



# FALSE CREEK ROWING CLUB

Lessons will be held in a group of four rowers with up to two coaches. You will be in a four-person boat and will be receiving lots of instruction from our very experienced coaches. We are following the Rowing Canada Aviron, Rowing BC (see guidelines here: <https://rowingbc.ca/a-careful-restart-to-rowing/>), the BC Centre for Disease Control and the Safe Sport Sector Guidelines and have many protocols in place to keep FCRC a safe, welcoming, and respectful environment. If you do not feel comfortable rowing in a four-person boat and wish to have private lessons instead, please let us know and we will register you through a separate channel. Additional fees will apply for private lessons.

A Learn to Row program will be four weeks in duration, with two sessions per week. Learn to Row classes will take place on Tuesdays and Thursdays from 6-8:30pm or from 3-5:30 pm if you are available during the day.

There will be 8 sessions total, costing \$325. In addition to the lesson fee, there will be an additional \$24 fee for a Rowing Canada membership, and a \$15 fee for a Rowing BC membership.

If you are interested in participating, please email us at [questions@falsecreekrowingclub.ca](mailto:questions@falsecreekrowingclub.ca).

**BONUS - New for 2021: Free member row for a total of 8 + 1 sessions!** The first 8 lessons will be within one's four-person Learn to Row cohort, and the last bonus session will be a drop-in to a complimentary FCRC member row, giving you an opportunity to try out our regular coached row sessions and meet some of our members.

We ask that participants are available for all the lessons as the group learning process is cumulative. Of course we do understand there can be emergencies and related absences, but overall please plan to attend all lessons in a session. Please note that all participants in lessons must be able to swim. For individuals who are under 19 who would like to register, permission from a parent/legal guardian is required.

Please note that there are a maximum of 4 participants in each session - registration is first come first-served.

Please watch the Rowing Canada Aviron safety video prior to your first lesson to help learn about being safe on the water: <https://www.youtube.com/watch?v=vVOCsfJna3Q>

Please don't hesitate to email us at [questions@falsecreekrowingclub.ca](mailto:questions@falsecreekrowingclub.ca) if you have any questions. We look forward to meeting you at False Creek Rowing Club!

**Rowing Terminology** Rowers can be a little intimidating when they seem to speak their own language. Use this nifty guide to learn rower speak.

### **Coxswain Calls**

- Backing: A backwards stroke used to turn a boat or back a boat. A coach or coxswain may call for “picking”, “touching”, or any length of backwards strokes.
- Check it: A command sometimes used to get all oars on starboard or port to hold water causing the boat to turn.
- Count down: The command the coxswain or coach uses to confirm with each rower that they are ready to row. From bow to stern, each rower calls their number when they’re ready. Bow seat is always 1.
- Hold water: The command used to stop the boat quickly. Each rower squares their blade in the water creating drag. Like putting on the brakes. Also known as “Kill the Run.”
- Let it run: The command used to have a crew stop rowing. Good crews will keep their blades in the air and let the boat coast to a stop.
- Swing it: A command used when carrying a boat to start turning either bow or stern.
- Touch it/Touching: A stroke where rowers use only their arms and back. Used mostly for warm-up or to turn a boat.

### **Types of Rowing Boats**

- Single: a one person rowing boat, or “shell”. The rower has 2 oars, 1 in each hand. Sometimes called a “scull”.
- Double: A boat with two rowers where each uses two sculling oars.
- Quad: A shell with four rowers each with two sculling oars (sculls).

### **Rowing Terminology**

- Body Angle: Amount of forward lean of rower’s body from hips at the catch.
- Bow rower: The rower seated closest to the bow of the boat.
- Check: Describes an undesirable bobbing motion of the rowing shell at the catch or finish that interrupts the boat’s momentum
- Coxswain (Cox): Member of the crew who sits stationary in the boat facing the bow. While the coxswain’s main job is to steer the shell with a tiny rudder while he or she also calls the race strategy and helps motivate the crew.
- Crab: A dastardly accident when a rower loses control of his or her oar. The blade gets trapped in the water by the momentum of the boat and the oar handle is not in the rowers control.
- FISA: Abbreviation for Fédération Internationale des Sociétés d’Aviron, the international governing body for rowing established in 1892.
- Puddles: “Footprints” in the water made by the oars. Little whirlpools.

- Rigger: the part of the boat that holds the oarlock, where the oar pivots during the stroke. Oarlocks are typically about 160 cm apart in sculling boats and slightly more in sweep boats.
- Rudder: Steering device at the stern of the shell controlled through cables and ropes.
- Run: The distance the shell moves during one stroke. Measured by looking for the distance between puddles made by the same oar. On a good day: about 10 metres.

### **The Rowing Stroke**

- Catch: The point in the stroke cycle at which the blade enters the water.
- Blade depth: The distance an oar is buried in the water. Too deep and it is hard to get out, too shallow and the blade has no purchase and does not move the boat effectively.
- Feathering: The turning of the oar after the blade is extracted making it parallel to the water.
- Finish: The last part of the drive in the stroke cycle. The point when the rower pulls the oar to the body with the arms and then extracts the blade from the water.
- Layback: Amount of backward lean of a rower's body at the finish of the drive. Optimally 15°.
- Leg drive: How the majority of a rower's power is applied to the stroke. Starting at the catch, by the force of driving the legs down and pushing against the foot boards. Often heard being yelled from the coach boat because people aren't working as hard as they could.
- Rate: Number of strokes per minute being rowed by the crew.
- Recovery: The phase of the stroke cycle from release to catch when the rower is moving towards the stern of the shell in preparation for the next stroke.
- Release: Part of the stroke cycle when the blade is extracted from the water.
- Rushing the Slide: When a crew or rower moves too quickly towards the catch after a rushed

### **Parts of the Boat & Equipment**

- Blade: The end of the oar, often painted in a club's or country's colors. This part of the oar should be just beneath the surface when the rower is pulling the oar through the water.
- Bow: The front of the boat, which is behind the rowers while sitting in the boat. The bow crosses the finish line first.
- Bowball: A small white rubber ball attached to the bow designed to protect a rower in the event of a collision.
- Collar/Button: A wide plastic ring placed around the sleeve of an oar. The button stops the oar from slipping through the oarlock.
- Coxbox: A speaker system that runs through the boat with a microphone so the coxswain does not have to yell. The coxbox also displays the crew's stroke rate, which is measured by a magnet under the stroke seat.
- Ergometer: An indoor torture device that best simulates the rowing motion without any of the pleasantness. The most common tool used for dry-land training is made by Concept 2, which uses a flywheel and digital readout showing your strokes per minute, power output, speed, and distance "travelled".
- Footstretcher: The shoe assembly in a shell into which each rower puts his or her feet.
- Gate: The bar across the oarlock that locks the oar in place.

- Hatchet: A style of oar blade with a bigger surface area than the classic spoon-shaped blade. The blade extends downwards from the shaft at an angle level with the water. Its shape resembles a hatchet. Also called cleaver or big blade.
- Inboard: The length of the oar shaft measured from the button to the handle.
- Oarlock: The “U”-shaped swivel holding the oar in the rigger. It rotates on an upright pin, and has a “gate” at the top to secure the oar.
- Outboard: The length of the oar shaft measured from the button to the tip of the blade.
- Port: The right-hand side of the shell while sitting in the boat.
- Rigger: Structure that holds the oarlock in place as it rotates through the stroke.
- Rudder: Steering device at the stern of the shell controlled through cables and ropes.
- Scull: Smaller (only 3 metres) oars used in sculling boats.
- Starboard: The left-hand side of the shell while sitting in the boat.
- Stern: The rear of the shell. While in the boat, rowers face the stern.