



GENERAL TERMS

Boat Class

The classification of boats based on the number of rowers and type of rowing

Bow

The front part of the boat

Coxswain (Cox)

The person who steers the boat and motivates the crew (not present in all boat classes)

Scull

A type of oar with a short blade, used with one in each hand.

Stroke Seat (Stroke)

The rower who sets the rhythm for the crew - seated furthest back in the direction of travel.

Stern

The rear part of the boat.

Sweep (Sweep Oar)

A longer oar with a large blade, held with both hands.

ROWING TECHNIQUE

Catch

The moment when the blade enters the water.

Drive Phase

The part of the stroke where the blade is in the water, propelling the boat forward.

Finish (Extraction)

The moment when the blade leaves the water.

Recovery Phase

The part of the stroke where the blade is out of the water and the rower moves forward.

Forward Reach

The rowers position at the end of the drive phase (upper body leaning slightly back).





TACTICS AND PHASES

Bow Ball

The tiny small ball at the bow of a racing boat that must cross the finish line.

Finish Line

The line marking the end of the race.

Middle Phase

The longest part of the race, where the boat settles into its race rhythm.

Sprint Phase

The final strokes of a race, where the crew increases their speed.

Start Phase

The first strokes of a race, usually shorter and more explosive.

Stroke rate

The number of strokes per minute

BOATS

Eight (8+)

Eight rowers, each with one sweep oar, usually with a coxswain.

Coxless Four (4-)

Four rowers, each with one sweep oar, no coxswain

Coxless Pair (2-)

Two rowers, each with one sweep oar, no coxswain.

Double Scull (2x)

Two rowers, each with two sculls.

Single Scull (1x)

A boat for one rower with two sculls.

Quadruple Scull (4x)

Four rowers, each with two sculls.

