

Rowers & Coxswain's Guide to Terminology

Getting Familiar with the Shell

- **Starboard:** coxswains right
- **Port:** coxswains left
- **Stern:** closest to cox / starting with #8 seat
- **Bow:** farthest from cox / starting with #1 seat
- **Shell:** boat
- **Oar:** blade and shaft used to move shell
- **Slide:** the metal track that seat rolls on
- **Rigger:** metal tubes attached to shell that supports oar lock
- **Oar Lock/gate:** holds/locks oars on rigger
- **Button:** a set collar to keep the oar positioned for inboard/outboard
- **Sleeve:** located in the middle of the oar shaft that keeps the oar frictionless in the oar lock
- **Gunnel:** the sides of the shell above the water
- **Foot Stretchers:** holds feet in place to push on when taking a stroke
- **Bow ball:** ball located at the bow, bounces off docks and other boats to prevent damage

Commands

Getting in and out of the shell

- **One foot in:** one foot in boat, holding your oar handle
- **Oars across:** slide oars out to riggers, be ready for the next command
- **Walk it down:** hand-push the shell down the dock
- **One foot on the dock/one foot out:** ready to exit shell, one foot out holding oar
- **Count down when ready:** #1 starts the count, when reaches #8, cox acknowledges everyone is ready

Verbiage in the shell:

- **Check her down:** panic stop – dig blades into the water
- **Way enough:** stop rowing – hold oar handles on gun whale until released by cox
- **Let it run:** stop rowing - let oars drag on the water
- **Ready – row:** start rowing
- **Hold water:** bury blade in the water (to stop)
- **Sit ready:** ready to row at the finish position
- **At finish/at the release:** oar positioned closest to your body; ready to row
- **At the catch:** oar positioned away from your body; ready to row
- **Roll up:** the motion at which your oar blade squares up before going into the water
- **Recovery:** the allotted time you have to relax/prepare for the next stroke
- **Row/on the square:** oar should be vertical when rowing, do not feather
- **Feather:** oar blade is horizontal off the water to reduce wind drag
- **Eyes in the boat:** keep eyes focused forward/centered
- **Arms only:** no legs and back when rowing; no moving slide
- **Body swing:** swing body when rowing
- **Half slide:** use half of the slide when rowing
- **Full slide:** use the full length of slide
- **Bow pair:** #'s 1 and 2 seats
- **Bow four:** #'s 1, 2, 3 and 4 seats
- **Stern pair:** #'s 7 and 8 seats
- **Stern four:** #'s 5, 6, 7 and 8 seats
- **Engine room:** #'s 3, 4, 5 and 6 seats in an eight
- **Strokes per min:** amount of strokes taken per minute (rating)
- **Keel:** balance in the shell – the keel of the boat steady
- **Ratio:** the fraction of drive segment of strokes over recovery segment