

The Official Parents' Guide to  
Niskayuna  
Rowing

*Fall 2013 Edition*



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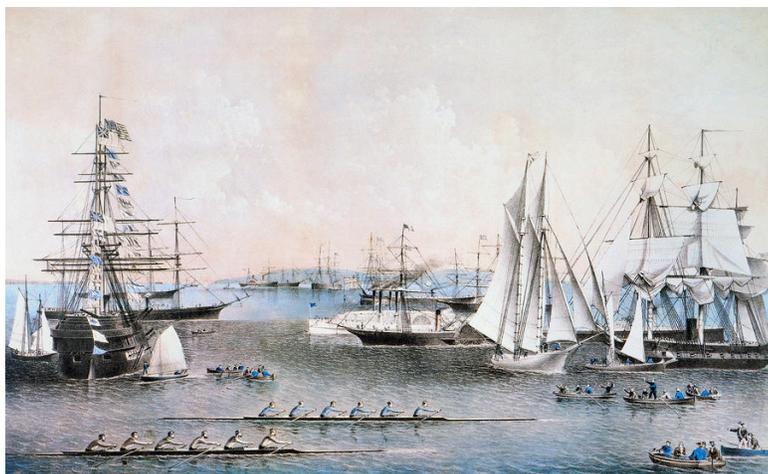
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## THIS GUIDE

There have been multiple iterations of the Guide to Niskayuna Rowing over the years. The goal of this guide is to help answer the multitude of questions that parents who are new to the sport will have, outline the roles and responsibilities of everyone involved in the program, and to serve as a reference during the rowing season.

## A BRIEF HISTORY OF ROWING



From the development of the concept of an oar working against a fulcrum (sometime after 1000 B.C.) until the present, rowing has been an efficient means of transportation. In the past 500 years, whale boats, captains' gigs, surf rescue boats, ferrymen, fishermen, and many others turned to oar-propelled boats. And from the beginning,

anytime there were two or more boats, sooner or later there was a race, whether for business, for honor, or purely for the sport of it.

In England, the first annual University Boat Race between Cambridge and Oxford was held in 1829, a race that continues today. In the United States, the first boat club appeared in New York harbor in 1834, while a Yale student began intramural college rowing with the purchase of a second-hand Whitehall boat for \$29.50. The Detroit Boat Club (founded in 1839) has the honor of being the oldest club in the country still active in the sport. The Schuylkill Navy was organized in 1858 by the





Philadelphia boat clubs, and is the oldest sporting organization still in existence.

In the last half of the 19<sup>th</sup> century, professional scullers became popular as colorful personalities, while the regattas themselves became exciting events with crowds, food, drink, entertainment, and gambling. It was the gamblers who hastened the end

of professional rowing, with rigged races and such dirty tricks as boats sawed in half.

The first inter-collegiate sporting event in the United States was a rowing race in 1852 on Lake Winnepesaukee, NH between Harvard and Yale. What soon became an annual race between the two schools changed location several times before settling in New London, CT in 1878.

The sport is quietly becoming a phenomenon. Olympic athletes, homemakers, business people, youth, senior citizens, disabled individuals, athletes from other sports and those discovering sport for the first time, those who wish to race and those who row for fitness are finding that rowing can meet almost any need and interest.



(Information courtesy of USRowing)

## **NISKAYUNA ROWING**

Niskayuna Rowing is the oldest, and has always been one of the largest, high school rowing programs in the Capital District. It also is one of the most popular sports in the Niskayuna School District.

The team was organized in April 1987 when juniors Alyson Kuntz and Jennett Vosburgh formed an extra-curricular club at the high school. Nan Kuntz, a Niskayuna elementary teacher, and Matt Hopkins, a Union College student and rower, were recruited to help get the club on the water. During the first spring, 30 eager Niskayuna students took turns practicing in a 1950's wooden shell that was purchased for \$1.00 with a set of borrowed wooden oars.

Despite the challenges, including a boat that weighed a ton, oars that were chipped, launches that wouldn't always cooperate, and nobody to compete against, this inaugural class of Niskayuna rowers was not deterred. They loved the sport, loved the water, and loved knowing they were starting something great.

By the late 90's, there were as many as 130 team members rowing daily out of the bay added to the Aqueduct Boat House by Niskayuna parents in 1992.

The club became a full blown spring varsity sport in 1991 and expanded to the fall season in 2007.

The club owns about 45 shells, including 13 eights, and many, many sets of oars. Many of the shells in the bay are former collegiate shells, purchased second hand.

In addition to the fall and spring competitive seasons for the high school teams, Niskayuna offers fall and spring modified rowing programs for 7th and 8th graders, summer competitive and development rowing programs for all scholastic rowers, an adult rowing program, and a very successful Youth Learn-to-Row program over the summer for first time rowers.

### **Friends of Niskayuna Rowing**

Niskayuna Rowing, Inc., d.b.a. Friends of Niskayuna Rowing (FNR), is a not-for-profit 501(c)(3) corporation. FNR was organized after it became apparent the school club was growing tremendously and the coaches could no longer do the

fundraising and logistical work on their own. Among the larger projects FNR helped accomplish is construction of the boat bay, added to the Aqueduct Boathouse in 1992, and the new docks, purchased in 2004.

FNR is guided by a Board of Directors who represents the membership. Membership is granted to individuals 18 years of age and older who are not high school students and who have paid program or membership fees to the organization during that fiscal year. Non-rowing memberships are available to FNR alumni and to the community at large.

- Membership and program fees shall be established by the Board of Directors.
- Members have one vote per paid rower and/or non-rowing membership.
- To be eligible to vote at the general membership meetings, a member must be in good financial standing with the organization.

### **Mission Statement**

Friends of Niskayuna Rowing is a non-profit organization that supports and enhances the rowing programs it administers, promotes education, recreation and health, and fosters athletic development within a competitive environment for junior and adult rowers.

### **Philosophy**

Rowing is a true team sport with everyone working together. Success depends on not just one or two individuals, but on everyone in the shell. All rowers who join become a member of the club and no student will be cut from the team.

The work is hard and challenges are great, but the rewards for rowing include lifelong friends and unforgettable memories.

### **FNR Organization**

The Board of Directors shall consist of up to 18 elected officers of the organization, and the program director is an ex officio member. At least one board member is expected to participate in each of the club's standing committees. Officers include:

**President:** It is the duty of the President to preside at all meetings, to coordinate standing committees and to appoint temporary committees as deemed necessary to carry out the regulation of these articles.

**First Vice-President:** It is the duty of the first vice president to perform the duties of the President when the President is not able or not available to do so.

**Second Vice-President:** It is the duty of the second vice president to perform the duties of the above officers when they are not able or available to do so.

**Treasurer:** It is the duty of the treasurer to oversee activities of the bookkeeper, create a yearly budget, and oversee long range financial planning.

**Secretary:** It is the duty of the secretary to keep a correct record of the proceedings of the organization at each meeting, to submit to the Board of Directors the minutes of the preceding meeting, and to keep on file all the documents relating to the organization. The secretary shall also notify the members of all meetings and is responsible for the correspondence of the organization, as appropriate.

**Parent Representatives:** It is the duty of the parent representatives to provide a channel of communication between the Board of Directors and coaches and the parents of the high school and middle school rowers. This shall include periodic messages to parents via e-mail or other means as well as reports to the Board at their meetings and as circumstances dictate.

**At-Large Members:** There are up to 10 at-large board members. The role of the at-large member is to provide a wide range of knowledge and insight to the board's decisions.

Other roles which are neither officers nor members of the Board of Directors include:

**Registrar:** It is the duty of the registrar to process all registration materials for those persons seeking participation in programs sponsored by the Friends of Niskayuna Rowing in association with the Niskayuna Central School District. The Registrar shall provide reports to the Board of Directors on program participation.

**Bookkeeper:** Supports the treasurer with processing of payments and payment of organization obligations.

## **Fundraising**

Fundraising is essential to the financial health of Niskayuna Rowing. While the team is partially supported by the Niskayuna School District, the expenses incurred in the sport of rowing far exceed those incurred in more terrestrial sports. Look for different fundraising opportunities throughout the year.

## **NISKAYUNA ROWING PROGRAMS**

Niskayuna Rowing offers a number of programs open to students and community members.

**Modified Team** - Middle school students in 7<sup>th</sup> and 8<sup>th</sup> grades are eligible to row on the Modified Girls and Boys Teams. It is not unusual for the modified rowers to practice in mixed boats, especially early in the season, but racing is almost always in gender specific boats. There are three on the water seasons: fall, spring, and summer; and a separate winter training program for the Modified rowers. Modified rowing is primarily a development program, with less emphasis on competition, but there are typically several local races during each season and a modified championship race at the end of the spring and fall seasons.

**High School Teams** - High school students are eligible to row on the JV/Novice and Varsity Teams. Novice rowers are those who have less than one year of rowing experience, regardless of grade. The high school teams also have three on the water seasons: fall, spring, and summer, with a structured winter training program.

**Youth Learn-To-Row** - Students entering 5<sup>th</sup> through 8<sup>th</sup> grades may participate in Niskayuna's Youth Learn-To-Row summer program.

**Adult Learn-To-Row** - During the summer Niskayuna Rowing offers Learn-To-Row programs for adults. Scheduling varies according to coaching availability, but programs have been offered weekday mornings and weekday evenings.

**Masters** - Masters rowers are over the age of 27. There is frequently interest from parents who have either completed Adult Learn-To-Row or who have previous rowing experience in getting back on the water. If you are interested, please contact the Program Director.

## **Registration**

Each season, in order to participate in any Niskayuna Rowing program, rowers must register by doing the following:

- register on [forn.sportssignup.com](http://forn.sportssignup.com) for the appropriate program
- successfully passing a swim test (once every six years)
  - 400 yards any stroke without stopping, 50 yards with clothing
  - 10 minutes treading water
  - Putting on a life jacket while treading water
- submitting a completed Niskayuna District athletic gray card with nurse's signature (except adults) or summer/winter health form.
- paying the registration fee
- purchasing team uniform as required
- completing and signing the US Rowing Liability Waiver form (high school only).

## **Rowing Seasons**

Rowing, like many other sports, has become a year round endeavor for a majority of the athletes.

**Fall** - Fall has traditionally been the time when many new rowers start. The water is warm and calm, making it easier to learn.

The fall JV and Varsity season typically runs from the last Monday in August through the last Saturday in October. Since the first week of practice is during summer vacation, high school rowers will practice twice a day, or do other team building activities during the day.

The fall Modified season runs from the first Tuesday in September through the first Saturday in November. This may mean that Modified also starts before school starts, depending on the school calendar.

Races in the fall are called “head races”, taken from the fact that they were traditionally rowed on the narrower head of a river. These races range in distance from 1 ½ miles for modified rowers to over 3 miles for high schools, colleges and clubs. Crews are started one at a time and race the clock, and crews can receive time penalties for leaving the race course or interfering with another crew.

The most famous head race is the Head of the Charles Regatta, which is held on the Charles River, between Boston and Cambridge, on the third weekend in October. The Head of the Charles is the world’s biggest rowing event. Over the course of two days, 9000 competitors, from 705 clubs, colleges and schools, representing 28 countries, will race 1800 boats in 60 events, over a 3.2 mile course, winding through 5 bridges, in front of 400,000 cheering spectators.

Typical Fall Races:

- Tail of the Fish- Schuylerville, NY
- Head of the Mohawk- Niskayuna, NY
- Spartan Sweepstakes- Alplaus, NY
- Head of the Housatonic- Shelton, CT
- Head of the Charles- Boston, MA
- Head of the Fish- Saratoga Springs, NY

**Winter** - While the river is frozen, rowers hit the weight room and the dreaded erg. Winter training is a time to work on conditioning for the spring. Winter training typically runs from mid-November through late February. Die hard rowers will compete at the annual C.R.A.S.H.-B. Sprints- World Indoor Rowing Championships at Boston University on the Sunday of President’s Day weekend.

**Spring** - Spring high school sports typically start in early March, with Modified sports starting in late March or early April. Rowers will work on physical conditioning on land until dock-in, which depends on the river conditions. The season typically wraps up in late May or early June, depending on the dates of the major spring regattas.

The format of spring races may be more familiar to anyone who has watched rowing in the Olympics. Crews are aligned, sometimes with the help of stake boats or starting platforms, and race side by side. Modified races in the spring

are 1000 meters, while high school races are 1500 meters. With a limited number of lanes, spring and summer races will often have time trials, heats, semi-finals and finals, so the rowers may have to compete more than once in a day.

The highlight of the spring season for high school rowers is the Stotesbury Cup Regatta in Philadelphia. "Stotes" is the largest scholastic regatta in the country, drawing over 5000 rowers from hundreds of schools and 10,000 spectators from across the country to Boathouse Row in Philadelphia.

Typical Spring Races:

- Saratoga Invitational- Saratoga Springs, NY
- North American Junior B/C Championships- Saratoga Springs, NY
- NYSSRA Section II Rowing Championships- Saratoga Springs, NY
- NYSSRA Championships- Saratoga Springs, NY
- Stotesbury Cup Regatta- Philadelphia, PA
- SRAA National Championships- Princeton, NJ
- Canadian Secondary Schools Championships- St Catharines, ON
- US Rowing Youth Invitational- Location Varies

**Summer** - In the summer, there are a variety of programs available, depending on the rower's interests. Practices are held early in the morning in order to reduce interference with summer jobs and to ease transportation to and from practice. The summer season usually starts in June and runs through early August, giving the rowers and their families a two week break before the fall season begins. Summer races follow the same side by side format as the spring, but are over the 2000 meter distance used in the Olympics.

The highlight of the summer competitive season is the Royal Canadian Henley Regatta in St. Catharines, Ontario, the first full week in August. Canadian Henley, which has been held annually in St. Catharines since 1903, draws over 2800 men and women from over 150 clubs for six days of competition on the premier race course in North America.

Potential Summer Races Include:

- Independence Day Regatta- Philadelphia, PA
- Festival Regatta- Lowell, MA
- Cromwell Cup Regatta- Cambridge, MA
- US Rowing Club Nationals- Camden, NJ
- Royal Canadian Henley Regatta- St. Catharines, ON

## **Regatta Expenses**

The cost of attending a regatta can range from a couple hundred dollars for a small local regatta like Spartan Sweeps, to as much as \$10,000 for a multi-day out of town regatta like Stotesbury Cup. These expenses include entry fees, gas and tolls to tow the trailer, bussing, lodging and food.

Many of the out of town, multi-day regattas have qualification requirements that limit the number and type of crews that we can enter. It is Niskayuna Schools' policy that the club's program fees cannot be used to cover the costs of attending these events. As a result, there will be a couple of regattas during the fall and spring seasons that will incur additional expense should your child's boat qualify for that regatta. For these events, a mandatory organizational meeting will be held in advance of the race to review logistics and estimated costs. A deposit of 50% of the estimated costs will be required at this meeting. The balance will be calculated after the event, and will be communicated to you via email.

In order for you to budget for these events, a cost of \$75-\$85 a day is a good guideline. Generally, the more selective the event, the higher the cost due to the fixed costs being divided between fewer people.

Spring/Fall Regattas Which Incur Additional Expense:

- Head of the Charles
- Stotesbury Cup
- SRAA Nationals
- Canadian Secondary Schools Championships
- USRowing Youth Invitational- Plus Airfare Depending on Location

The regatta expenses during the summer and winter seasons are structured differently from the spring and fall seasons. The cost of attending regattas during the summer and winter seasons are not included in the program fees, as family schedules often result in rowers opting out of one or more regatta during those seasons. The regatta expenses for each regatta are divided between the athletes that attend.

## **Governance**

### ***Youth Rowing***

In New York State, most interscholastic sports are governed by the New York State Public High School Athletic Association. The sport of rowing, regardless of season, follows rules set by the United States Rowing Association (USRowing), with additional oversight of the spring interscholastic races provided by the New York State Scholastic Rowing Association and the Scholastic Rowing Association of America. NYSSRA runs the annual New York State Scholastic Rowing Championships, traditionally held in Saratoga, every May, which is our qualifying regatta for the Scholastic Rowing Association of America Regatta later in May. Summer and fall racing does not differentiate between schools and clubs, and are only governed by USRowing or Rowing Canada.

### ***Collegiate Rowing***

College rowing is governed differently for men and women. Men row under the Intercollegiate Rowing Association, and are eligible to receive scholarships from the college's individual scholarship funds. Men's rowing programs have different championship regattas depending on the size of the school and the strength of the program. Women's open weight rowing falls under the National Collegiate Athletic Association and teams are classified as Division I-III. Lightweight women fall under the IRA just like men, with similar scholarship opportunities. The NCAA more closely regulates scholarships, creating more consistency from school to school. About \$1 billion in athletic scholarships are awarded annually by the NCAA to more than 125,000 undergraduate athletes in Division I and II. Women rowers participate in one large NCAA Championship Regatta, in separate events for each division, in late May.

Women's NCAA Rowing Programs, Fall 2012:

- Division I- 89
- Division II- 17
- Division III- 41

## **Eligibility Rules for Regattas**

Niskayuna Rowing maintains Modified, Novice/JV and Varsity rowing teams for both boys and girls. There are rules that affect what races rowers can compete in, usually based on experience or age, that help make the competition more fair and even.

It is important to remember that in the sport of rowing, Freshman is an event category, and should not be confused with being a "Freshman" sport. At the High School level, especially in the fall, Novice and Freshman events are normally combined, allowing an upperclassman who is in his or her first year of rowing to compete as a Freshman, or allowing 7<sup>th</sup> and 8<sup>th</sup> graders to "row up". In the spring season, all regattas after NY State Championships have separate Novice and Freshman events, requiring everyone in the Freshman event category to actually be in 9<sup>th</sup> grade.

In the summer, USRowing uses has a classification system based on age, with separate Junior A (under 19) and Junior B (under 17) events. All of these rules exist to keep the racing fair, but can be confusing, especially as your athlete moves from one season to another.

These eligibility rules may have an effect on what boat your athlete's coach places him or her in. For example, the SRAA championship regatta at the end of the season separates Novices from Freshman, so a coach may be reluctant to boat a novice sophomore in the Freshman 8+ for races earlier in the season, since the crew will not be allowed to have them in the boat for SRAA Nationals.

## **GOOD CONDUCT**

Courtesy of the Niskayuna Central School District's Athletic Handbook

### **For Athletes**

- Learn and understand the rules of your sport.
- Maintain self-control.
- Do not allow your temper to distract you from the fundamentals of good sportsmanship.
- Respect your opponent. Never taunt. Congratulate him or her at the end of each race.
- Acknowledge good rowing.
- Respect the integrity and judgment of officials.
- Be an example for your school, teammates and opponents.

### **For Spectators**

- Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.
- Spectators should respect visiting officials, coaches, and rowers as guests and extend all courtesies to them.
- Enthusiastic cheering for one's own team is encouraged. "N-I-S-K-Y, Go! NISKY, Go!"
- Booing, stamping of the feet and disrespectful remarks shall be avoided.
- The throwing of debris, confetti or other objects from the shore, bridges or the dock is prohibited. Offending individuals will be asked to leave the premises.
- Spectators should encourage each other to observe courteous behavior.
- Improper behavior should be reported to the school authorities.
- Spectators will observe the rules of the local school concerning smoking, food and drinking consumption, littering, and parking procedures.
- Spectators will respect and obey all school officials and supervisors at athletic contests.

## HEALTH AND SAFETY

Safety is of utmost importance in rowing. All precautions are taken to ensure the safety of all involved. In addition to coaches being CPR/First Aid and AED certified, most are USRowing certified. Here are some safety topics to keep in mind when sending your child to practice or a regatta:

### Boathouse Preparedness

In the case of an emergency, the Niskayuna boathouse has prepared itself with the following safety measures:

1. Coaches have proper training as first medical responders including CPR/First Aid, AED and NY State boating safety certification.
2. Launches include all Coast Guard and New York State mandated safety equipment including: life jackets for every rower, whistle, flag, hailer (or megaphone), paddle, and radio;
3. All launch occupants must wear a PFD at all times.
4. Gray cards, including medical history and contact information, are kept in the boathouse and accessible. Coaches may bring gray cards on the water during practice and then return them to the front medical cabinet;
5. Medical kits are kept in the front of the boathouse with medical supplies for minor injuries. Most coaches carry small medical kits in their launches with limited supplies;
6. Telephone is available to make 911 emergency calls.



### Rower Preparedness

What the rowers should have with them, even when they are on the water:

1. Water
2. Inhaler
3. Medical tape (to wrap blisters)



4. Epinephrine pen or Benadryl
5. Weather appropriate clothing.

## Hygiene

The sport of rowing presents unique challenges to personal hygiene. The bodies of water that we row on collect run off from city streets, suburban lawns, industrial areas and farmers' fields.

The NCAA and the CDC have launched an awareness campaign aimed at protecting student athletes from skin infections. They have several recommendations to keep athletes healthy:

- Do not share personal items such as hats, towels and water bottles.
- Wash your hands frequently or use hand sanitizer when hot water is not available.
- Shower immediately after every practice, game or race.
- Use a clean towel each time you shower.
- Clean out and dry gym bags daily.
- Launder clothing and towels after each use.
- Keep cuts, scrapes and blisters clean and covered with a bandage.
- Wash water bottles in a dishwasher to sanitize them.

## On the Water

Rowing conditions can change very quickly in the course of a single practice or regatta; therefore, rowers must always be aware of the situation. Rowers should be attentive to announcements during the school day, as weather changes may force practice to be relocated to the high school. Some conditions include:

Weather: Rowers will practice in most weather conditions (wind, low temperatures, high temperatures, humidity, rain, and even snow). It is the extreme of these conditions or the combination that will be the cause for a cancelled or relocated practice. High winds in the same direction as the current will cause white caps and rough, choppy water. Rain and run off may result in high water, debris and strong current. Rain with low temperatures or a light wind could cause hypothermic conditions. Hot temperatures with high humidity may cause hyperthermic conditions. We will never row in foggy conditions or when

there is thunder or lightning. You will be notified as early as possible if practice or a race is cancelled, moved or rescheduled.

Hypothermia: Occurs when a victim is subjected to cold temperatures, cold water, ice or snow. There is a potential danger for hypothermia even when the water temperature is below 80 degrees and is very dangerous when below 50 degrees. Rowers are expected to dress appropriately for the weather, but parental guidance is very important. Cold weather clothing should include multiple warm-when-wet layers on top and bottom, wool or fleece socks, a waterproof layer, and a warm hat. Special attention should be paid to packing and dressing for rowing in the early spring and late fall.

Hyperthermia: Occurs when there is an increase in body temperature, usually when the air temperature is above 76 degrees and the victim is exposed to sun and heat in combination with a decrease in fluids. It may occur when a) sweat cannot easily evaporate; b) the body is heated by the environment; c) water loss from sweat and respiration is not replaced and dehydration occurs.

To avoid problems in hot and humid weather, rowers should:

- Maintain a high fluid level. Drink water continuously all day and frequently on the water
- Avoid sunburn by using sunscreen on exposed skin
- Wear lightweight clothing or dress in layers so that they can remove clothes as their body warms up
- Remain in the shade when off the water.

Emergency Conditions: In the rare possibility an emergency should occur, your rower should be familiar with the following rules:

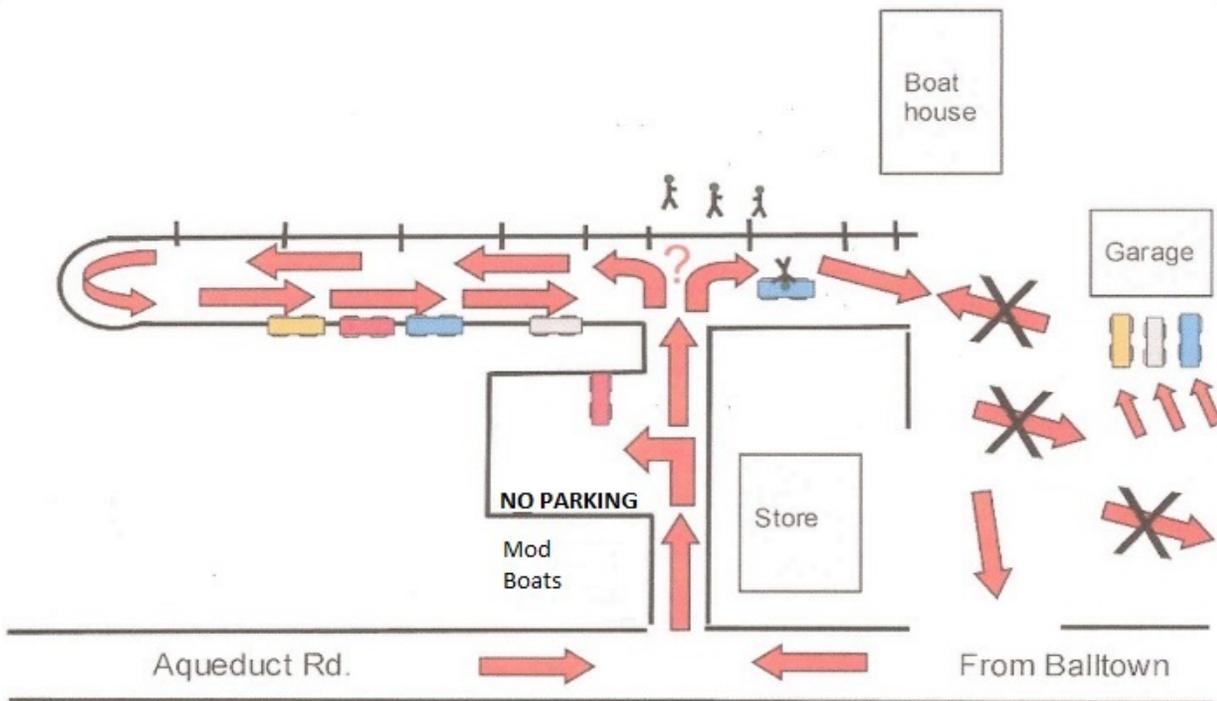
- Under no circumstances should a rower leave his or her boat (even if they consider themselves a strong swimmer)
- Don't talk and respond to all coach or coxswain commands
- Use distress signals to communicate with other boats (wave arms, shirt, or an oar above your head)
- If an athlete goes overboard, the boat should immediately "way enough" and wait for the coach to retrieve the rower via the launch

- If a shell becomes damaged or punctured, immediately “way enough” and inform the coach
- Rowers should “buddy-up” with their rowing pair on the water and look out for each other (example: 1 and 2 seat, 3 and 4 seat, etc.) The coxswain will buddy with stern pair
- If a shell should capsize, stay with the boat
- Shells should always stay “within hailing” distance from the coach’s launch or safety boat. Never travel out of your coach’s sight.

(Courtesy of USRowing)

### Practice Pick-up

Notice how this is under safety? With 145 rowers needing to be picked up in a 30 minute window, at rush hour, on one of the most congested roads in the region, it’s easy to see how this can become a safety issue.



1. Enter Aqueduct Park using the one-way street off of Aqueduct Road (between the Mod boat storage area and the Boathouse store). DO NOT come in by way of Smith’s car repair shop.

2. If your rower IS NOT at the low fence waiting for you, you may park in the small lot downhill of the Modified boat storage area, if there is space. Do not park where you will block traffic, and do not block access to the Modified boat area. Otherwise, turn left onto the park access road and proceed to the end. You may park here if there is an open space, or you may turn around and come back toward the boathouse, parking along the right side of the access road. Please move your car forward as vehicles parked along the road in front of you leave. Do not park where the Modified rowers must cross the road to store their boats.
3. If your rower IS at the fence waiting for you, turn right onto the park access road, pause briefly to load up rowers and their gear, and then continue out toward Aqueduct Road. (Your riders should be prepared to jump right in. Please avoid creating a gridlock of cars behind you.)
4. Exit straight out to Aqueduct Road, NOT through Smith's car repair shop, especially when they are open for business.
5. Drivers for high school rowers may also consider parking in the gravel lot across Aqueduct Road from the boathouse. Use extreme caution when you and your passengers cross Aqueduct Road.
6. Congratulations! You have safely completed Practice Pick-up!

## **Nutrition**

Parents of rowers find themselves becoming amateur sports nutritionists. Rowers should not forget to eat lunch every day. They will need that energy! They should bring a snack to school with them to eat on the bus ride to the boathouse or during a late study hall.

All athletes need a diet that provides enough energy in the form of carbohydrates and fats as well as essential protein, vitamins and minerals. That means eating a variety of foods every day - grains, vegetables, fruits, beans, lean meats, and low fat dairy products. The base of the diet should come from carbohydrates in the form of starches and sugars. Fluids, especially water, are also important to the winning combination. Dehydration can stop even the finest athlete from rowing his or her best.

The most important thing is to concentrate on your rower eating a nutritious, balanced diet every day. This provides plenty of energy for them to grow and exercise. Here are a few tips about eating before, during and after exercise.

### **Before Practice**

Athletes should have some high carbohydrate foods like bananas, bagels or fruit juices. These foods are broken down quickly and provide glucose to the muscles. The timing of this meal depends on athletes' preference for eating before exercise, but researchers have found that eating something from one to four hours before exercise helps keep plenty of blood glucose available for working muscles. It is also critical for them to drink plenty of water throughout the day.

### **During Practice**

Perspiration and exertion deplete the body of fluids necessary for an optimal performance and lead to dehydration. It is important for athletes to drink plenty of water. They should bring a full water bottle to practice and bring it in the boat with them. They will be sweating, even on cold days. For hard water bottles, especially metal ones, put them in an old sock so they don't bang around in the bottom of the boat.

### **After Practice**

If the exercise was strenuous and lasted a long time, glycogen stores may need refueling. Consuming foods and beverages high in carbohydrates right after exercise will replenish glycogen stores if they are low after exercising. No matter the intensity of the exercise, it's important for athletes to drink plenty of water and eat a nutritious, balanced meal that has lots of carbohydrate rich foods such as grains, pastas, potatoes, vegetables and fruits.

## WHAT TO WEAR

Notice that this comes right after safety? There are a couple of rules of thumb when it comes to rowing clothing.

- If it's cold at home or school, it will be 10 degrees colder at the boathouse.
- If it's hot at home or school, it will be 10 degrees warmer at the boathouse.
- Your rower will get wet.
- Your rower will get dirty.
- No baggy shorts!
- No hoodies!
- No short shorts.
- Avoid cotton, especially when it's cold.
- Always wear socks!
- Always have running shoes!
- The only bathrooms are porta-potties.



Rowing is a full body sport. As a result, rowers have to wear clothing that does not impede the movement of any part of the body. When sitting on a rolling seat, baggy shorts can be a big problem. They will get caught in the seat rollers and get greasy and torn. They will also keep your rower from rowing properly. Oversized sweatshirts will also impair the proper motion, and they make it hard for the coaches to assess body mechanics.

- Tight shorts or tights- rowers can wear loose shorts over the top and take them off on the dock if they are bashful. Fleece tights are great when it's cold.
- Form-fitting shirts that they can tuck in. If they are too loose, their thumbs will get caught. If it's not tucked in, it will get caught in the seat rollers.



- Fleece- when it's cold, form-fitting fleece will keep them warm.
- Multiple thin layers are better than one thick one.
- Wool or fleece socks- when cotton socks get wet putting the boat in the water, their feet will be cold for the rest of practice. Use wool or fleece until it's hot out, and the water is warm.
- Hat/Headband- it keeps their hair out of their face and the sun out of their eyes. A knit or fleece hat will keep their whole body warmer on a cold day.
- Sunglasses- the glare off the water can be unbearable. These are essential for coxswains.
- Warm when wet fabrics. Avoid cotton.
- Elastic laces, like Lock-Laces, in their sneakers to speed up docking.



## At Regattas

There will be a lot of time on land, eating, rigging boats, eating, unloading and loading the trailer, eating, cheering on teammates and eating. There is usually not a private place to change, and the only bathrooms are porta-potties. It is important to plan layers accordingly.

There are several additional items that will make the regatta experience a lot more comfortable for your rower:

- Dry clothes to change in to, including lots of warm socks!
- Clothing that is easy to get on and off without a lot of privacy.
- More fleece
- Hat and gloves
- Sandals to speed up dock in and dock out times
- Rain gear
- Boots- the trailer and dock areas at regattas tend to get muddy. Girls seem to like wellies, while the boys seem to prefer duck boots.



Last, but not least, is the bag they carry it all in. If they bring lots of dry clothes, but they get soaked because the bag is sitting out in the rain for four hours, they will be cold and miserable. Use plastic bags to keep dry items dry, and to separate the wet from the dry.

## **Uniforms**

Orders for uniforms and other Niskayuna rowing logoed clothing are open at the beginning of each season. We have made an effort to standardize uniforms, so that you will not have to purchase a new uniform every year. Check the Niskayuna Rowing web site for a link to our uniform store.

## **Shopping**

Many parents are reluctant to buy their children nice rowing apparel, given the abuse that it sustains at the boathouse, but good rowing apparel need not be expensive, and can be used for other sports.

Stores like Marshall's, TJ Maxx, Target and Old Navy have a large selection of both name brand and store brand rowing appropriate clothing. There are Under Armour, Nike, Reebok and Adidas outlets in Lake George, Lee and Woodbury. Online stores like REI, Campmor and Athleta can have very good deals, and check outdoor equipment stores like EMS, or ski shops for end of season sales.

One of the best places to purchase rowing specific clothing is at large regattas. Most of the rowing apparel companies have regatta specials, and you can save on tax and shipping.

## **Monograms**

Monograms Plus on State Street, near the Blue Ribbon Diner, can embroider names and the Niskayuna Rowing logo on most clothing items that you purchase elsewhere.

## **Lost and Found**

Clothing items and water bottles left at the boathouse are placed in the lost and found bin. If an item is labeled with your child's name, it becomes easier to recover. Unclaimed items left at the end of the season are laundered and then auctioned off.

## PEOPLE AROUND THE BOATHOUSE

**Program Director:** The Program Director runs the entire rowing program on a day to day basis. He is responsible for managing all of the other coaches, boat repairs, regatta registration, purchasing, etc. He also serves as the Head Coach for one of the varsity crews.

**Coaches:** At Niskayuna, we take pride in having one of the most experienced coaching staffs in the country, at all levels of our program. Many of our coaches have previous collegiate, club and USRowing development camp coaching experience, as well as being experienced athletes. They know what it takes to make the best athlete, and the best team you can be. They are passionate about the sport and truly love working with young people. They inspire, motivate and believe in the abilities of their rowers. They focus on rowing technique and the true meaning of teamwork. They also teach your children many other valuable life lessons such as good sportsmanship and self-discipline. Vacancies are filled by recruitment through advertisements and word of mouth.

**Rowers:** Rowers are the people who actually move the boat. Dedication and discipline are key to the sport of rowing, as it is the ultimate “team” sport. Unless your child is rowing in a single, which rarely happens in high school, their success is dependent upon that of the entire team. Working together is the only way to succeed at this sport. Rowers work on land and on the water to become the best that they can be. They are challenged by their coaches every day by setting goals and working to achieve them.

**Coxswains:** There are two etymologies of the word Coxswain- 1. from the Latin "cossimus" (to cuss), and "swainare" (to swerve): 'one who cusses and swerves' 2. from the Saxon: "cockes" ('for or of the boat') and "swain" (either 'lover' or 'servant'), thus: "servant of the boat." The coxswain is the person in charge of a boat, particularly its navigation and steering. He or she sits in the stern, (except in bow coxed fours), facing the bow, steers the boat, and coordinates the power and rhythm of the rowers. Coxswains are generally smaller and slither in build, competitive athletes in a smaller package. Coxswains are fully responsible for their crews and shells at practices and regattas. Rowers are to be quiet and

respond to their coxswain’s commands. A coxswain’s top priority is always the safety of his or her crew.

The coxswains’s priorities are:

1. The safety of his or her crew.
2. The safety of other crews, coaches, spectators
3. Steering the shell.
4. Stroke Rate.
5. Time and distance, and being able to accurately estimate both.
6. Location of competitor boats.

**Volunteers:** Never doubt that a small group of thoughtful, committed parents can change the world, or at least the “world of rowing!” Niskayuna Rowing can only exist with the support of parent volunteers. Dedicated volunteers, along with our coaches, manage every aspect of the program. There is an expectation that all parents will volunteer their time at some point during each rowing season, and there are many opportunities to get involved. Some tasks require very little of your time, while others may be much more time consuming. Volunteer opportunities range from putting in docks in the spring, to timing races, to manning the grill at regattas, to cooking pasta for a pre-race pasta party, to serving on the board. There are many reasons to volunteer. You may want to develop new skills, meet new people, help others but the most important reason may simply be to support and encourage your child.

## Volunteer Opportunities

Fall Events	Date	Jobs Available	Typical Commitment	Who Can Help
Preseason Camp	First Week of Fall Season Late August	Picnic Team Building	As little or as much as you want.	HS Parents
Head of the Mohawk	First Saturday in October	Concessions Install Racecourse Timing/Results Launch Drivers	As little as 2 hours, or as much as you want.	All Parents

Away Regattas: Tail of the Fish Head of the Housatonic Spartan Sweeps Head of the Fish	Weekends in October	Chuck Wagon Help- Set Up Food Prep Cooking (Grill!!!) Clean Up Tear Down Towing the Chuckwagon	As little as 2 hours, or as much as you want.	Most Regattas- All Parents
Head of the Charles (Boston)	Third Weekend in October	Just Come and Cheer	2 Days of Fun, Food and Great Racing	All Parents and Rowers
Modified Rowing Championships	First Saturday in November	Install Racecourse Concessions Launch Drivers Timers	As little as 2 hours, or as much as you want.	All Parents and HS Rowers
Dock Out	First Sunday in November	Tow Docks to Marina Disassemble Docks Stack Dock Sections for Winter Store Launches for Winter Pack Boathouse for Winter	Different Jobs Require More or Less Time This is usually a 6 hour activity.	All Parents
Chinese Auction	Fall Banquet	Solicit Donations	A couple of hours.	All Parents and Rowers

<b>Spring Events</b>	<b>Date</b>	<b>Jobs Available</b>	<b>Typical Commitment</b>	
Dock In	Saturday in Late March	Put Motors on Launches Put Launches in the Water Float Dock Sections Assemble Dock Tow Dock to Boathouse Connect the Dock Unpack Boathouse Spring Clean Up	Different Jobs Require More or Less Time This is usually a 6 hour activity.	All Parents
Garage Sale	Friday Afternoon and Saturday mid-March	Set Up Assist Customers Bake Sale Bottle Drive Clean Up	As little as 2 hours, or as much as you want.	All Parents and Rowers

Away Regattas: Saratoga Invitational North American Jr B/C Champs and Section 2 Championships NY State Championships (All In Saratoga)	Weekends in April	Chuck Wagon Help- Set Up Food Prep Cooking (Grill!!!) Clean Up Tear Down Towing the Chuckwagon	As little as 2 hours, or as much as you want.	Jr B/C and Sectionals- All Parents  Others- HS Parents
Overnight Regattas: Stotesbury Cup (Philadelphia) Scholastic Nationals (Princeton NJ) Canadian Schoolboys (St. Catharines, ON)	Weekends in May Leave Niskayuna Thursday Morning Return Saturday Night or Sunday Morning	Chaperone Drive Rowers Between Lodging and Course Chuck Wagon Help Cook Dinner	3 Days/2-3 Nights	Parents of Participating Rowers
Niska-Day	3 <sup>rd</sup> Saturday in May	March In Parade Work FNR Tent Erg Challenge Recruiting	As little as 2 hours, or as much as you want.	Mod Rowers HS Rowers Not at Stotes Parents Not at Stotes
Modified Rowing Championships	First Weekend in June Thursday Evening Friday Afternoon Saturday Morning	Install Racecourse General Boathouse Cleanup Concessions Launch Drivers Timers	As little as 2 hours, or as much as you want.	All Parents and HS Rowers
National Learn to Row Day	First Saturday in June	Meet and Greet Parents Socialize While Kids Row Boathouse Tours Recruiting	The whole event is only about 2 hours.	All Parents and Rowers
Chinese Auction	Spring Banquet	Solicit Donations	A couple of hours.	All Parents and Rowers

### Ongoing

Board Service

Committee Service

## PRACTICES

Rowing is the ultimate team sport. When a rower is missing, their entire boat- and even the entire squad- is impacted, often resulting in eight other athletes being unable to row. Please keep the following guidelines in mind for the season:

- Schedule routine doctor, dentist, orthodontist, etc. appointments for earlier in the day or during the off season.
- Get physicals done well before the on the water season starts, and take a physical form with you (available on the FNR and District web sites) to the doctor. Every season we have rowers who can't start practice because they have to get forms filled out by their doctor.
- Get Grey Cards signed by the school nurse well ahead of the season. Submit them in June for the fall season and in January for the spring season.
- Optional practices are held on days when school is closed for staff development, religious holidays, parent teacher conferences, etc.
- Plan college visits for the off season.
- Keep in mind that there is very little time between dock-in and our first spring race. Spring break is valuable practice time, and high school rowers will practice twice a day during spring break.
- If your rower has to miss a practice, be off the water early, or miss a race, let their coach know as soon as you know.

REMEMBER- Practice is not over until your child's coach says so!

## SPECTATOR TIPS

As a parent, watching your child race is very exciting! Regardless of the time of year, you will need to come to the regatta well prepared.

The best advice that experienced crew parents have for new crew parents is that this is an outdoor sport, but unlike soccer or football, we participate on a surface that is very changeable, and can become very dangerous. Weather conditions that would just be inconvenient for soccer or football can be unsafe for rowing. Regatta schedules occasionally have to be adjusted for the weather or water conditions. When it comes to race day, plan on it being all day, and be pleasantly surprised when we get done on time. Also, keep in the back of your mind that at

some point in your child's rowing career, they will load the trailer and drive for several hours to a regatta and never row a stroke because of weather. Hopefully this will only happen once in ten years of scholastic and collegiate rowing, but it will happen to almost everyone. It is important to be flexible and patient when watching a race or a practice. Bring coffee, bring a good book, help out at the chuckwagon, socialize with other parents, shop, and make a day of it.

This is a team sport. You should always bear in mind that even if your rower's race is at noon, they will have to arrive several hours early in order to unload the trailer, rig boats, stretch and get on the water with plenty of time to warm up and row to the start. They should also plan to be on hand to help cheer on their teammates who may be in different events, help their teammates load the trailer to return home, help take down the chuck wagon, and then unload the trailer back at the boathouse.

It is District policy that if there is a bus to the regatta, your rower is required to ride the team bus to and from the regatta. You may drive your rower home by signing them out at the chuckwagon at the end of the day, but you may not take other students, even with a note from their parents. There are a few rare exceptions to this for regattas like Head of the Charles and Stotes, but additional paperwork is required.

Parents, just like their rowers, need to wear proper attire for the season, as you could potentially be outside for many hours. As a rule of thumb, if it is cold at home, it will be 10 degrees colder at the race, and if it's hot at home, it will be 10 degrees hotter at the race. During the spring and fall seasons, spectators should dress in layers and wear waterproof coats, boots, and warm hats and gloves. It is also a good idea to bring a folding chair and either a camera with a long lens or binoculars. During hot weather, a hat, sunscreen and bug spray are a must.



Many parents also bring some type of noise maker to use when Niskayuna boats approach the finish line. Cow bells are used by some families because rowers say it is the only thing they can hear from the water

when racing. Air horns are prohibited during the spring and summer seasons, as they will interfere with the officials timing the race. Parents are their child's most important role model. Good sportsmanship among spectators promotes a supportive, positive environment.

If you would like a "coach's view" of a practice, ask your child's coach for a ride on the launch. They will be happy to take you out on the water. Bring your camera for spectacular close-ups of the rowers! If you would like a close up view of races, there are several opportunities throughout the year to be an on the water volunteer at local regattas. The view doesn't get much better than from an official's launch following a race. USRowing has a certification program for Judge-Referees that several Niskayuna parents have taken part in over the years, especially as a way to stay involved with the sport as their children age out of the program.

At the end of each rowing season, a slide show is put together for all to enjoy at the banquet. Any great pictures taken during the season should be saved for the slideshow. Candid pictures are wonderful as well as shots of rowers racing, carrying or rigging the boats, and close-ups of individuals or coaches.

## **Chuckwagon**

You may have seen the small red box trailer sitting near the boathouse. This is the chuckwagon. It contains tents, tables and serves as our portable kitchen for away regattas. You will notice at most regattas that just about every team has one of these wagons, and that the food they prepare ranges from granola bars and hot chocolate to fine cuisine.

Before most regattas, parents will be asked to donate food to stock the chuckwagon. Usually this consists of pasta, bagels, soup, fruit. Helping out with shopping and cooking for the chuckwagon is a great volunteer opportunity for parents, and is always appreciated by the athletes. If you volunteer at the chuckwagon, we will make sure you can get away to see your child race.

The chuckwagon serves several purposes:

- Provide a central meeting point and social environment for families, coaches and rowers.
- Provide shelter from the elements.
- Provide healthier food options than are usually available at most regattas.
- Reduce the amount of time parents, rowers and coaches have to spend standing in line to buy food.
- Help reduce the cost of race day food for the rowers and families.
- Help provide convenient food and beverages for coaches and volunteers while they are working.
- Eliminate the need to leave the regatta venue, and a good parking place, for food.

## GLOSSARY OF TERMS

### Shells

Rowing boats are referred to as “shells.” The type or size of a shell is designated by the number of seats, and hence the number of rowers contained therein, and by the type of oar used. A slightly different terminology is used to differentiate sweep boats from sculling boats which contain the same number of seats.

Scull- *noun*- A rowing shell rowed with two oars per rower. “Jane rows in a double scull.”

Scull- *noun*- An oar used in a sculling boat. “Jane bought a new set of sculls.”

Scull- *verb*- To row in a shell with two oars. “Jane sculls with her friends.”

Skull- *noun*- The bone in your head. “Jane broke her skull when she crashed her bike.”

So, “Jane sculls in a scull with new sculls” is correct, but confusing.

### **Sweep Boats – Athletes with only one oar each.**

Eight (8+) - An eight oared shell is the largest rowing shell and carries eight sweep rowers and is always rowed with a coxswain. Eights are usually between 50 and 60 feet long and weigh around 200 lbs. The eight is the fastest boat on the water, and the eight race is always the marquee event of a regatta.

Four (4+ or 4-) - A four oared shell holds four sweep rowers and may or may not have a coxswain. In the US, youth and collegiate fours always have coxswains. A four without a coxswain is called a “straight four.” Coxed fours are usually a little more than 40 feet long and weigh around 120 lbs.

Pair (2+ or 2-) - A pair is the smallest sweep boat with only two rowers and is considered the most difficult to row. The pair is a great training tool for teaching sweep technique. Coxed pairs are almost never seen on this side of the Atlantic.

## **Sculling Boats – Athletes with two oars – one in each hand.**

Octuple or Oct (8x+) - The octuple is rarely used, and then only for novice rowers to help teach the fundamentals of sculling. The oct always has a coxswain, and is the heaviest and most stable of sculling boats.

Quad (4x or 4x+) - This is the largest and fastest sculling shell, with four rowers and eight sculling oars. The quad is usually rowed without a coxswain, and uses the same hull as the 4-. The coxed quad (4x+) uses the same hull as a 4+, and is primarily used as a training tool for younger rowers.

Double (2x) - Built for two scullers, the double is similar to a pair, and frequently uses the same hull with different riggers. Doubles are never rowed with a coxswain.

Single (1x) - Built for one sculler, the single is the smallest racing shell with no coxswain. A racing single is usually between 25 and 30 feet long and will often weigh less than 35 lbs.

## **Sweep vs. Scull**

In the United States and Canada, sweep rowing is much more popular than sculling. Perhaps we just like things that are big and go fast, and so the marquee event at any regatta is the eight. In collegiate rowing, there are no dedicated sculling events, so most college rowers only scull in the summer when they row for clubs.

## **Crew vs. Rowing**

The sport of rowing is frequently referred to as crew. Crew seems to be primarily used in North America, and then only for scholastic and collegiate rowing, which is dominated by big boat sweep rowing. You will rarely hear someone refer to small boat sculling as crew.

Crew is only properly used as a noun. So it's correct to say that you "row crew" or that you are part of a crew, but you never go crewing, and you are never a crewer. The verb is "to row", making you a rower. It is also somewhat redundant to say that you are on the "crew team".

## **Paddle vs. Row**

You paddle a canoe, with a paddle. You row a shell with an oar. The only time the word paddle is correctly used in rowing is when the rowers are at “paddle pressure” which is very light, barely moving, oar pressure.

## **Boat Positions**

Each rower in the boat has a specific position and name. The bow rower, and usually the furthest from the coxswain, is “1 seat” (or usually just “bow”). In front of (actually behind them, since they are facing backwards) the bow person is the 2 seat, followed by 3 seat, 4 seat, etc ending at the rower seated closest to stern, who is referred to as “stroke”, and never 4 or 8. The stroke is responsible for setting the rate for the other rowers to follow.

The coxswain is usually seated at the stern of the shell looking at and beyond all the rowers. The coxswain steers, motivates, and coordinates all the rowers in addition to executing race strategies during competition. They do not, contrary to what you see in movies, yell “stroke, stroke.” Some fours have the coxswain seated in the bow; this is referred to as “bow coxed” or a “bow loader”. These fours tend to be faster, especially in the fall races, but also harder to row and cox because the coxswain can’t see what the rowers are doing.

## **Oars**

Sweep oars are usually 360-380cm in length while sculling oars are usually 270-290cm in length. Sculling oar blades are roughly 2/3 the size of sweep blades. The length of the oar will vary depending on blade type, experience level, the size of the boat, the size of the rowers, and the desired load.

## Rowing Shell Parts

Bow	The forward end of the shell that goes through the water first. The rubber ball situated at this end is the “bow ball” and it is designed to prevent boats from tearing holes in each other should there be a collision. The “bow number” in a race will always be fastened to the bow deck.
Stern	The rear of the shell, the direction the rowers are facing.
Bow/Stern Deck	The flat surface on the bow or stern. This forms part of an air tight compartment that provides extra flotation in the event that the boat fills with water.
Hull	The bottom of the boat. Never step on or over the hull because of the shell’s fragility. The hull is composed of lightweight materials including honeycomb, carbon fiber, Kevlar, and some plastics.
Port	The left side of the boat, from the coxswain’s perspective.
Starboard	The right side of the boat, from the coxswain’s perspective
Gunwale	Pronounced “gunnel,” this is the upper side edge of the boat.
Washboard	Or “splash guard” is located behind the bow rower and prevents water from spilling into the boat.
Ribs	The curved crosspieces of a wood, metal or carbon fiber in the shell that form the boat’s frame. They are used for strength and sturdiness.
Rudder	The moveable fin under the boat used to steer.
Seat Deck	The flat surface inside the boat where the seat tracks are mounted.
Skeg	The fixed fin under the boat used for stability.
Tracks	Grooved strips of metal or plastic upon which the sliding seat travels backward and forward.
Footstretchers	Where the rower places his or her feet. They are adjustable towards the stern or bow of the boat.

## Rigger Parts

Rigger	The triangular shaped metal arm extending from the side of the boat which supports the oar. The rigger is removed from the boat during travel and re-attached using rigger bolts and rigger nuts.
Oarlock	The plastic device, shaped like a U with a hinged top, mounted on the rigger that swivels and holds the oar.
Top Bolt	The bolt Niskayuna awards to the most essential rower of each season and which holds the oarlock in place.
Backstay	The metal brace which connects the top of the oarlock and the side of the shell.
Wing Rigger	The riggers that bolt to the top of the gunwale instead of the side of the boat. They are usually lighter than a traditional rigger, reduce drag in choppy water, and reduce flex in the hull during the rowing stroke.

## Rowing Technique

Stroke	Not to be confused with the position in the shell, the stroke is divided into two parts: drive and recovery.
Drive	The phase of the rowing stroke where the blade of the oar is in the water propelling the boat forward.
Recovery	The phase of the rowing stroke where the blade is out of the water.
Catch	The end of the recovery, not the beginning of the drive. The hands are lifted, allowing the blade to fall in the water, just before the legs begin to drive.
Finish	The end of the drive, when the blade is taken out of the water and the recovery begins.
Feather	The motion of twisting the handle to flattening the blade during the recovery so that it is parallel to the water.
Swing	Refers to the motion of all the rowers swinging together into the finish of the stroke. "Swing" is more the feeling of synchronicity with the other rowers. Good swing will enhance the speed and performance of the crew.
Run	The movement of the boat during the recovery when none of the blades are in the water. Coaches, coxswains, and rowers will measure the "run" of the boat by comparing oar puddles to see if the boat is moving efficiently.
Puddle	The whirl of water left by the blade after it exits the water.

Ratio	The amount of time the blade is in the water compared to the amount of time the blade is out of the water. The blade should be out of the water longer than it is in the water. This becomes more difficult at higher speeds.
Stroke Rate	The number of strokes per minute. This will be higher in lightweight boats, and in shorter races.
Rush	An increase in speed or acceleration of the slide toward the stern and stopping abruptly before the catch.
Crab	To “catch a crab” means to lose control of the oar and to allow the oar to be pulled down by the water. The oar handle moves backward into the rower’s body.
Swamp	When the boat fills with water. Boats are designed to remain on the surface and provide flotation for the rowers even when full of water.

## Common Coxswain Calls

Most coxswains’ calls have two parts. They will tell the rowers what to do, and then they will tell them to do it. Coxswains will, with time and practice, develop a rhythm or cadence to their commands, so the rowers will know how long to wait for the second part of the command.

“In 2”	Usually a coxswain will give you a couple of strokes warning. So the command will be “Way’nuff in 2” and then the coxswain will count the next two catches before calling “Way’nuff”
“Way’nuff”	Contraction of Way Enough. This is from the archaic English term “give way”, which meant “start rowing.” It means stop whatever you are doing, whether it’s rowing, walking
“Hold Water”	This means drag your oar in the water to slow or turn the boat. This usually has more urgency than “check it”, and may not always have a way’nuff before it.
“Check It”	Similar to “hold water” but usually without the same urgency. Often used while docking, and may be used on one side of the boat to steer to that side without moving the boat forward.
“Sit Ready”	Usually followed by “at the catch/finish”. Rowers should come to the desired stroke position and be ready to row.
“Ready All, Row”	The command to start rowing once the rowers are prepared. “Row” should never be said if the rowers are not actually ready to row.

“Let It Run”	The command for the rowers to stop rowing and just let the boat glide with the blades off the water.
“Set The Boat”	When doing drills on the water, rowers that are not rowing should place their oar blades on the water to help balance the boat, like training wheels.
“Heads Up”	The command for bystanders to WATCH OUT! One person can move out of the way easier than a 60’ long boat.
“Power 10”	The command for the rowers to take a certain number of full pressure POWER strokes.
“Hands On”	Line up on the boat, usually by your seat, and get ready to pick the boat up.
“Overhead”	The carrying position where the boat is over the rowers’ heads, with their arms locked out. Used for placing the boat in the water, or for tight spaces.
“Shoulders”	The carrying position where the boat is resting on the rowers’ shoulders.
“Waists”	The holding position where the boat is at the rowers’ waists. You almost never walk with the boat at waists.