the blade comes out of the water it is immediately rotated or “feathered” so that it is parallel to the surface of the water.

At Green Lake this is where we most often “start” our stroke. When you hear “come to the finish” this is the position you are expected to be in.

Feather: Rolling the oar handle in your fingers so the blade is parallel and just above the water.

Square: The opposite of feather, where your oar is perpendicular to the water. Your blade is squared right before placing it in the water and all through the drive.

Recovery: This begins with the hands coming away from the body after the finish followed by the rower swinging the upper body back to a slightly forward body angle position. The rower then moves slowly back up the slide towards the catch.

Stroke: The rower who sits closest to the stern. The stroke sets the rhythm for the boat. All rowers behind the stroke must follow the stroke’s cadence.

Ratio: This is the ratio of your drive compared to your recovery. Your drive should always be faster than your recovery. The standard ratio is 1:2.

Crab: An accident that occurs when a rower loses control of his or her oar. The rower's blade gets trapped in the water by the momentum of the shell, and the oar handle flies backwards, going over the rower's head or striking the rower's chest. Often the handle ends up behind the rower. The whole boat does not necessarily need to stop if one person "catches a crab" - follow any calls from your coxswain.

Puddles: The marks left by the blade on the water after the release. The puddles indicate the "run" of the boat by showing how far it has traveled since the previous stroke.

Skying: The incorrect action of carrying the hands too low during the recovery, causing the blade to be too high off the water. This happens when the rower dips his/her hands just prior to the catch (i.e. sort of winding up). This action results in the blade being too high off the water's surface.

Washing out: When the blade comes out of the water during the drive – creating surface waves, losing connection and unsteading the shell.

Adjustments

Foot Stretchers

You need to adjust your foot stretchers based on your the length of your legs - folks with longer legs will need to have their foot stretchers further away from their seat, and people with shorter legs will want the foot stretchers closer to their feet. The goal is to have your feet positioned in a location that allows your legs to fully extend (but not over extend). Always take your feet out of the foot stretchers when adjusting the setup.

When adjusting the foot stretcher there are three adjustment points that you need to loosen in order to slide the foot stretcher to the right location for your height. There are two bolts on the foot stretcher tracks and one on the bottom of the boat. You should loosen (but not remove) all of the wingnuts before gently sliding the stretchers into the right position.

Do everything you can to not slide the foot stretchers off the tracks. However, if your foot stretchers do come off the tracks, notify one of the coaches or your coxswain and they will help you put it back into place.

Spacers

You need to adjust your oar lock spacers based on your torso length, as well as how the boat is sitting on the water - this may be different depending on who is in your boat that day. The goal is to be able to pull your oar comfortably into your "mark" which is right around the bra line, near the top of the rib cage. There are spacer tools you can purchase to assist you with changing

your spacers. If you cannot make this change with your fingers, you are responsible for bringing a tool.

You should be familiar with where your spacers usually are (ex: 2 on the top, 2 on the bottom) so that when you are setting up the boat on the dock you can get close to what you normally have. However, after a warm up you may want to change your spacers based on the boat and the set, in which case you should notify your coxswain.

Clams

These plastic clips help adjust the load/weight of each stroke. Coaches will identify conditions that would dictate the use of clams.

Coxing Calls

Way enough (also weigh enough): A command to stop rowing, or stop walking with the boat overhead on the dock (used only in the US).

Full slide: A full stroke where the rower comes all the way up the slide to a full knee bend.

Three-quarters slide: Most often used during racing starts at Green Lake, this is when the rower only comes $\frac{3}{4}$ of the way up the slide.

Half slide: When the rower only comes halfway up the slide. If you think from the finish to the catch as 100% you would then position yourself at the 50% mark between these two positions. This can be used in starts or in particularly choppy water to keep the boat more stable.

Half pressure: The application of power so rowers are only pushing half as hard as they can at full pressure. The rowers are pulling harder than they would at paddle pressure, but not as hard as if they were rowing at full pressure.

Paddle: This is a relaxed pace and low power and is used as a recovery between harder sets.

Back or backing: To move the boat towards the stern, push the handle away from your body while the blade is in the water, you may also flip your blade upside down. Often one side of the boat will back while the other rows normally in order to spin the shell around.

Check it down or hold water: To place the blades of the oars vertically in the water as a means of slowing or stopping the shell.

Piece: A term referring to any period of work performed in the shell or in training on the ergs: a "ten minute piece," a "500 meter piece," or a "20 stroke piece," for example.

Run: The distance the shell moves between strokes. Good spacing means the crew is letting the boat work while they are on the recovery. By rushing the recovery, the crew will make the shell surge towards the stern immediately prior to catching and shorten the run for that stroke.

Let it run; let her run: A command to stop rowing, holding the blades out of the water and parallel to the surface so the boat continues to glide.

Power Ten: A coxswain's command for the rowers to take ten of their best, most powerful strokes.

Rating or Stroke Rate: The number of strokes rowed per minute.

Rushing the Slide: A technical error caused by sliding too quickly and abruptly toward the stern.

Set: The balance of the boat, often caused by misaligned handle heights.

Settle: The part of the piece where the crew decreases from the initial high stroke rate to a lower rate without decreasing power.

Swing: Occurs when the entire crew is moving perfectly in unison and the shell seems to be moving very fast without much effort.

Mark / Pull into your mark: Where your hands should be pulling into during the final part of the drive portion of the stroke. The mark is right around the bra line, near the top of the rib cage. If you don't pull into your mark you could be shorting the amount of power you are giving during the drive as well as messing up the set of the boat.

Squared and buried: This means your oars should be in the water up to the white tape (unique to Green Lake) and ready to row.

Stern Four: Seats 8-5 will follow the command of the coxswain. Usually the other seats will be setting the boat.

Bow Four: Seats 4-1 will follow the command of the coxswain. Usually the other seats will be setting the boat.

Pick Drill: A warm up drill that helps the boat get used to each other. No power is applied to any part of the stroke, the focus instead is on boat set and timing.

The parts of the pick drill (usually 10-15 strokes for each part)

- Arms only
- Arms and body over
- Arms, body over and half slide
- Full slide/full stroke

Reverse Pick: The pick drill in reverse order. No power is applied to any part of the stroke, the focus instead is on loading at the front end, set, and timing. You start with your blades squared and buried at the catch.

The parts of the reverse pick drill (usually 10-15 strokes for each part)

- Half slide, legs only
- Full slide, legs only
- Full slide, legs and body swing
- Full slide/full stroke

Steady State: A piece focused on endurance at a medium to low stroke rate at 80 - 100% press.

Rowing Equipment

The Green Lake Boathouse opened in Spring of 2024 - allowing the crew to have all of their boats, oars, and launches housed in the same building for the first time. The boathouse also includes lockers, showers, and community meeting spaces for both the crew and the public to rent.

The ground floor of the boathouse has three “bays” or garage-like entrances.

- The far left bay houses our sculling oars, single sculling boats, and some 8+ boats.
- The middle bay houses a mix of sculling quads and doubles, as well as some 8+ boats.
- The far right bay houses the sweep oars, a mix of 8+, 4+ and doubles, and cox boxes and stroke coaches in the back as well as cubbies to stash personal items. This bay holds launches as well.

The second floor of the boathouse has men’s and women’s locker rooms, unisex bathrooms, community meeting rooms, as well as a large multipurpose room that is also used for erging overlooking the lake with a small kitchen attached. The full time office staff of Green Lake Crew are also on the second floor.

Green Lake Crew Provided Equipment

Green Lake Crew provides all boats, oars, coxboxes, stroke coaches, lights and trailering materials. Personal boats and oars may be used with coaches' permission, but not stored at the boathouse. Due to the many bodies of water in the area certain washing precautions may be necessary before launching with your personal gear. Please check with Green Lake Crew staff for the most up to date procedures.

Oars

Sculling Oars

Sculling oars are hung on the wall in the farthest left bay (named “Buerke”), and arranged based on type. The bottom of each hanging rack is labeled with the type of the oar and the color of tape (example: skinny, pink). This is to help keep all oars organized and neatly arranged.

Sculling oars have significant variation around length, handle diameter, and weight.

“Skinny” have the skinniest handle diameter. These are generally preferred for those rowing in a quad.

“Croakers” are midweight and slightly thicker in handle diameter. These are generally preferred by doubles.

Sculling oars that have their length listed on their hanging rack are longer and typically heavier than the other oar options. These are great for more experienced and stronger rowers.

Personal preference around oar type will be developed over time, but it is good to try rowing with all of the oars. Each set of oars have matching colored tape. Some sets of oars only have 4 total oars - and are best used for a double. Other sets of oars have 8 total oars - and are best used for a quad.

It is best practice to use one oar set per boat and not to mix and match. For example, if a double takes two sets of oars from a quad set, it means the quad boat will have to mix their oar types to go out.

Sweep Oars

Sweep oars are hung on the wall in the farthest right bay, and arranged in sets of eight. The bottom of each hanging rack is labeled with the color of tape each oar has (example: orange and white). This is to help keep all oars organized and neatly arranged.

The biggest difference between sets of sweep oars are the handle types - some have grooves, some are a softer material, and some are more worn down. The good news is - all of the oars work to row the boat. Personal preference around oar handle type will be developed over time, but it is good to try rowing with all of the oars.

Boats

Green Lake boats are named after generous donors and important folks in our Green Lake Crew community. Each rack is labeled with the boat’s name and whether it is loaded stern or bow in. Additionally, there are arrow stickers on every boat. These stickers indicate where the boats should be placed on the racks so as not to interfere with the riggers or other boats.

If a boat, oar or other piece of equipment is damaged, report it to a coach or staff member immediately. They will assess the damage and decide if the equipment can be used safely. If not, a sign labeled “NO ROW” will be taped to the boat or oars. Please respect these signs at all times.

Green Lake is lucky enough to have lots of different types of boats and the ability to rig the boats in different configurations. Sweep boats can be starboard or port stroke rigged and include eights, fours, and pairs. Sculling boats include quads, doubles, singles, and wherries (brand name: bay). Every boat has a recommended weight class listed on a sticker on the side of the boat. If you are unsure which boat is right for you to take out, ask your coxswain or coach.

Please note: Some boats and oars are reserved for the varsity teams in the junior program. These should be clearly labeled and are not to be used by the master's team

Coxboxes, Stroke Coaches, Boat Lights

Coxboxes, stroke coaches, and boat lights can be found in the back of the boathouse in the farthest right bay.

Coxboxes / Cox orbs

These are devices with microphones that plug into specific boats, allowing the coxswain to communicate calls to the entire boat without yelling. These are found on the back wall and are labeled for masters. If you are using a coxbox, be sure to plug it in when you are finished to avoid a low battery.

Stroke Coach

Stroke coaches are a useful tool for workouts as they show the stroke rower the stroke rate, the split times, and can even act as a timer for workouts. Stroke coaches are located in the top drawer in the back of the boathouse. The stroke coaches are labeled with their matching boat for ease of use, however, all stroke coaches work with all boats.

Some boats have a built-in slot for stroke coaches to slide in. If you are in a boat without a built-in spot for a stroke coach, you will need to grab a strap. This strap connects to the stroke coach and then can be strapped around the rigger for the stroke person to use when rowing. When you are finished using a stroke coach, be sure to plug it in when you are finished to avoid a low battery as well as return the strap to the hook on the side of the gray cabinet.

For how to use a stroke coach [please refer to the manual](#) and educate yourself on the basic functions.

Boat Lights

Early morning classes will use boat lights for safety. Each boat needs two lights, one white light that is affixed to the stern and one green/red light that is affixed to the bow. These lights turn on by tightening the light tube cap - thereby completing the circuit. The lights all have suction cups on the bottom in order to affix them to the boat. Be sure to orient the green/red light so that green is on the starboard side and red is on the port side (this is the same as the color tape on the oar shaft for sweep oars). When you are finished using the boat lights, be sure to unscrew the cap and plug it in when you are finished to avoid a low battery.

Personal Equipment

Green Lake Crew provides all the equipment you need to row, however, there are a few pieces of personal equipment that are important to have in your personal collection.

Spacer tool

This is a small forked tool used to adjust spacers on a boat. It is best to get a spacer tool that floats (or attach a floating keychain) as these tools are often used on the water and are prone to being dropped. Be sure to label your spacer tool to avoid confusion. Most spacer tools can be purchased for around \$10.

Wrenches (7/16" and 1/2")

Green Lake boats are rigged using 7/16" and 1/2" bolts. Every rower is responsible for checking the bolts on their rigger before every row. If you find a loose bolt you need to tighten it before rowing. Additionally, if you plan on racing in any regattas, these wrenches are necessary as boats are rigged and unrigged for traveling. The wrenches do not need to float as they are most often used on land. Be sure to label your wrenches to avoid confusion. Most wrenches can be purchased for around \$6 a piece at your local hardware store.

Water Bottle

Staying hydrated is one of the most important performance enhancing tools available to you on the water. Be sure to always bring a water bottle in the boat and take sips during rest periods throughout practice. Softer sided water bottles such as "squeeze" or "bike" bottles are better than Nalgene style hard plastic to avoid damage to the boat. Most water bottles can be purchased for around \$15 at your local sporting goods store.

Waterproof Floating Phone Case

While bringing your phone in the boat is not recommended, if you choose to do so, it is best practice to make sure your phone is in a waterproof floating case. Even if you don't drop your phone in the water, boats can fill with water on a wet or splashy day, ruining your phone. If you must take your phone in the boat, consider purchasing an Otterbox style case (retail price \$100+).

Clothing Layers

Weather can be unpredictable, and exercising can change your clothing layer needs. We have a few clothing items recommended below. While none of these are necessary, some of them will provide additional comfort making rowing even more enjoyable.

- Thick Wool Socks

Wool socks are recommended for everyone, no matter their shoe size. Wool will keep your feet warm even when wet and are non-constricting. Consider wearing a few pairs of wool socks if you have smaller feet as this will help your feet fit better into the larger shoes in some boats. It is especially important to make sure your foot fits if you are bowing and are using toe steering.

- Hand Warmers / Pogies

These are special gloves that slide over your hands and the oar handle, keeping your hands warm and dry in bad weather. These gloves allow the rower to stay connected to the handle unlike traditional fingered gloves. If you are prone to cold or numb hands, these are a must have during the winter season. These can be purchased for around \$100 online.

- Wind layer / vest / splash jacket

A windbreaker, anorak, or wind vest is a nice addition to keep warm on the water. Splash jackets are specifically designed for rowers and have a longer back, keeping you dry from errant splashing water. Biking jackets and vests also have a longer back achieving the same effect. While you do not need to buy rowing specific clothing, be sure any clothing you buy is comfortable to move through the entire rowing stroke. Clothing prices will vary, but many of these items can be found in second hand stores for much lower prices.

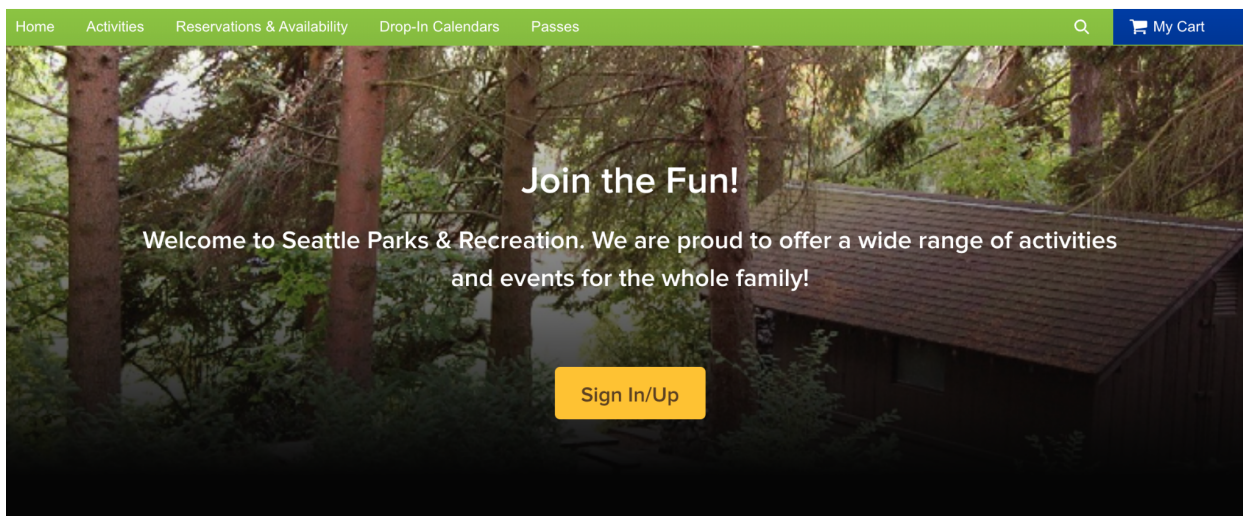
Tools and Trainings

How to Register for Classes

Seattle Parks and Rec ActiveNet

Green Lake Crew is a Seattle Parks and Recreation program. In order to participate in any practice or regatta you need to register before you participate. You will register for one month of practice at a time (e.g. Tu/Th for March). To register for a practice/class follow the directions below.

1. Go to <https://anc.apm.activecommunities.com/seattle/home>



2. Sign in or Create an Account
3. Click “Activities” from the green tab at the top of the page
4. Search “GL Adult Rowing”



Activity search

Apply for a Scholarship! For more information or to apply, please visit the [Seattle Parks and Recreation's Scholarship and Financial Aid page](#).

Upcoming Registration Dates

October 1st:

- **Fall (Term 3)** - Amy Yee Tennis Center "B"
- **Winter (Term 1)** - Basketball

December 3rd:

- **Winter (Term 2)** - Activities at Indoor Pools, Amy Yee Tennis Center "A", Community Center, Small Craft Centers, Lifelong Recreation and Specialized Programs.

Due to limited number of available swim lesson slots, please limit your registrations to one swim class per quarter.

Due to limited number of available tennis lesson slots, please limit your registrations to two tennis lesson classes per session.

If you are not able to get into a class, we highly recommend you place yourself on the waitlist. You will be contacted if a waitlist opening becomes available.

[Search](#)

When

Where

Who

Activities

Price

[In progress / Future](#)

are listed as
se individually. All

When ▾
Where ▾
Who ▾
Activities ▾
Price ▾

In progress / Future

Found 4 matching result(s)
Sort by: Name ▾

Rowing - GL Adult Level 2/3 (Sat) NOV/DEC ⓘ
View fee details

#69869 / 18 yrs + / Openings 3
Green Lake Small Craft Ctr
November 16, 2024 to December 21, 2024 Sat 9:00 AM - 11:00 AM

Rowing - GL Adult Level 2/3 (Sun) NOV/DEC ⓘ
View fee details

#69872 / 18 yrs + / Openings 14
Green Lake Small Craft Ctr
November 17, 2024 to December 15, 2024 Sun 9:00 AM - 11:00 AM

Rowing - GL Adult Level 3 (T/Th AM) DEC ⓘ
View fee details

#69860 / 18 yrs + / Openings 28
Green Lake Small Craft Ctr
December 3, 2024 to December 19, 2024 Tue,Thu 9:00 AM - 11:00 AM

In progress
Rowing - GL Adult Level 3 (T/Th AM) NOV ⓘ
View fee details

#69861 / 18 yrs + / Openings 23
Green Lake Small Craft Ctr
November 5, 2024 to November 26, 2024 Tue,Thu 9:00 AM - 11:00 AM

- Click “Enroll Now” and select who you are enrolling for the class (If you do not have a family account this will auto populate with your own name)



Welcome, Maria [My Account](#) | [My Wish List](#) | [Sign Out](#)

Home
Activities
Reservations & Availability
Drop-In Calendars
Passes

Home > Activity search > Enroll activity form

ACTIVE
network

Enroll in Rowing - GL Adult Level 3 (T/Th AM) DEC

* Required fields

Who are you enrolling? ^

Participant *

Maria Marchione

Fee summary

View details

Subtotal

\$86.00

Taxes

\$0.00

Total

\$86.00

[Register another participant](#)

- Set
- Set
- ca

to your

9. When you are ready you can add your payment details and finish checking out. This will then send a receipt to your provided email.
10. You are now successfully enrolled in a rowing program!

Green Lake Crew Punch Card

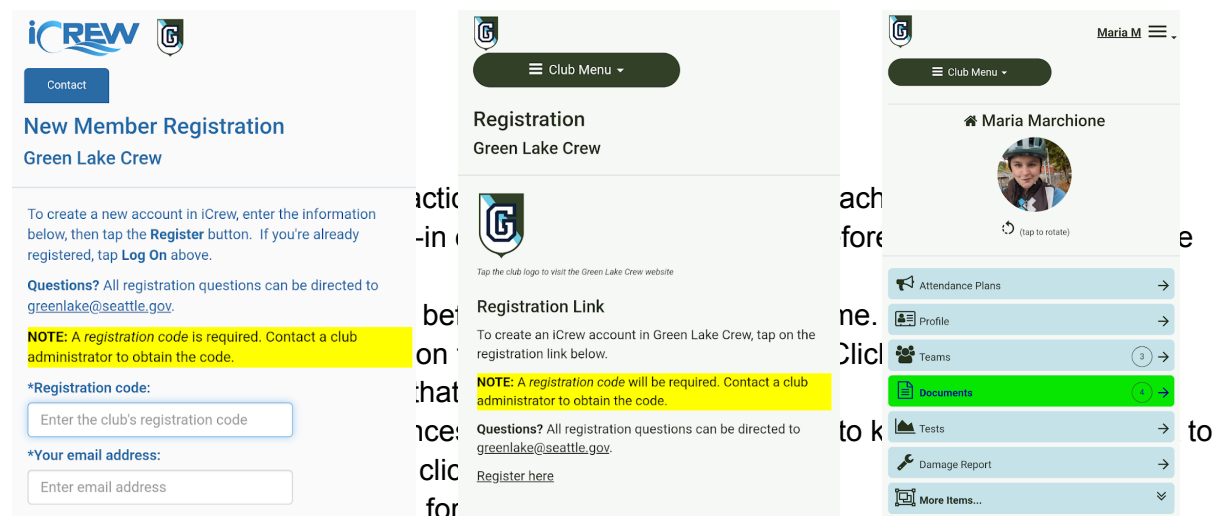
Registering for a full class via the Seattle Parks and Rec website is the preferred method. If you want to take additional classes every so often you can buy a “punch card”. The punch card is good for 10 classes and allows you to drop into any class or practice that you are eligible for and that still has space available. The punch card ends up costing more per class than signing up for one month at a time. Punch cards are available at the front desk of the boathouse.

Using iCrew

All members of Green Lake Crew are expected to use iCrew to check-in to practice, sign up for regattas, see lineups and more. Follow the directions below to download and use iCrew.

Getting Started

1. Download iCrew app from the App Store (Google or Apple)
2. Beneath the login fields select “Not yet registered in iCrew? Tap here to get started.”
3. Select Green Lake Crew from the drop down list
4. Click the link at the bottom of the page that says “Register here”
5. Fill out your information to create a profile.
6. Once you’re approved you should have access to the full iCrew app for Green Lake Crew.
7. You should then set up your profile. Be sure to add your birthdate, a photo of yourself, as well as your contact and your emergency contact information. The photo helps coaches put names to faces, and the contact information is useful when communicating with other crew members to discuss regatta lineups and more.



Note: If you have your location settings on and allow iCrew to access your location you can set up the app so that iCrew automatically checks you in if you are physically at the boathouse. Depending on your phone and your settings this set up may or may not work.

Drop-in for Practice

If you have not registered for the class you can drop in to certain practices. To drop in to the class you must follow the steps below.

1. Open iCrew and click the calendar that says "Today"
2. Select the date that you want to drop in (it could be tomorrow, or any date in the future)
3. Select the class that you want to drop into for that day
4. Click the toggle that says "Drop in". You are now registered as a drop in for that class.

*Note: Scheduling for coaches is based on how many people are signed up for a class. It is recommended to sign up as a drop in **at least 24 hours in advance**. If you sign up as a drop in with less than 24 hour advance notice you may be put in a less than desired boat.*

Signing Up for a Regatta

If you are interested in participating in a regatta you will need to sign up in two places - in iCrew and on Seattle Parks and Rec.

1. Open iCrew and click "Attendance Plans". The regattas you are eligible for (as well as other events) will be listed here.
2. Click the toggle so you are listed as "Attending" to let the coaches know you want to participate in that regatta. Final coaches lineups will be sent out a few weeks prior to the race.
3. Once you are confirmed that you are attending the regatta, you'll need to sign on to Seattle Parks and Rec website and search the "Activities" list for the regatta.
4. You'll add the regatta to your cart, pay the associated fees, and you are fully registered for the regatta.
5. Prior to the actual race be sure you are a member of USRowing and SafeSport certified. (See below)

USRowing Membership and Safe Sport Certification

All members of Green Lake Crew must be Safe Sport certified. Any member of Green Lake Crew that wishes to participate in a USRowing sanctioned regatta (most regattas are) must become a USRowing Member.

USRowing Membership

1. Go to <https://membership.usrowing.org/> and select join under "Individuals"

2. Create a profile. You will be given a member number. **Write down your member number somewhere you won't lose it.**
3. Select the Basic Membership option (usually around \$25). This is the price for a full year.
4. Add Green Lake Crew as part of "Your Organizations"

SafeSport

1. Once you have created your USRowing profile, using the column on the left hand side from your profile page, select "Safe Sport".
2. This is a 90 minute training with videos and readings designed to help you keep youth safe from abuse. **This is a required training for all members of Green Lake Crew who access the boathouse.**
3. You will not be able to access the boathouse or participate in any regattas unless Safe Sport is completed.
4. The Green Lake Crew specific code for SafeSport is GA3AG.