

WELCOME TO LEARN TO ROW

Information For New Rowers

If you've heard about the physical demands of rowing, and are concerned about your level of conditioning, don't worry. It takes a while to get the basics down before you will be able to work hard. We teach the fundamentals; afterwards, the level you wish to attain is up to you.

When you are in boats of any kind there is a possibility--however slight--of ending up in the water. Again, don't worry. The boats used to teach novice rowers are almost un-tippable, and we row in a calm and protected lagoon.

If you can't swim you will not be excluded from the program, because the chances are so slight that you or anyone will fall in. But PLEASE, for greater safety, let us know if you're a non-swimmer.

In racing events competitors are selected for particular boats according to their ability, strength and size. People of similar abilities, etc., compete together. Most of the time, women race with other women, men with other men. When you're first learning, though, you will row "mixed" boats and various combinations.

After the program is over, you have several options. Of course, we would be happy if you joined the team. There is competition at all levels, and everyone on the team will race. You would be required to join the Lincoln Park Boat Club and attend our regular morning practices.

If you want to row, but not competitively, you can row with the Lincoln Park Boat Club, which is located at the same facility that we use. All LPBC members also have access to the club's canoes and kayaks.

You can leave and never be heard from again. This is OK, because rowing needs publicity, and your increased knowledge of the sport helps us all.

Please be patient with us and with yourself; the rowing stroke is complex, and takes time to catch on to. You should expect slow going at first, but hang in there! It improves rapidly.

Don't hesitate to seek advice from the instructors or experienced people. It wasn't so long ago that they were asking the same questions.

The equipment we use is both fragile and very expensive. It's IMPERATIVE that you give your instructor/coxswain your complete attention, and that you respond promptly to his or her instructions.

Finally, relax and enjoy yourself while you learn!

(over)

TERMINOLOGY*****

- WEIGH ENOUGH (pronounced Way Nuff!)--Stop.
- COXSWAIN (pronounced Coxin)--the person in charge of a boat; the navigator and coordinator
- SHELL--generic name for all racing boats
- SKIN--the bottom, or outside of the boat. NEVER put any pressure here, as it will break
- SLIDE--the seat, wheels, and track assembly on which you move
- STRETCHERS--clogs or shoes attached inside the boat where your feet go
- CATCH--the part of the stroke where the oarblade enters the water ("catches" the water)
- FINISH--the place/time when the oarblade comes out of the water
- DRIVE--when the oar is being pulled (better yet pushed from the legs) through the water
- RECOVERY--coming up the slide on wheeled seat, towards the CATCH, with the blade out of the water
- STERN--the end of the boat where the rudder and fin or skeg are; also where the coxswain sits
- BOW--the end of the boat that is BEHIND the rowers, closest to the direction of travel
- RUDDER--a moveable part at the stern with which the cox steers
- SQUARE--when the oarblade is perpendicular to the water surface. The oar should always be SQUARE when in the water
- RATING--the rate at which strokes are taken, in no. per minute
- POWER--when the legs are used to propel the oar through the water; "full power" means all-out pressure, primarily with your legs; "half power" is about half your all-out ability
- PADDLE--rowing with little or no pressure

Since you (the power) sit backwards in the boat, facing the stern;
 PORT--is on your right
 STARBOARD--is on your left

COMMANDS*****

The coxswain will follow this procedure for commands:

- First, the cox will tell you what you are going to do
- Then say: "Ready"
- Finally, the cox will tell you to do it.

For example:

"All to row
 Ready
 Row!"

Remember the "Way Nuff!" command (STOP), it is very important!

