

Rowing Glossary

Bachelors Barge Club (BBC): the name of the boat house Harriton Crew uses for the rowing season. Located on Boat House Row.

Blade: the painted portion of the oar that is put into the water during the pulling phase of the stroke.

Bow: the front part of the boat (the back part of the boat if you are rowing)

Capsize: when the boat flips over in the water, rare occasions in fours and eights.

Coxswain (Cox) the coxswain steers the boat and is the general of the crew. During a race and also in practice they give the rowers technical feedback and input. The Cox is responsible for the safety of the boat and its rowers. They also manage the strategy on the race course and keeping the crew at its best as exhaustion sets in. A crew will follow a great coxswain through fire.

Crab: this happens when a rowers blade is "grabbed" by the water (the angle of the blade has caused it to catch water. " Catching a crab" destroys the rhythm, balance and momentum of the boat, and in severe cases it can eject the rower from the boat. –SEVERE CASES... please take that into mind)

Drive: The phase of the stroke with the blade in the water. Also known as the pull-through.

Ergometer: the Erg is a rowing machine used for training and measuring an athlete's fitness.

Gunswallow: (Gun-Nel) The highest portion of the side of the boat. On some boats this part this part will be made from a different material than the hull.

Head Race: a race that is timed not competing in specific lanes against specific teams. There can be many teams competing in a head race and they are ranked by racing time.

Launch: The motorized boat used by the officials during a regatta and by the coaching staff during practice.

Lake Shot: the traditional reward for a first place-winning coxswain, when you throw the coxswain into the river.

Lightweight Rowers: maximum weight for girls is 130 lbs. and for boys it is 155 lbs.

Novice Rower: first time rowers, regardless of age or grade in school.

Open weight: Rowers who do not qualify for the lightweight category.

Port: The left side of the boat. The rower sitting in the shell will know port as right.

Puddle: The disturbance of the water left by the work of the blade. A "good" puddle is a deep dark swirl that lasts a long while after the water has been released. A "bad" puddle will have white broken water and fades quickly (known as a washout)

Rate: Refers to the "stroke rate" of the crew. This numbers will range from 20, 30 and even up to 40 during a race and reflects the number of strokes taken per minute.

RUN: The glide of the shell during the recovery. If the boat has a good run, it will move faster.

Sculling: Each rower has two oars.

Set: is the name given to the side-to-side balance of the shell. A boat with good set will move through the water without tipping. The set is affected by the way the rowers carry their weight over the keel along with their ability to keep the oar level.

Slide: refers to the seat moving across the tracks it sits in. A cox might call the crew to slow the slide. This means that the crew is moving it's weight down the slide without control.

Starboard: The right side of the boat. The rowers face the stern and in some boats the cox sits in the stern most seat.

Stroke: The name given to the stern most rowing seat in the shell. The rower in this seat faces the cox, sets the rhythm of the crew and is responsible for the stroke rate.

Sweep: Each rower has only one oar.