



Rowing: A Supporters' Guide



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INTRODUCTION

This guide has been assembled to provide some guidance to new supporters of the GB Rowing Team

Many of whom will be new to the sport and the aim of this guide is to provide an overview of the sport together with some basic information to help new supporters gain more enjoyment from supporting their athlete.

It is not meant to be an authoritative book on rowing, merely a guide with some useful advice from experienced supporters. Links to more detailed sources have been provided.

Many sources have been used to compile the materials in this document and where possible these have been referenced. If a reference has been missed it is purely an oversight, and will be corrected in future editions.

The aim is to provide Supporters with useful information and is not intended to steal from other sources without reference.

SUGGESTIONS FOR IMPROVEMENTS TO GUIDE

Please do let us know if there are errors in the text or links contained in this guide. If as a new supporter you feel that there are topics missing that would help you or areas where you would like more detail then please let us know. We can only improve this resource with honest feedback.

**Please send all suggestions to improve this guide to Pete Beaumont:
prk_beaumont@hotmail.com**

HISTORY OF ROWING

(Source: http://www.bbc.co.uk/oxford/culture/2004/02/henley_museum/history_rowing.shtml)

Rowing is one of the oldest sports in Britain, with its roots in the eighteenth century. Rowing however originated not as a sport, but as a means of transportation and warfare.

All of the major ancient civilisations used rowing to advance their cultures, both in war and peace-time. The victors of many a sea battle were those that could out-manoeuvre their opponents on the water. The Athenians frequently won because ancient war ships, such as the Trireme, were used to ram enemy ships at great speed powered by 170 oarsmen.

Competitive rowing is one of the oldest and most traditional of sports. Races between oared galleys were held in ancient Egypt and Rome. Although rowing was always popular with fishermen and sailors, it was not until the 1700's that the sport became popular with ordinary citizens, when watermen would race in long barges on the Thames.

The Thames is the setting for three of the most celebrated rowing events in the world: Doggett's Coat and Badge Race, the oldest rowing contest in the world, held annually since 1715; the annual boat race between the universities of Oxford and Cambridge; and the Henley Royal Regatta.

Competitive rowing became an event at the first modern Olympic Games in Athens, Greece, in 1896. The sport of rowing as we know it today began in 1829 with the first Oxford-Cambridge race and the Henley Royal Regatta which started in 1839.

Other links:

http://en.wikipedia.org/wiki/History_of_rowing

ROWING MANAGEMENT

FISA

International rowing is managed by FISA.

www.worldrowing.com/fisa

FISA, “Fédération Internationale des Sociétés d’Aviron” in French, or the English equivalent International Federation of Rowing Associations is the governing body of the sport of rowing. It is empowered by its 137 member National Rowing Federations, the National Olympic Committees and the International Olympic Committee to govern the sport of rowing.

FISA sets the rules and regulations for the practice of the sport, in all its forms (elite, adaptive, and soon coastal and indoor), and organises sanctioned World Rowing events. It also provides advice and expertise for the organisation of rowing regattas, on coaching education and other matters relating to the sport and its development.

BRITISH ROWING

British Rowing is the governing body for the sport of rowing (both indoor rowing and rowing on water). It is responsible for the training and selection of individual rowers and crews representing Great Britain, and for participation in and the development of rowing and indoor rowing in England.

Rowing in Scotland and Wales is governed and organised nationally by [Scottish Rowing](#) and [Welsh Rowing](#), but when it comes to representing Great Britain's interests to the international rowing federation, FISA, this comes under the British Rowing's umbrella.

British Rowing represents rowing's interests on the [British Olympic Association](#) (BOA), the [British Paralympic Association](#) (BPA), the [Sport and Recreation Alliance](#) (SRA), [UK Sport](#), [Sport England](#), government and non-governmental agencies and many other partner organisations.

Membership Options - <https://www.britishrowing.org/membership/>

GB ROWING HERITAGE

Great Britain has a very successful international rowing heritage.

OLYMPIC GAMES

(Source: <http://www.britishrowing.org/gb-rowing-team/events/olympic-games>)

Rowing is one of Britain's most successful Olympic sports with the GB Rowing Team winning 31 gold, 24 silver and 13 bronze medals in the history of the Olympic games up to and including Rio 2016. It is the only GB sport to have won a gold at every Games since 1984.

GB Rowing Team Medals at Olympic Games

Olympic regatta	Gold	Silver	Bronze	Total
2016 (Rio)	3 (W2-, M4-, M8+)	2 (W2x, W8+)		5
2012 (London)	4 (W2-, W2x, M4, LW2x)	2 (LM2x, LM4)	3 (M1x, M2-, M8)	9
2008 (Beijing)	2 (M4-, LM2x)	2 (M8+, W4x)	2 (M2x, W2x)	6
2004 (Athens)	1 (M4-)	2 (W4x, W2-)	1 (W2x)	4
2000 (Sydney)	2 (M4-, M8+)	1 (W4x)	0	3

1996 (Atlanta)	1 (M2-)	0	1 (M4-)	2
1992 (Barcelona)	2 (M2-, M2+)	0	0	2
1988 (Seoul)	1 (M2-)	0	1 (M2+)	2
1984 (L.A.)	1 (M4+)	0	0	1
1980 (Moscow)	0	1 (M8+)	2 (M2-, M4-)	3
1976 (Montreal)	0	2 (M2x, M8+)	0	2
1972 (Munich)	0	0	0	0
1968 (Mexico City)	0	0	0	0
1964 (Tokyo)	0	1 (M4-)	0	1
1960 (Rome)	0	0	0	0

1956 (Melbourne)	0	0	0	0
1952 (Helsinki)	0	0	0	0
1948 (London)	2 (M2-, M2x)	1 (M8+)	0	3
1936 (Berlin)	1 (M2x)	1 (M4-)	0	2
1932 (L.A.)	2 (M2-, M4-)	0	0	2
1928 (Amsterdam)	1 (M4-)	2 (M2-, M8+)	1 (M1x)	4
1924 (Paris)	2 (M1x, M4-)	0	0	2
1920 (Antwerp)	0	2 (M1x, M8+)	0	1
1912 (Stockholm)	2 (M1x, M8+)	2 (M8+, M4+)	0	3
1908 (London)	4 (M1x, M2-, M4- M8+)	3 (M1x, M2-, M4-)	1 (M8+)	8

1904 (St Louis)	GB Rowing Team did not compete			
1900 (Paris)	0	0	1 (M1X)	1

Note 1: In 1924 GB was awarded a bronze medal in the men's pair. However, this medal is not recognised by the IOC because it was awarded by default – there were only three entries to the event and, having raced the heats, the British crew did not turn up for the final.

Note 2: The medal tally for the 1908 Olympics is disputed. However, the IOC recognises GB as winning 4 gold, 3 silver and one bronze in this year.

WORLD CHAMPIONSHIPS

(Source: <http://www.britishrowing.org/gb-rowing-team/events/world-championships>)

The World Rowing Championships are the climax of each rowing season outside of Olympic and Paralympic years.

The first rowing World Championships were held in 1962 with women's events and men's lightweight events being added in 1974, lightweight women's events in 1985 and adaptive rowing making its debut in 2003.

The annual regatta, organised by rowing's world governing body FISA and held at a different location each year now features crews from more than 68 nations and 1,200 rowers competing in both Olympic and Paralympic and non-Olympic/Paralympic "international-class" events.

In Olympic and Paralympic years the Championships are merged with the Junior World Championships in the absence of the world's top senior crews and only feature non-Olympic/Paralympic class events at senior level.

GB Rowing Team medals at the World Rowing Championships

World Championships	Gold	Silver	Bronze	Total
2015 (Aiguebellette, France) *	5	9	1	15
2014 (Amsterdam, Netherlands) *	4	4	2	10
2013 (Lake Tangeum, Korea) *	3	0	5	8
2011 (Lake Bled, Slovenia)*	7	3	4	14
2010 (Lake Karapiro, NZ)*	5	5	1	11
2009 (Poznan, Poland)*	3	5	1	9
2008 (Linz, Austria)	0	0	0	0
2007 (Munich, Germany)*	3	2	6	11
2006 (Eton, Great Britain)*	5	0	3	8
2005 (Gifu, Japan)*	3	1	1	5
2004 (Banyoles, Spain)*	1	2	0	3
2003 (Milan, Italy)*	2	5	1	8
2002 (Seville, Spain)	3	1	2	6
2001 (Lucerne, Switzerland)	4	0	1	5
2000 (Zagreb, Croatia)	2	1	0	3
1999 (St Catherine's, Canada)	1	4	0	5

1998 (Cologne, Germany)	3	1	0	4
1997 (Aiguebelette, France)	2	2	4	8
1996 (Strathclyde, Great Britain)	0	2	0	2
1995 (Tampere, Finland)	2	4	0	6
1994 (Indianapolis, USA)	3	1	1	5
1993 (Roundice, Czech Rep.)	4	0	0	4

**Events at the World Championship include Olympic, Paralympic and non-Olympic 'International' classes. In 2011 GB won gold in three Olympic-class events, two Paralympic-class events and two International-class events.*

PARALYMPIC GAMES

(Source: <http://www.britishrowing.org/gb-rowing-team/events/paralympic-games>)

The GB Rowing Team has won gold medals at Rio 2016, London 2012 and Beijing 2008 since the sport's inclusion to the Paralympic programme in 2005- and is now training towards Tokyo 2020.

The Paralympic Games take place once every four years and it is an elite, multi-sport event for athletes with physical impairments including those with mobility issues, amputations, blindness, and Cerebral Palsy.

The Paralympics are a direct parallel to the Olympic Games- hence the name.

Paralympic rowing is open to male and female rowers, and is currently divided into four boat classes which are part of the World Championship programme:

Legs, Trunk and Arms Mixed Coxed Four(LTAMix4+)

Trunk and Arms Mixed Double Scull(TAMix2x) *

Arms and Shoulders Women's Single Scull(ASW1x)

Arms and Shoulders Men's Single Scull(ASM1x)

* The LTAMix4+ and TAMix2x are mixed gender boats.

GB Rowing Team Medals at Paralympic Games

Olympic regatta	Gold	Silver	Bronze	Total
2016 (Rio)	3 (ASW1x, TAmix2x, LTAmix4+)		1 (ASM1x)	1
2012 (London)	1 (LTAmix4+)			1
2008 (Beijing)	2 (ASW1x, ASM1x)		1 (LTAmix4+)	2

BRITISH ROWING MEMBERSHIP

British Rowing is the governing body for the sport of rowing (both indoor rowing and rowing on water). It is responsible for the training and selection of individual rowers and crews representing Great Britain, and for participation in and the development of rowing and indoor rowing in England.

Membership Options - <https://www.britishrowing.org/membership/>

GB ROWING TEAM ANNUAL DINNER

Every year British Rowing have a GB Rowing Team Annual Dinner to celebrate the successes of the year. The dinner is open to all of GB teams and their supporters and invites are sent out via athletes.

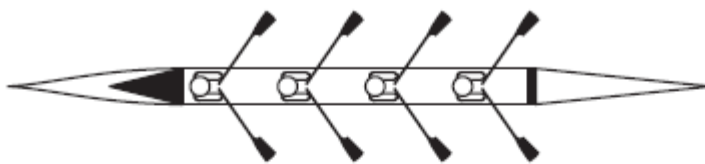
BOAT TYPES / TERMINOLOGY

There are many boat types used in the sport of rowing. The first confusion is often between Rowing and Sculling. We refer to the sport of Rowing, there are then two disciplines called Sculling and Rowing (or often called Sweep). In sculling the oarsperson competes with two blades (oars) and in rowing the oarsperson competes with one blade. In rowing there are two sides of the boat, when sitting in the boat as an oarsperson, the blades on the left hand side of the boat, which are often labelled with green tape are called Starboard or Bowside. Those on the right hand side, which are often labelled with red tape are called Port or Strokeside.

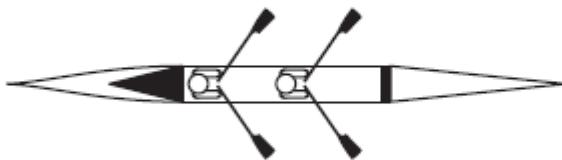
Source - http://www.kcsbcsa.co.uk/wp-content/uploads/KCS-Guide-to-Rowing_noblades.pdf

SCULLING BOATS

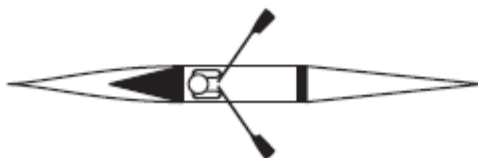
Quad / 4x / Quadruple Scull



Double Scull / 2x

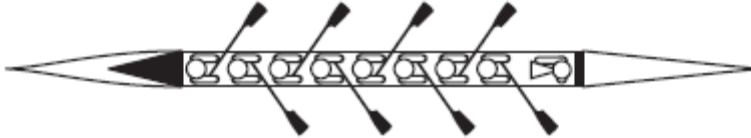


Scull / 1x / Single Scull

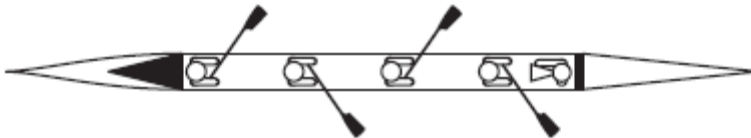


ROWING BOATS

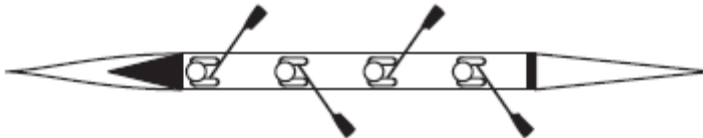
VIII / 8+ / Eight (coxed)



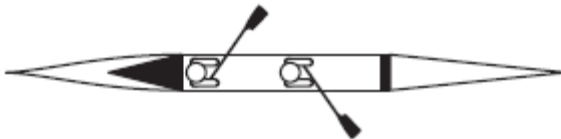
IV / 4+ / Coxed Four



IV / 4- / Coxless Four



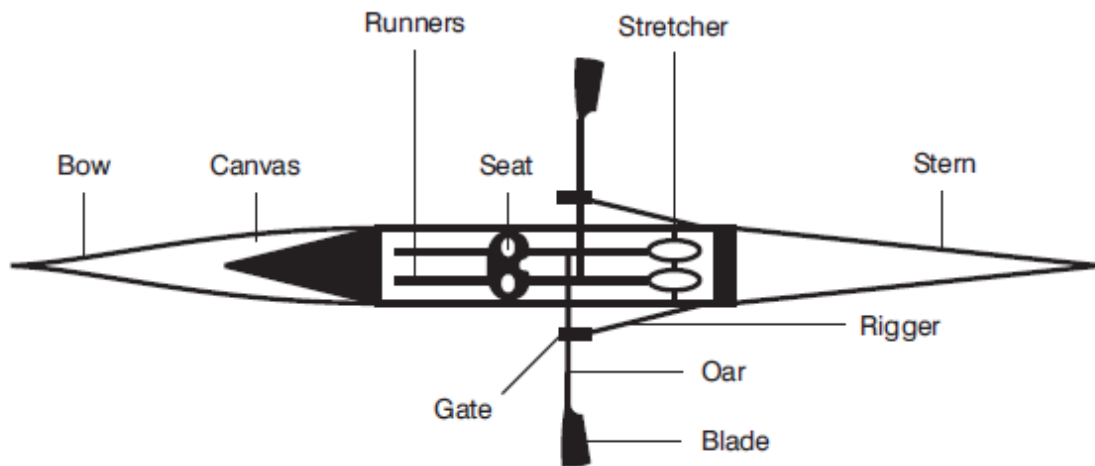
Pair / 2- / Coxless Pair



TERMINOLOGY OF THE BOAT

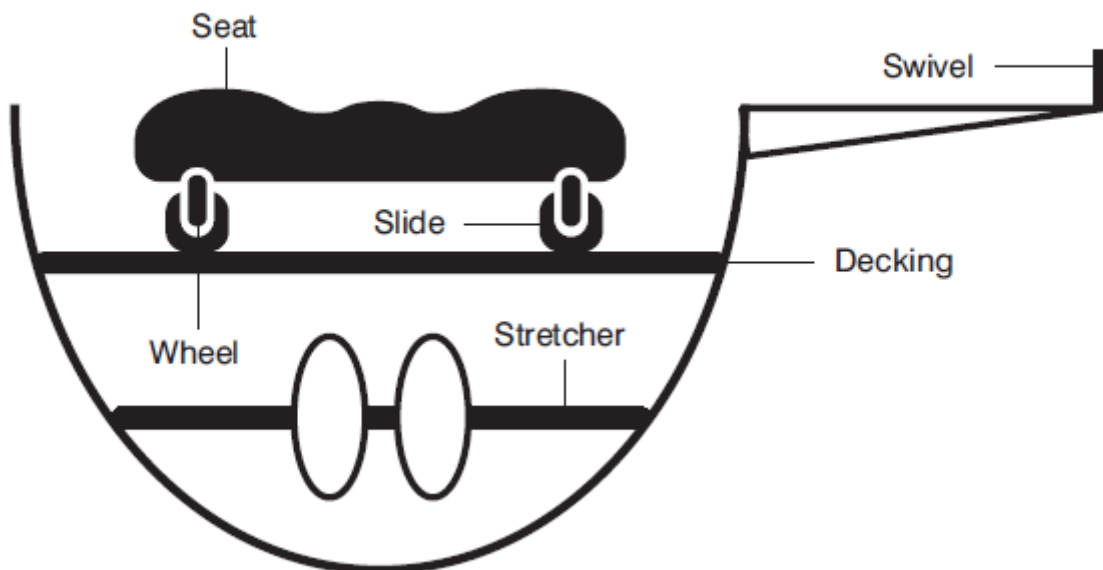
Overhead view of boat:

BOWSIDE (Green, Starboard)

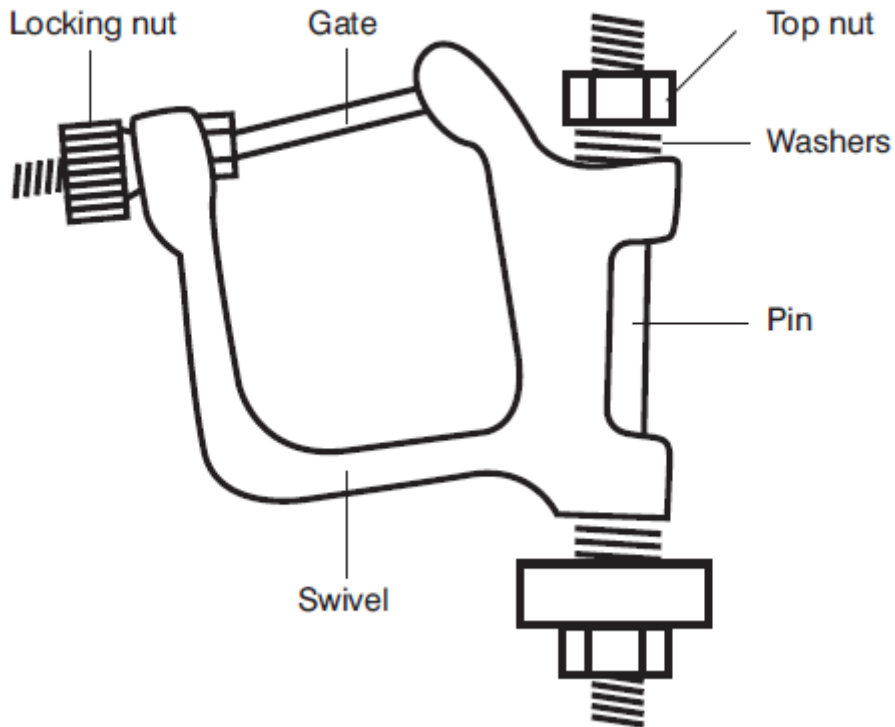


STROKESIDE (Red, Port)

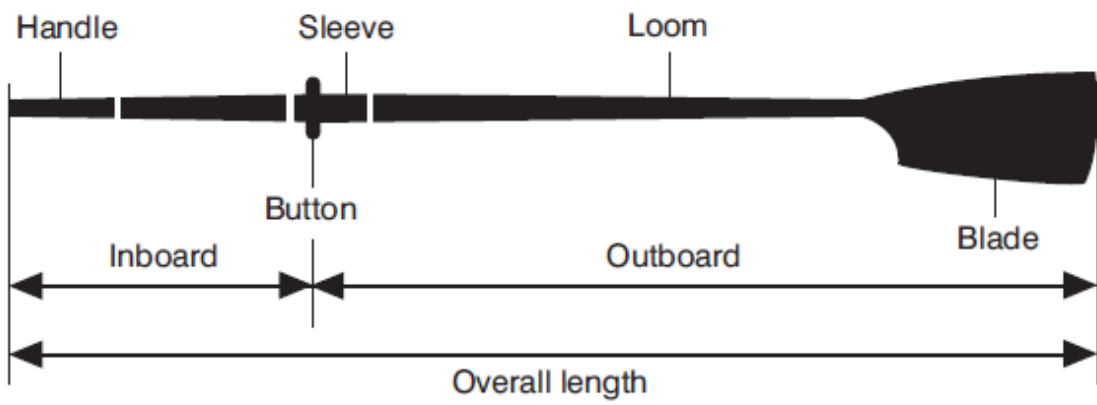
CROSS SECTION OF A BOAT



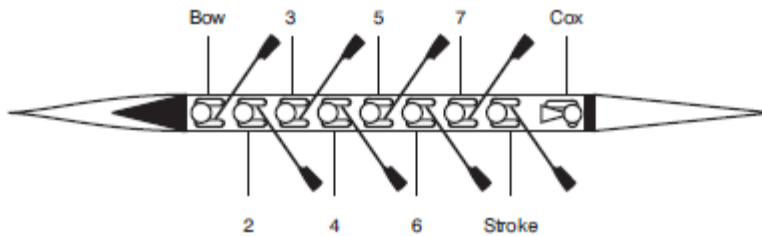
SWIVEL



CROSS SECTION OF AN OAR



CREW POSITIONS IN THE BOAT



THE COX

The cox has an important role in making sure the crew follow the coach's plans. A cox can either be positioned at the stern (back) of the boat facing the crew or at the bow (front) facing forward.

There are advantages to each. At the stern, they can see the crew and therefore oversee exercises and correct any errors in timing, for example. Sitting at the front, the cox has a clear sight of where to steer.

THE STROKE

The stroke sits at the stern end of the boat (facing the cox in a stern-coxed boat). He/she sets the rhythm of the stroke, which the rest of the crew have to follow. A good stroke can maintain a steady rhythm, keep the right ratio (fast through the water and slow up the slide), and raise or lower the rating (the number of strokes per minute) as instructed by the cox or dictated by the conditions.

As the stroke's oar is normally on the port side of the boat (left from the cox's viewpoint), this is called 'stroke side.'

BOW

Bow sits at the front (bow) end of the boat. They should notify the cox of any hazards which may be blocked from his/her view. In a coxless boat the bowman often steers. As the oar is normally on the starboard (right) side of the boat, this is called 'bow side.'

THE REST OF THE CREW

The rest of the crew are numbered from bow to stern with bow being number 1. Usually therefore odd numbered crew members are on bow side and even on stroke side.

COMPETITIONS

TYPES OF COMPETITION

The rowing year can be split into two with long distance Head races taking place generally from September to March and the shorter sprint Regatta races taking place from April to August.

HEAD RACES

A head race or time trial is a timed processional race. Distances can be from 2 to 4 1/2 miles (the boat race course) but can also be longer e.g. Boston Marathon is 31 miles.

Each boat lines up one behind the other and races one at a time with short intervals between each other. When all the competitors have finished, the time for each to have completed the course is calculated. The fastest in each category is the winner. Some events are able to issue results in real time and others will release results 24 or even 48 hours after the race.

REGATTAS

Regattas involve side-by-side racing (up to 6 abreast at the larger events). They take place on both rivers and lakes. Course lengths usually vary between 500m and 2000m (with Henley Royal Regatta being uniquely longer at 2112m).

Most river regatta courses only allow for 2 or 3 racing lanes and often have tides, bends and other obstacles that require staggered starts and/or finishes.

Regattas involve heats, semi-finals and finals held over the course of a day. However, due to many new oversubscribed events, some regattas may use a time trial instead of a side by side heat to determine the semi finalists. Losing crews in the earlier rounds may get another chance to advance to the next round in an extra race known as a repechage

ROWING CLASSES

World Rowing competitions are held for the following classifications:

JUNIOR ROWING

A junior rower is eighteen years old or younger, racing nationally or internationally. Junior rowers can race in all boat classes, from 1x to 8+s. The ultimate aim of competitive junior rowers is to reach the World Junior Championships and represent their country. The World Rowing Junior Championships often launch junior athletes to future successes as under-23 and elite rowers.

Junior rowers are selected to row for their country after a series of trials throughout the year, where they must race various distances in singles and small boats, a process very similar to elite rowing selection. International junior rowers can also be selected to compete in the Youth Olympic Games. Junior rowers often first begin to row in school, and there is now a strong community of competitive school rowing worldwide. Most nations have national school regattas held annually. In school rowing there is a strong focus on crewboat rowing, teamwork, inclusivity, commitment and ambition.

UNDER 23

To be an Under-23 rower, you must be 22 or under for the whole racing season, from the first national trials held in October to the World Under-23 Championships in July. Under-23 rowers tend to be rowers who are too old to race as juniors but are still in need of further development before they can rank amongst senior rowers competing at the Olympic Games and the senior World Rowing Championships.

Under-23 rowers compete at the national senior trials held throughout the racing year but are selected and ranked for international under-23 rowing on the basis of their age. Many under-23 rowers experience this development at university, institutions at the core of our sport. There are a number of university championships over various distances throughout the year which test Under-23 rowers' endurance, strength, speed and power.

The competing boats from universities secure points dependent on the position they finish in national university championships. From this point-scoring system, universities are nationally ranked against each other. From these competitions, the best university athletes

can be selected for the World University Rowing Championships, staged every two years. Many elite rowers first started rowing at university.

PARA ROWING

Para-Rowing is rowing or sculling open to both male and female rowers with a disability who meet the criteria set out in the Para-Rowing Classification Regulations and Bye-Laws. The sport is practiced by athletes in at least 27 countries from 5 regions and continues to grow. It was introduced into the Paralympic programme in 2005 and held its first Paralympic events in Beijing in 2008. At the second appearance of rowing at the 2012 London Paralympic Games, 23 countries competed for 12 medals in four events with a total of 48 boats and 96 rowers. The medals were spread among nine countries.

Para-Rowing is uniquely integrated with FISA, and Para-rowers participate along side Olympic athletes in FISA World Cups and World Championship regattas each year. With a new event added in 2013, Para-Rowing is currently divided into five boat classes: LTAMix4+, LTAMix2X, TAMix2x, ASW1x, and ASM1x. The LTA and TA are mixed gender boats. Races are held over 1000 metres for all five events.

ELITE ROWING

An elite rower can start competing as a junior (under 18) at national and international championships. To become a junior world champion, a junior rower must win a gold medal in his/her boat class at the World Rowing Junior Championships. Reaching full potential as an elite rower takes years of hard training, and it is usually the athletes with longer experience who achieve the best results - rowing's most successful rower ever, Sir Steve Redgrave, obtained his fifth Olympic gold medal at 38 years of age.

This is why the International Rowing Federation (FISA) has established a World Rowing Championship for Under 23 rowers, allowing them to further develop physically and technically to become competitive at senior level. An elite rower works hard to become a world champion. The World Rowing Championships are held every non-Olympic year, and world champions are crowned in 14 men's events and 9 women's events. The ultimate goal of a rowing athlete is to become an Olympic champion. The Olympic Regatta is held every four years during the Olympic Games

WEIGHT CATEGORIES

In Rowing there are two categories of athletes:

1. Open: (open to all athletes, regardless of their weight)
2. Lightweight: In this category men cannot weigh more than 72.5kg and women cannot exceed 59kg, while the average weight of the crew cannot exceed 70 and 57kg respectively

COX'S WEIGHT

The minimum admissible weight of a coxswain, irrespective of boat or event category, is 55kg for men and 50kg for women.

RULES OF RACING

Rowing races cover a distance of 2,000m in river, canal or lake-type competition venues in six lanes.

Crews qualify through predetermined rounds, namely the preliminary round (heats), the repeat round (repechages), the semi-finals and the finals.

The "A" final determines the first six places and the runners-up "B" final determines the next six rankings, namely 7th to 12th positions. The number of rounds per event depends on the number of crews taking part.

The races take place under the supervision of umpires, who are members of the Jury for every event. The jury members are placed at various locations on and off the competition course, such as the starting line, where the races begin under the supervision of the aligner and the starter; along the course of the race in the competition lanes under the supervision of umpires; the finishing line with the finish-line umpire; the identity verification stage of the crews before their embarkation onto the boats; the weighing-in of the athletes; the weighing-in of boats; and, in general, in all areas directly related to the competition, the athletes and their equipment.

International rules of racing can be viewed at:

<http://www.worldrowing.com/fisa/publications/rule-book>

TRAVELLING TO REGATTAS

TRAVEL

Details on travel to venues can be found in the Venue Guides – see section on Venue Info below.

In the past, the GB Rowing team Supporters Group have arranged travel to major championships through 3rd party travel agents.

Keep an eye on GBRTS correspondence to members regarding travel options.

VENUE INFO

Venue Guides are available on the GBRTS pages of the British Rowing website at www.britishrowing.org/gbrts-members-area/ A password will be emailed to active members each year.

They are also available on the GBRTS 'secret' Facebook page, active members will be invited to join this group.

These venue guides have been prepared by members based upon their experience and includes useful information on how to travel to venues, where to stay, information about the rowing lake, interactive maps and also recommendations on what to do when not watching the racing.

A plea! - These are only valuable if they remain updated and we hope that after visiting a venue that you will submit updates to these guides so that others can benefit from your experience.



Photo: Peter Hodge

ACCESS TO ATHLETES

When GB teams are racing, access to the athletes is restricted to ensure that they are not distracted and are able to rest between training sessions or races.

As a supporter you naturally will want to ensure that your athlete is able to compete to the best of their ability and it is important to give them the space to do that at the events. Your athletes will want to meet up with you during the competition when possible and will welcome your respect for their privacy at other times so that they can fully concentrate on the racing. Your athlete or their coach will provide you with guidance on when the best times would be to meet up during an event.

SECURE AREAS AT VENUE

If you are travelling to a World Cup or World Championship for the first time, one thing that is very different from any domestic regatta you may have attended is the limited access for spectators at the venue. It is usual for the boating areas to be limited to only athletes and officials. There are no exceptions to this.

FRIENDS & FAMILY GRANDSTANDS

At the World Championships there will be designated Friends & Family grandstand seating which can be bought before the Championships start and are only available through national federations. In our case, GB Rowing will send out details about purchasing Friends & Family tickets via the prospective athletes before the events. These tickets sell out fast so it is worth requesting tickets as soon as you receive the notification that they can be ordered from your athlete.

The friends and family tickets provide seating close to the finishing line and the medal presentation pontoons so are often worth purchasing if you want to have the best seats at the venue. It is not possible to purchase them at the venue.

DEALING WITH PRESS

Once the press find out that you are the parent of an athlete who is competing internationally you may start to get questions or requests for interviews. This was particularly evident during the London Olympics.

Here are some basic guidelines on how to prepare for an interview:

- DO ask your journalist which questions are to be asked beforehand.
- DO prepare your three key messages
- DO cover the basics – who, what, where, why, when, how.
- DO focus on positive issues, move away from problem areas.
- DO get to the point early on.
- DO avoid rowing jargon and acronyms.
- DO educate journalists on British Rowing /GRBTS values.
- DO know your rower's and team's facts and figures.
- DO summarize your key points.

FACT: A JOURNALIST WILL ONLY REMEMBER 3 THINGS FROM YOUR MEETING.

Things to try and avoid during an interview:

- DO NOT lie.
- DO NOT speak about issues that are not in your field.
- DO NOT get impatient.
- DO NOT repeat negatives.
- DO NOT say anything that you do not want to see in print.
- DO NOT imply anything that could provide competitors with a weapon.
- DO NOT underestimate young journalists.
- DO NOT speak 'off the record'.
- DO NOT threaten journalists.

The following based on our experience are areas of particular interest to journalists:

- Your Rower's history/background to rowing.
- Recent personal issues/illness/injury. *
- Other team members – eg. team selection/illness etc.*
- Tickets – how did you get them?
 - Did you get enough?
- How does it feel to be the parent/friend of a medal-winner?
- How you/they cope with disappointment.
- Your rower's training schedule.
- How he/she copes under pressure.
- Rituals before/after racing.

*be very wary of these – if in doubt, you know nothing!

AT REGATTAS:

Please pay attention as you walk around a regatta, and remember that the people carrying the boat really have the right of way – boats weigh a lot, and they can't dodge you! Be aware, and be prepared to hop out of the way and/or duck.

Dress Appropriately. Dress in layers, remembering that the wind can be very cutting by the water, and it does rain at times. You can also have the sun come through quickly, and then it gets hot. It can also be muddy, so be thoughtful with your shoes. A hat or cap of some sort for sun/rain is important. Sunglasses are also very important, as the glare off of the water can be difficult. Sunscreen is also a necessity. (It is hard to remember that when you are leaving at six in the morning and it is overcast!)

What else to bring - You will want binoculars- you won't be able to tell which boat is which otherwise. Another essential supply is a reliable camera. Camp chairs are helpful, and you may even want to bring a sleeping bag for a really cold, windy day. You could just "have it with you" and offer it to your rower, because they will most likely have refused to bring it with them when you suggested it at home. Bring whatever you will be comfortable with.

Start lists for the days racing will be available on line at www.worldrowing.com or from the dedicated event website. If you do not have access to the internet it is often possible to get paper copies of the start lists. It is always worth asking at the ticket office when you arrive at the event.



Photo: Robert Plumb

MEETING OTHER SUPPORTERS AT REGATTAS

One of the most pleasant parts of being a GB Rowing Supporter is meeting other like minded friends and family.

It is exciting being a parent or friend of an athlete competing for their country, you will be immensely proud and want to make sure that you provide support (GB Rowing Supporters are well known for their loud and proud support of the teams), but it also brings a level of stress. Meeting up with other friends and family not only helps to make the events more enjoyable, the experience of the other supporters will help you to 'survive' the Championship and ensure that you give your athletes the best possible support and encouragement.

To facilitate supporting our members while at events we have an active WhatsApp group and a 'secret' Facebook Group. All active members will receive details on how to access both of these social media services which facilitate information and photo sharing while at events.



Photo: Robert Plumb

LINKS

GB ROWING TEAM SUPPORTERS

GB Supporters

www.britishrowing.org/gb-rowing-team/backing-team/gb-rowing-team-supporters

BRITISH ROWING

British Rowing

www.britishrowing.org

GB Rowing Team

www.britishrowing.org/gb-rowing-team

WORLD ROWING

World Rowing

www.worldrowing.com

World Rowing Events

<http://www.worldrowing.com/events/>

Results

www.worldrowing.com/results

OLYMPICS / PARALYMPICS

British Olympic Association

www.teamgb.com/about-boa

British Paralympic Association

www.paralympics.org.uk

International Olympic Committee

www.olympic.org/ioc

International Paralympic Association

www.paralympic.org/

MISCELLANEOUS

Regatta Calendar

www.biddulph.org.uk/rowing.htm

River and Rowing Museum

<http://rrm.co.uk/>

USEFUL BOOKS

PARENTS GUIDE TO ROWING

<http://www.rock-the-boat.co.uk/cat-5-subcat-48-product-707>



GLOSSARY OF ROWING TERMS

(Source: <http://www.britishrowing.org/juniors/glossary>)

A

ARA

The Amateur Rowing Association - former name for British Rowing.

B

BACK DOWN

Term used to describe using a reverse rowing action to manoeuvre the boat backwards or for turning.

BACKSTAY

The back brace of a rigger that locks the pin in position to maintain pitch. (not found on wing rigger boats.)

BACKSTOPS

The end of the slide nearest the bow. Prevents the seat from running off the slide. Also used to describe the position at which the athlete sits with their legs straight and blade to their chest.

BLADE

Another term for oar, scull, spoon - used casually for any or all three.

BEGINNING

The moment at which the spoon of the blade is immersed in the water and propulsive force applied. Immersion and force application should be indistinguishable actions. Also called the Catch.

BLADE

An oar

BOW BALL

Ball shaped safety cap that sits over the bow end of the boat. Compulsory on all rowing boats for safety of other water users.

BOW SIDE

The right hand (starboard) side of the boat as the cox sits or the left hand side of the boat for a rower. Often marked by a green stripe on the oar.

BOW

End of the boat that travels through the water first and is sharpest. Athlete that sits in the seat position nearest this end of the boat.

BREAKWATER

A V-shaped part of the hull structure, immediately behind the bow person or single sculler, acting as a barrier to limit water going into the well of the boat from over the bows.

BURST

A small number of strokes (usually less than a minute) taken at full pressure in training.

BUTTON

The plastic circular section of the oar that is pressed against the swivel when rowing.



CANVAS

The covered section of the boat that is from the bow to the open area (where the athlete sits) and from the open area to the stern. Often used to as a description of how much a race was won or lost by.

CATCH

See beginning

CLEAVER

Type of blade that has a spoon in the shape of a meat cleaver.

COLLAR

Plastic sleeve fixed to the oar that the button circles. Button can be moved along the collar to adjust blade gearing.

CONNECTION

Used to describe the link between the power of an athletes legs to the force applied to the spoon of the blade. Should be made as soon as the catch is.

COX

Person who steers the boat by means of strings or wires attached to the rudder. Can be positioned in either the stern or bow of the boat.

COXLESS

Boat without a cox.

CRAB

When the oar becomes caught in the water at the moment of extraction and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of boat speed.



DOUBLE

Boat for two scullers



EIGHT

Boat for eight sweep rowers. Will always have a cox.

ERGO

Indoor rowing machine used for training.

EXTRACTION

The removal of the blade from the water by application of downward pressure to the blade handle. In sweep this is done with the outside hand on the blade handle. Movement easiest when force is applied to the spoon of the blade until the last moment.



FEATHER

Blade spoon is flat to the water. This is the position of the blade spoon for the recovery section of the stroke. Athletes must be careful to fully extract the blade before feathering.

FIN

A piece of metal or plastic attached to the underneath of the boat. It provides directionality stability by preventing the boat from slipping sideways in adverse conditions such as a side-wind.

FINISH

The last part of the stroke where the blade handle is drawn in to the body. Following this (assuming clean extraction) the boat will be at its maximum speed. Force must be applied to the spoon right to the finish so that water does not catch up with the spoon.

FIRM

Term used to suggest that the athlete is applying full pressure to the power phase of their rowing stroke.

FISA

The Federation Internationale des Societes d'Aviron is the international rowing federation. The federation is responsible for all international racing and rules. Organises a series of 3 World Cup Regattas and World Championships annually.

FIXED SEAT

Either a description used to differentiate a boat without a sliding seat mechanism or the athlete rowing arms and or body only and therefore not moving their seat.

FOUR

Boat for four sweep rowers. Can be coxed or coxless.

FRONTSTOP

The end of the slide nearest the stern. Prevents the seat from running off the slide. Also used to describe the position at which the athlete sits with their legs at 90 and the blade spoon at the furthest point to the bows.



GEARING

Term used to describe the ratio of inboard to outboard on the blade that determines how much power the athlete can apply through the water.



HEAD RACE

Race in which crews are timed over a set distance. Usually run as a processional race rather than side by side.

HEEL RESTRAINTS

Attached to the heels of the shoes and to the foot plate. Compulsory safety feature that helps the athlete to release their feet from the shoe in the event of a capsized.

HEIGHT

Measurement of distance from seat to point of work at the centre of the bottom edge of the swivel.



INBOARD

The length of the blade from the end of the handle to the button at the point where it will sit against the swivel.



LATERAL PITCH

The outward angle of inclination of the pin to the vertical.

LENGTH

Length of stroke- the arc through which the blade turns when it is in the water from catch to finish.

LOOM

The shaft of the blade from the spoon to the handle.



MACON

Type of blade that has the traditional tulip shaped spoon.

N

NOVICE

Term used to describe someone who has very little rowing experience.

O

OAR

Lever used to propel a rowing boat. Also known as a blade. - these include pencils, Macons and cleaver types.

OUTBOARD

The length of the blade from the tip of the spoon to the button at the point where it will sit against the swivel.

OVERLAP

The amount by which the scull handles overlap when an athlete holds them horizontally at right angles to the boat.

P

PAIR

Boat for two sweep rowers.

PIN/SWIVEL PIN

The spindle on which the swivel rotates.

PITCH

Angle of inclination of the spoon to the vertical during the propulsive phase of the stroke. This is dictated by both the stern and lateral pitch.

POINTS

Points are awarded to athletes for winning races. Number of points determines the status of the athlete. See the British Rowing Rules of Racing for more details.

POSTURE

Position of back and shoulder muscles during the stroke cycle. See section on flexibility and posture.

POWER PHASE

The part of the stroke between the beginning and the extraction when the blade is in the water and propelling the boat.

PRESSURE

The amount of effort applied by the athlete to the power phase of the stroke. (usually light, $\frac{1}{2}$, $\frac{3}{4}$, firm or full)



QUAD

Boat for four scullers.



RATE

Or rating. Number of strokes rowed in a minute.

RATIO

The ratio of the time taken for the power phase to that of the recovery phase of the stroke. Ideally time taken for the recovery will be about three times that of the power phase. 1:3 at 20 strokes per minute but will reduce as the rate is increased.

RECOVERY

The part of the stroke phase between the extraction and the beginning or catch when the blade is out of the water.

REGATTA

A competition with events for different boat types and status athletes usually involving heats, semi finals and finals for each event. Boats compete side by side from a standing start.

RHYTHM

(Good) Optimum ratio.

RIGGER JIGGER

A small spanner used for attaching and adjusting riggers.

RIGGERS

Metal outriggers attached to the boat outer shell of the boat next to each seat that support the swivel and the pin. There are currently several different designs of rigger from two or three stay metal or carbon tubing to metal or carbon wings.

RIGGING

The way in which the riggers, slides, swivel, pins, foot plate, oars and sculls can be adjusted to optimise athlete comfort and efficiency.

RUDDER

The small moveable fin on the underside of the boat controlled by the cox (or one of the crew) to steer. It is steered through wires connected to the cox's hands (or one of the crews shoes which can pivot) and the rudder bar.

RUNNING START

A racing start undertaken with the boat already moving.



SAXBOARD

The sides of the boat above the water line made to strengthen the boat where the riggers attach.

SCULL

Smaller version of an oar - there are two of these per rower when used in sculling.

SCULLING

Rowing with two oars.

SHELL

A boat with smooth moulded skin of either wood or synthetic material. Also known as a fine boat.

SLIDE

The parallel metal tracks on which the seat moves.

SPAN

The distance between the centres of the bow and stroke side swivel on a sculling boat.

SPIN TURN

Term used to describe turning the boat on its axis.

SPOON

The end of the oar/scull which is placed in the water and past which the boat is moved by leverage of the oar/scull. Usually painted in the colours of the club represented by the athlete.

SQUARE OR SQUARING

To turn the oar so that the spoon is at 90 degrees to the water. This action should be done early during the recovery to ensure good preparation for the catch.

STAKEBOAT

An anchored boat or pontoon from which rowing boats are held prior to a race starting.

STANDING START

A racing start done from stationary.

STATUS

Levels of racing determined by the number of times an athlete has won a race. Athletes are awarded points for each race they win. In a crew boat status is determined by the total number of points the crew has. See the British Rowing Rules of Racing for more details.

STERN PITCH

Sternwards angle of inclination of the pin to the vertical.

STERN

The end of the boat that travels through the water last.

STRETCHER

A metallic or carbon plate inside the boat to which the shoes are attached. Secured to the boat on a track with adjustable screws

STROKE SIDE

The left hand (port) side of the boat as the cox sits or the right hand side of the boat for a rower. Often marked by a red stripe on the oar.

STROKE

One cycle of the oar. 2. The rower who sits closest to the stern of the boat in front of all the others and is responsible for the rating and rhythm of the boat. (other crew members can influence rating and rhythm from behind)

SWEEP

Rowing with one oar on one side of the boat.

SWIVEL

The U shaped plastic rotating piece mounted on the pin in which the oar sits whilst rowing. The oar is secured in the swivel by a gate.



TAP DOWN

To the lower the hands at the end of the stroke to remove the spoon from the water.

TAP TURN

Term used to describe a method of turning the boat where each rower uses a forwards or backwards rowing action with their arms only.

TIMING

Rowers adjusting their movements to the rest of the crew so that the blade work and sliding are synchronised.

TRESTLES

Portable stands used to support a boat for rigging, washing, admiring etc.



WASHING OUT

Allowing the blades to become uncovered in the propulsive phase of the stroke, usually towards the end of the stroke.



NOTES