



FOX CHAPEL CREW

2009-10

PARENT HANDBOOK



www.foxchapelcrew.org

Welcome to all Fox Chapel Crew Club parents and athletes.

We are so happy you are joining us for an exciting new rowing season. We hope this handbook will answer a lot of your questions, however if you have additional questions or suggestions, please let us know.

Rowing is a wonderful sport. Your child will grow and develop both physically and emotionally. Many of us who have participated in the sport as parents of athletes, have come to believe that crew is one the best uses we have ever made of our family's resources. Fox Chapel Crew has taught our children about discipline, motivation, respect, dedication, competition, winning and losing, humility, joy, teamwork and lasting friendships. The character development our kids have gained has been far greater than any financial commitment we have made. It has been worth every penny, and much, much more.

We wish all the rowers and families the very best in the coming season.

Sincerely,

Fox Chapel Crew Board

History of Fox Chapel Crew

The Fox Chapel Crew Club was created in the spring of 1995 with a roster of 8 girls and 5 boys, led by Head Coach Mark Bellinger. Today our team has grown to include over 50 student athletes, and we are fortunate to still have Dr. Bellinger at the head of our coaching staff and President of our board.

The Fox Chapel Crew Club is not simply a team, but an organization of coaches, students, and parents. FC Crew parents play a fundamental role in the continuing success of the club and each parent should try to become involved in some way. Club parents have learned that participating in the crew experience provides them a rare opportunity to mingle with their child's friends, as well as share in their child's triumphs, building long-lasting memories. Giving one's time does entail making some sacrifices. When only a few people volunteer, the sacrifice for them is huge. When all our families volunteer, the sacrifices are small, and the rewards are the greatest.

Rowing benefits its participants in ways that go far beyond fitness and competition. Discipline, leadership, dedication, teamwork and time management are among the skills developed from participation in crew. Fox Chapel Crew rowers are consistently ranked at the top of their classes and have a record of academic excellence and scholastic leadership.

Coming fresh from a 14th season that saw our Lightweight Four with cox rank 12th in the nation at the US Rowing Junior National Championship—making last year the fifth year in a row in which FC crews have participated in Nationals—we look forward with great anticipation to the challenges and triumphs of the 2009-2010 rowing season.

Coaching Staff

Head Coach	Mark Bellinger	412-973-6653	bellinger@peduro.com
Men's Head Coach	Chelsea Breitenbach	513-518-5030	breitenbachc@duq.edu
Assistant Coach	Lauren Thorpe	570-510-1884	thorpel@duq.edu
Assistant Coach	Sara Shippen	978-407-6794	shippens@duq.edu
Assistant Coach	Jess Modrall	859-750-6794	swimlvr@yahoo.com
Assistant Coach	Tom Havernack		

FC Crew Board

President	Mark Bellinger	412-973-6653	bellinger@peduro.com
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	Patty Todd	412-767-4802	gympretzel@aol.com
SRO Rep	Gary McKaveney	412-4-0794	gary.mckaveney@usfood.com
Giant Eagle Cards Fundraiser	Pat Miller Cathy Bellinger Dan/Susan Altman	412-967-0623 412-781-3392 412-963-0114	pmillerpgh15@aol.com gramb1@verizon.net danaltman@comcast.net

Equipment Trailer Coordination	Jane Groomes Tom Sparta	412-767-0201 412-215-3874	jagroomes@aol.com tom.sparta@comcast.net
Driver	Stu Donaldson	412-951-7777	donaldson703@gmail.com
Banquet Committee	Kim Power Kristi Sparta Barb Barry	412-963-6482 412-600-7067 412-512-1239	japowerjr@comcast.net kristisparta@yahoo.com barbara@in-visionstudio.com

2009-10 Team Captains

Boys	Tobias Foglia Mikey Sparta	412-977-2163 412-780-8775	fogliatobias@hotmail.com mikeysparta14@yahoo.com
Girls	Naomi Louchouarn Emma Groomes	301-706-3312 412-477-4095	naylou@gmail.com emmagroomes@aol.com

Team captains are elected by the student-rowers. The election is held at the end of the season and once elected, the captain's term of service runs from the spring banquet until the banquet of the following year. Being elected a captain is an honor that carries with it a great many responsibilities. The election of an individual to this position and the amount of work required of a captain should not be taken lightly.

Membership Information

Forms, Waivers, Fees, and Dues

The Fox Chapel Crew Club is a non-profit organization supported by its membership dues and fundraising. Membership forms and waivers are required for each season and are available at the start of practice for each season.

Dues and Travel Fees

The dues collected go toward the daily operations of the team. Travel fees cover regatta entry fees, hotel accommodations, food/snacks at the race course and transportation. All rowers must pay their dues and expenses in a timely fashion or it becomes more expensive for all participants.

Fundraising

We receive a minimal amount of funding, approximately \$5000 per year, from the Fox Chapel Area school district. Therefore fundraising allows us to maintain fees as low as possible, make necessary capital purchases, provide scholarships, maintain existing equipment, and pay the coaches salaries.

Payment Plans and Scholarships

The club is willing to arrange payment plans to meet any family's budgeting requirements. Payment plans and scholarship requests may be made to the club treasurer at the beginning of each season, all information is kept confidential.

Fall Dues

Fall Dues: \$325 (\$275) for additional siblings

Travel Fees: \$90

Total: \$415

Payment 1: \$215 (half) due by **September 1st**

Payment 2: \$200 due by **October 1st**

Please send a check made out to FCCC to our club treasurer:

Bharti Patel

406 Jamesborough

Pittsburgh, PA 15238

*rowers will not be able to continue training beyond September 1 unless their dues have been paid.

Spring Dues

Spring Dues: \$325 (\$275) for additional siblings

Travel Fees: \$350

Total: \$675

Payment 1: \$ 337.50 (half) due by **March 1**

Payment 2: \$ 337.50 due by **April 1**

Please send a check made out to FCCC to our club treasurer:

Bharti Patel

406 Jamesborough

Pittsburgh, PA 15238

*rowers will not be able to continue training beyond March 1 unless their dues have been paid.

Practice Facilities

The team trains at the newer of the Three Rivers Rowing Association's two boat houses on the quiet channel beside Herr's Island. Located in Millvale's Riverfront Park under the 40th Street Bridge, the Millvale boat house is actually two buildings, one for storing boats and the other for training.

The training center has two indoor rowing tanks that allow 16 people to simulate rowing. It also has a weight room, a large room with indoor rowing machines, lockers, showers, meeting rooms, and room to house equipment. The boat house is shared by many teams and appropriate security measures should be observed. The locker rooms are open to all who use the facility, and rowers are advised to bring a lock and use a locker during practice. Locks cannot be left on all the time without paying a fee to Three Rivers.

Directions to the Boat House: Take the Millvale exit from Route 28 South. After continuing straight at the traffic light, turn left at the stop sign, following signs to re-enter Route 28 South. Turn immediately left at the bottom of the Route 28 entrance ramp into Millvale Riverfront Park, and follow the road to the right and all the way to the end.

Fall/Winter 2009-10 Race Schedule

October 3	Head of the Ohio (Pgh)
October (TBD)	Local Scrimmage
October 24	Speakmon (Columbus, OH)
November (TBD)	Allegheny Boat Race (v. Central Catholic)
December 12	Central Catholic Biathlon (optional)
January 30	Pittsburgh Indoor Sprints Championship (Central Catholic HS)
March 6	North Allegheny Erg Race (Marshall Middle School)

Tentative Spring Race Schedule

April (TBD)	Weigand and Skuban Cups (v. CC)
April 17	Hoover (Westerville, OH)
April 24	Governor's Cup (Columbus, OH)
May 2	Pittsburgh Scholastic Sprints (Lake Arthur)
May 7-9	Midwest Scholastic Championship (Cincinnati, OH)
May 28-29	SRAA Nationals (Saratoga Springs, NY) *invitation only
June 11-13	US Rowing Youth Nationals (Harsha Lake, Cincinnati) *invitation only

*additional scrimmages TBD

*dues do not cover events in which participation is by invitation only. It is up to the individual participants to cover the costs for these events.

Additional Dates:

September 26	Row-a-thon Fundraiser for Gilda's Club
October 17	Sunoco Carwash
November 14	LTR (tanks and ergs)
December TBD	Boy's Winter Retreat and Girl's Winter Retreat
December 19	Rower Alumni Holiday Gathering (TBD)
January 13	Spring Parent Meeting
February TBD	Winter Fundraiser
April 10 (TBD)	Spring Dual Carwash
May 13	FC Crew Banquet (Futules' Harmar House)

The Rowing Season

The crew season extends through the entire school year. Students commit to the fall and spring racing seasons, and the majority of them participate in winter training, while a few substitute another sport for the winter.

Fall Season

The fall season is composed mostly of training and conditioning in preparation for two or three head races. *Head* races are timed races in which boats go down a race course (about 3 miles long) individually, with a boat starting about every ten seconds, as opposed to *sprint* races, which are side-by-side racing and generally take place in the spring. In the fall we attend the Head of the Ohio, our local race on the Allegheny River and typically travel to Ohio in late October.

Winter Training

Over the winter, the team works hard on technique and conditioning to build endurance and to be ready for a quick start in the spring racing season. The indoor season primarily consists of training on indoor rowing machines, called ergometers. The team trains by running, rowing on ergs, lifting weights, and rowing in the indoor tanks.

The team will race at indoor racing events at least once during the season. The scores compiled from erg training are crucial information for athletes interested in rowing at the college level.

Spring Season

Spring, is by far the busiest season, with several sprints races, many of them requiring travel out of town. The season builds in anticipation of the US Rowing Midwest Scholastic Rowing Championship in late May, where the Foxes row against 50 teams from across Ohio, Illinois, Michigan, Indiana, and West Virginia. Finishing first or second in a Midwest final qualifies a boat for national competition, the goal of every Fox Chapel boat.

On The Water

Commitment

Practice is the foundation of success in any sport. Rowing is a unique sport in regards to practice because if just one member of a boat does not attend practice, the eight other athletes in that boat are unable to practice. Therefore, all athletes are expected to attend all scheduled practices. The coaching staff recognizes that legitimate conflicts arise and ask when at all possible, that athletes and/or parents notify coaches in advance of an impending absence.

Safety

When rowers train on the water, coaches accompany them in safety launches. The launches are equipped with safety gear and all coaches carry a cell phone. No rower is allowed on the water without the direct supervision of a coach.

Weather

On the water practice continues in all weather conditions, except lightning and high winds. Canceling on the water practice is at the discretion of the coaches. Unless told otherwise from a coach, athletes should report to the boathouse for practice, erging or other activities may replace practice on the water on inclement days.

If practice is cancelled for transportation reasons BOTH men and women will be cancelled. When classes at FCHS are cancelled, practice will be cancelled as well. If students are still in class and a decision is made to

cancel practice, Mark Bellinger will contact the high school by 1:00 pm so an announcement can be made before school ends.

Swimming Test

Basic swimming skills and comfort around the water is required in the unlikely event a rower should go into the water. A swimming test is required for each rower and the certificate is good for 4 years.

Practice Clothes

Rowing gear can be as minimal as a pair of shorts, tank top, and a pair of socks. Clothing should be close fitting so it minimizes wind resistance and does not get caught in the slides of the seat while rowing. Slip on sandals that may be worn over socks are important. Sandals can be slipped off just before getting into a boat and slipped back on again before carrying the boat up off the docks.

Tennis shoes are always required and layering usually works best for colder weather practices. Rowers are encouraged to always bring a bottle of water, even on cool days when there is not much sun.

Practice Schedule

Teams practice daily after school.

Fall Schedule

	Mon	Tues	Weds	Thurs	Fri	Sat
Novice	3:15-5:30 Millvale	3:15-5:30 Millvale	3:15-5:30 Millvale	3:15-5:30 Millvale	off	off
Varsity	5:00 – 7:00 Millvale	5:00 – 7:00 Millvale	5:00 – 7:00 Millvale	5:00 – 7:00 Millvale	3:30 – 5:30 (Boys) Millvale	TBD (Girls) Millvale

Tentative Winter Schedule (based on 2008-09)

*begins approx. Jan 5th and continues until we are able to get back on the water.

	Mon	Tues	Weds	Thurs	Fri
Men	5:00-7:00 Millvale	4:00-5:30 Millvale	5:30-7:00 Millvale	4:00-6:00 Millvale	4:00-6:00 Millvale
Women	4:30-6:00 Wash. Landing	3:00-4:15 Millvale	5:00-6:30 Wash. Landing	TBA At school	5:00-7:00 Wash. Landing

Tentative Spring Schedule

	Mon	Tues	Weds	Thurs	Fri
Novice	3:15-5:30 Millvale	3:15-5:30 Millvale	3:15-5:30 Millvale	3:15-5:30 Millvale	3:15-5:30 Millvale
Varsity	5:00-7:30 Millvale	5:00-7:30 Millvale	5:00-7:30 Millvale	5:00-7:30 Millvale	5:00-7:30 Millvale

Tentative Spring Break Schedule:

Friday, March 26 (early dismissal) One long practice at MV
Saturday, March 27 Two practices at MV
Sunday, March 28 One practice at MV

Monday, March 29 through Sunday, April 4th: No practices

Carpooling

Due to the nature of being on the water, it is not always a sure thing that practice will end exactly on time, so parents who plan to pick up crew members should not be surprised if practice runs over 15-20 minutes on occasion. This sort of delay can wreck havoc with the finely balanced schedules crafted by many a parent, so it is suggested that team families and neighbors form carpools for travel to and from practice. Check the team roster to find crew members in your neighborhood.

Travel and Racing Information

A major part of what we do is race; even novice rowers race and compete in events specifically designed for novices. All rowers on the team are expected to attend each race. When a rower is training for a particular season it is assumed he or she can make it to the races on the schedule. If you cannot attend a race for any reason, please notify your coach as soon as possible.

Fox Chapel Crew travels as a group, with parent drivers or a charter bus. We work to keep the travel costs per rower as low as possible. Rowers are never permitted to drive themselves to an out of town regatta. All rowers will travel with the team, leaving early is discouraged and should only be planned for emergencies.

Uniforms

Novice rowers generally wear a team decorated t-shirt and black spandex shorts in the fall and a racing jersey and black spandex shorts in the spring. The required boys varsity uniform is a unisuit (around \$60) but it will last several years. The required girls varsity uniform is a racing tank and black racing shorts. The rest of the Fox Chapel Crew team gear—polo shirts, gortex team jacket, hats, long-sleeved t-shirts, hoodies, are available to the athletes and parents for purchase but are not required.

Trip Itineraries

The Travel Coordinator will make all necessary arrangements for crew participants' transportation, accommodations, and restaurant reservations. Information containing departure and return times, what to bring, where we are going, and where we are staying, will be sent emailed to parents approximately a week before the trip. For economical reasons we attempt to do many out-of-town regattas in one day, leaving around 3am and returning in the late evening.

Chaperones

This is the toughest but most rewarding volunteer position. You are entrusted with the safety and well-being of the rowing team and it is a job that is taken seriously, but it is also a great deal of fun.

For out-of-town regattas a 55 passenger bus is hired to transport most of the team, we require at least two adult chaperones to ride the bus. When staying overnight, students are housed four to a room and chaperones each take responsibility for two or four rooms. The overall goal of the chaperone is to free the coaches up to coach. The Head Chaperone's primary responsibility is ensuring the 50+ kids get from point A to point B safely and on schedule and be able to coordinate actions when unexpected conditions force plans to change. This is done in collaboration with the coaching staff.

Packing for a Regatta

Be Prepared! Some items to bring include: race uniform, extra pairs of socks, sneakers and sandals, long sleeved t-shirt to wear under racing tank in cool weather, several changes of clothes to layer for warmth, rain gear, warm jacket, gloves, hat, towel, water bottle, sunscreen, lip balm, toiletries, cell phone (to keep parents informed), sleeping bag and pillow (in a waterproof bag), spending money, and something to pass the time (music, cards, HOMEWORK). Please do not bring anything of great value.

Parents and spectators may want to bring lawn chairs, binoculars and cameras, in addition to plenty of clothing options.

Typical Rower Race Day

A one-day race day usually starts very early; the bus will leave from FCHS around 3am and arrive on site around 6-6:30 am. Rowers will gather at the boat trailer to unload, rig and meet with their coaches. Chaperones will help the food committee set up breakfast and put up the tents. When rowers meet with their coaches they learn their race times, plans, etc. and are told when to meet back at the boats prior to racing. Many rowers will race twice on race day depending on the length of the race, regatta schedule, and equipment demand. Coxswains are in charge of keeping their particular boats together.

After rowers and their coaches have a pre-race meeting, the rowers take their oars down and launch their boat. After the race, the crew docks, and rowers have a post-race meeting with their coach. Towards the end of the regatta, the team will begin to de-rig the boats and load them onto the trailer. Parents/chaperones will break down the tents and pack up the equipment trailer. This process usually takes no longer than one hour after the final event. The entire team travels home from the regatta together.

Race Information for Parents

Each regatta follows a similar format but each venue has its own schedule. Most of the regattas have event information online. Coaches will register boats for specific events in the regatta several weeks before a race. A heat sheet will be created by the regatta organizers that will post the start times for each heat or event, and will be available on the regatta website.

The final race schedules are posted a few days before the event. It's only then that we have a good idea of when each rower will race. However, because rowing is an outdoor sport, delays in the event schedule are very likely. It is for that reason that we encourage rowers not to plan something important on race days. When we travel, our return times to Pittsburgh are only estimates, and the rowers will call when they are about an hour from town. If we are going to be late returning home we will certainly have the rowers call.

We depend on the parents to help set up the tent at the race site, and to prepare and serve food. The parents also enjoy cheering the rowers as they launch, while they are racing, and when they dock. After the race, parents should wait until after the post-race coaches meeting to talk in detail to their rower. Parents are encouraged to wear Fox Chapel Crew colors. Shirts, hats, fleeces and other rowing items are available for sale at the beginning of each season, and benefit the team.

Volunteerism

The participation of crew parents is crucial to the continuation of this club. We have no professional club managers; everything the club does is accomplished by parents like you, most of whom knew nothing about rowing when their children joined the team.

Our new motto is "many people, tiny jobs." We would like each parent to invest some time in helping with one task.

- **Car Wash Czars:** Minimum two parents per carwash needed to supervise these fundraisers.
- **Hauler:** Provide a pick-up truck (or equivalent) capable of pulling the equipment trailer to a race. If you are experienced in trailer driving but don't currently have a vehicle up to the task, let us know in case there is a need for a substitution driver.
- **Cook:** The food committee provides the menu and supplies. Cooking positions are available in shifts on regatta day.
- **Server:** The perfect spot for those who like to nurture. Servers keep the food coming, re-supplying the team throughout the day. It requires only 2-3 hours volunteering and several parents can work together.
- **Kitchen Supply Cleaner:** Following a regatta arrangements are made between the food committee and cleaner for all the dirty cooking and serving utensils to be cleaned and returned before the next regatta. A great task for someone who is unable to attend a regatta but wants to help.
- **Set-Up Team:** Occurs a little before the team bus arrives at the regatta site. Set up tents, grill, food tables, etc.; there are plenty of tasks for all levels of physical ability. Get your volunteer task in early

and relax and enjoy a day of competition.

- **Tear-Down Team:** During the last hour or so of the regatta the campsite and kitchen gets packed up while the rowers are busy getting the boats ready for travel. Perfect for those who cannot attend the entire regatta but can come towards the end of the day.
- **Recruitment Team:** We are looking for ways to attract new rowers. The committee will take part in FCHS club days, open houses, and other school sponsored events that potential rowers may attend. The team will also attend DMS events where information about the sport can be distributed.
- **Fundraising:** Each season the fundraising committee develops several mandatory fundraising projects. Other events planned are usually not mandatory but offer opportunities to help offset our expenses.
- **Many more options available! Please contact a board member to volunteer.**

Rowing in College

There are many opportunities for athletes to continue rowing at the collegiate level and beyond. College coaches are always interested in motivated athletes that demonstrate rowing experience, good technical skills, erg scores, and qualifying academics. A college recruitment session is held at Three Rivers Rowing Association every year.

The following timeline will help you with the college recruitment process.

Fall of Junior Year:

- Complete the NCAA core course requirements found at www.ncaa.org (initial eligibility).
- Register for NCAA clearing house (www.ncaa.org).
- When registering for the SAT or ACT, select the Initial Eligibility Clearinghouse as one of the institutions to which the test scores should be sent currently code 9999.
- Post your scores at www.usrowing.org, www.irow.com, www.concept2.com.
- College coaches cannot talk to rowers and families until after July 1st, but may answer emails

Winter of Junior Year:

- Work hard during winter training
- Compete in indoor rowing championships (Pittsburgh Indoor, Crash B's, etc.)
- Post your scores at www.usrowing.org, <http://www.irow.com>, <http://www.concept2.com>
- Get noticed: email coaches, send letters of interest, fill out online recruiting forms, and request materials! Be sure to always include your name, address, phone # and email address

Summer after Junior year:

- Keep scores current on web sites
- Contact coaches at schools to which you intend to apply
- Prepare college applications
- Attend rowing camps and national competitions

Fall of Senior Year: Crunch time!

- Make a short list of colleges you want to seriously consider.
- Schedule and attend official visits. Beginning September 1st of a rower's senior year they may make official visits (1 per college, 5 colleges total) and college may pay expenses.
- Official visits may not last more than 24 hours on campus, transportation not usually covered, parents expenses not covered. SAT or ACT scores must be on file unless already filed with NCAA clearinghouse, schedule time to see a team practice.
- No more than three visits during the recruiting process are allowed with the coach. Rower can make unofficial school visits to campus any time; a coach can meet with a rower after July 1st.
- Check NCAA website to verify there has been no regulatory changes
- Receive scholarship offers. Negotiate scholarships; if possible (don't be too pushy).
- Decide which college/university you will attend.
- Make a verbal commitment to school, sign letter of intent (binding contract).

Winter of Senior Year:

- Fill out and send in financial aid applications using parent's tax forms. Usually this is done as soon as the parent's tax forms are completed for the preceding year.

Spring of Senior Year:

- Continue to work hard.
- Coaches will be in touch with your school and your coach to make sure you stay on track.
- Letters of Recommendation
- See you guidance counselor for an appropriate timeline for college recommendations.
- Please ask your coach 2 months in advance if they would write a letter of recommendation
- Provide all necessary envelopes, stamps, etc.

Things to Know About Rowing:

- Rowers are arguably the world's best athletes
The sport demands endurance, strength, and an ability to tolerate the pain that rowers' muscles experience in the last 500 meters of the race.
- It's in the legs
Rowing only looks like an upper body sport. Although upper body strength is important, the drive which moves the boat comes from strong legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups.
- Meters not miles
The standard length of a rowing race is 2,000 meters - about a mile and a quarter. Rowers refer to the parts of the race in 500-meter sections.
- Sweep (like a broom) and sculling (with at "c")
There are two basic types of rowing - sweep rowing, where the athlete holds one oar with both hands, and sculling, where the athlete has two oars, one in each hand.

- Think even numbers
Sweep rowers come in 2's (pairs), 4's (fours) and 8's (eights). Scullers can row alone (in a single), with somebody else (in a double) or with three other people (in a quad). Scullers steer their own boat, using a rudder that they move with their foot. Sweep rowers may or may not have a coxswain who steers the boat and is the on-the-water coach. For example, all eights have coxswains, but pairs and fours may or may not. An Indianapolis rower is a sweep rower in a 4+ (with coxswain) or 8+ shell.
- It only looks easy
Great rowing looks graceful and fluid, but don't be fooled. Pulling oars in unison smoothly and effectively through the water while balancing a boat that may be as narrow as 11" across with 10' – 12' oars is very difficult work. Watch how quickly that graceful motion before the finish line turns into pain and gasping for air afterwards.
- High tech version of age-old equipment
Although wooden boats were the norm for many years, most of today's rowing boats – called shells – are strong, lightweight carbon fiber. The smallest boat on the water is a single scull, only 27-30' long, a foot wide and approximately 30 pounds. The largest is the eight at 60'. Today's oars – not paddles – are also incredibly lightweight. Sweep oars are somewhat longer than sculling oars and have longer handles that are made of wood or rubber grips.
- SPM not MPH
Rowers speak in terms of "rating" or strokes per minute (SPM); literally the number of strokes completed in a minute's time. The stroke rate at the start of a race is high - 38-45, and then "settles" to a cadence typically in the 30's. The boats sprint to the finish, taking the rate up once again. The coxswain may call a Power 10 – a demand for the crew's best, strongest strokes. Although the number of strokes a boat is capable of rowing per minute is indicative of speed and talent, the boat getting the most distance out of every stroke ("pulling hardest") may win the race.
- Timing is everything
Spring rowing competitions are typically conducted on six lanes on the water. They follow a double elimination format in a system designed to identify the fastest six crews for the final race in each category. Heats are first, followed by a *repechage* (French for second-chance) races. There are no style points for rowing - the bow that crosses the line first is the winner.
- Teamwork is number one
Rowing isn't a great choice for athletes looking for MVP status. It is, however, teamwork's best teacher and the ultimate team sport. No one team member hits the homerun or makes the 3-pointer, touch-down or goal to win the game; the athlete trying to stand out in the eight will only make the boat slower. The boat goes over the finish line only once, with everyone in it. It is the crew made up of individuals willing to sacrifice their goals for the team, the athletes determined to match their desire, their talent and their oar blade with the rower in front of them that will be on the medals stand together.

Glossary of Rowing Terms

Blade:	Flattened or spoon-shaped end of oar or scull; often used as term for oar
Bow:	Forward end of boat
Bow (man):	The rower or sculler in the seat nearest the bow
Bow ball:	Safety ball fitted to sharp stem of racing boat
Bucket Rig	An eight, rigged so that the riggers or seats # 4 & 5 are on the same side, while the others alternate
Button:	Plastic sheath on oar or scull to prevent it from slipping through the oarlock; adjustable on modern oars
Cadence:	Uniform stroke rate
Catch:	The part of the stroke when the blade is put in the water
Cockpit:	Space for a person in a racing boat
Coxswain (cox):	Steers the boat from a seat in the stern or a lying position in the bow
Crab:	Occurs when rower fails to get the oar out of the water at the end of the stroke; can result in the rower being ejected by the oar from boat to water
Crew:	Rowers who man a boat
Deck:	Covered-over areas at bow and stern of boat
Drive:	The part of the stroke between the catch and the finish, pull-through
Erg	Rowing ergometer. A rowing machine to measure the metabolism rate or amount of energy expended during work measured in ergs (unit of work).
Erging	Rowing on a machine off the water.
Feather:	To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance
Fin:	Small flat plate perpendicular to the bottom of the boat to aid steering a straight course
Finish (release):	The part of the stroke just before and as the blade is taken out of the water
FISA:	Federation Internationale des Societes d'Aviron; the International Rowing Federation.
Frontloader:	A boat in which the coxswain lies in the bows
Gate:	Bar across a oarlock to retain the oar
Gig:	Inboard-or outboard-rigged pleasure or racing boat with straight gunwales
Gunwale:	Horizontal plank at the top of the hull running the length of the boats cockpit
Hands away:	The act of dropping the oar handle at the finish of the stroke so that the blade leaves the water and is feathered at the start of the recovery; sometimes referred to as "out of bow"
Inboard:	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard
Layback:	The amount of backward lean of the rower's body towards the bow at the finish
Length:	The length of a boat (i.e. "won by a length")
Oar:	A lever approximately 12 ½ feet long by which the rower pulls against the oarlock to move the boat through the water; sometimes used as a shortened form of oarsman
Oarlock:	A device which swivels on the end of the rigger to support the oar
Port:	The left-hand side of the boat when facing the bow, all the rowers whose oars are in the water on the left hand side of the boat when viewed from the stern
Puddles:	Whirls left in the water caused by the blade as the rower pulls
Recovery:	The part of the stroke cycle between the finish and the catch in which the oar is feathered and the seat is returned to the aft end of the slide
Regatta:	A competitive event raced in boats.
Release:	The finish of the stroke removing the oar from the water.
Repechage:	A second heat to afford another chance of qualifying to those running second best in preliminary heats

Rhythm:	The proportion of time occupied on the recovery to the time taken on the pull through
Ribs:	Braces between the keel and gunwale for supporting the hull
Rig	German rig, Italian rig, Standard rig
Rigger:	A metal framework or a carbon-fiber reinforced arm to support the oarlock which is placed approximately 85 cm from the center of the boat
Rudder:	Steering device attached vertically to the stern or under the hull of a shell
Run:	The distance a boat travels in one stroke
Sculling:	Using two oars or sculls
Sculls:	A short oar used in each hand for single, double, and quad sculling boats
Shaft:	The part of the oar between the blade and the handle
Shell:	Smooth-bottomed racing boat; made of carbon fiber, fiberglass or wood
Slide:	Parallel rails on which the seat which moves on wheels
Standard rig:	Uniform alternation of riggers (and therefore oars and rowers) in the boat; the rower in the seat nearest the stern is usually on port side
Starboard:	The right-hand side of the boat when facing the bow, all the rowers whose oars are in the water on the right hand side of the boat when viewed from the stern
Stern:	The rear or aft of the boat
Stretcher:	A frame with shoes to anchor the rower's feet
Stroke:	The complete cycle of moving the boat through the water using oars or sculls; the rower seated nearest the stern
Sweep:	Long oars with narrow blades

