

ROWING basics

What Rowers Wear



UNISUIT
for competitive



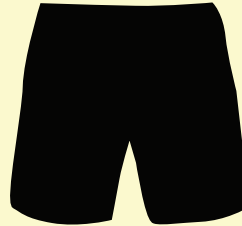
SOCKS
a must for rowing



SLIDE-ON SANDALS
since you have to wear socks these are comfortable



T-SHIRT



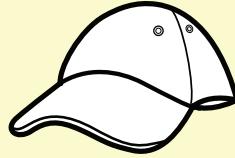
SHORTS
nothing baggy



FLIP FLOPS
don't forget the socks



WATER
always bring



BASEBALL CAP



SUNSCREEN
always use



SUNGLASSES
always use

Learning to Row

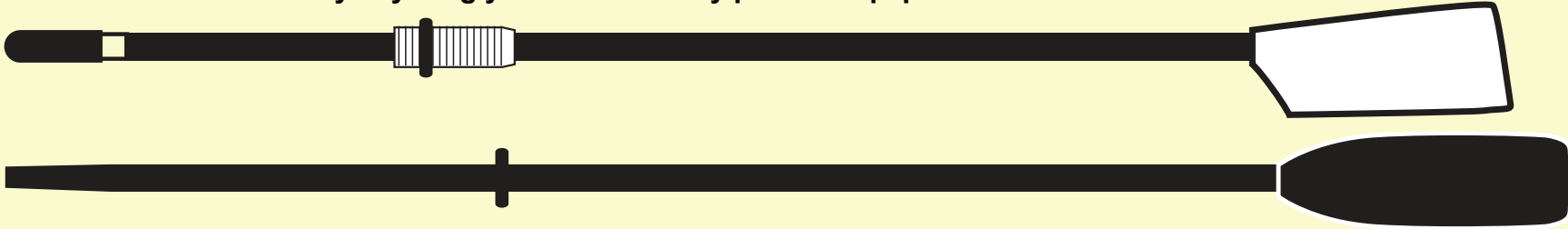
A "learn-to-row" program is a great way to meet people who will share in the learning experience with you. You can find many clubs that offer this and other rowing programs. Another excellent alternative is a rowing camp. Learn to row and you will soon be on your way to the many positive benefits of being a rower. Whether you want to compete or for recreation, rowing is a great workout that can be enjoyed by all ages.

Rowing Terminology

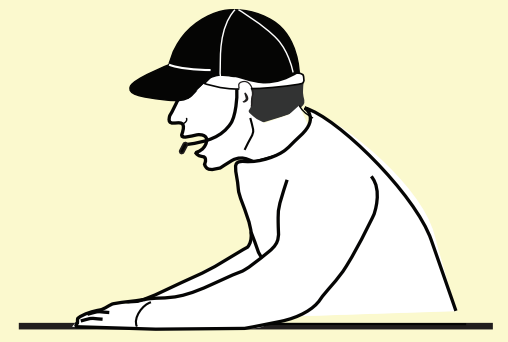
- Blade(s)** - term refers to an oar or oars
- Bow** - front of the boat (although it seems like the back of the boat because rowers are facing the stern when rowing). The bow will have a bowball.
- Coxswain** - person in boat that give the crew members commands. Coxswains do not row, they either sit facing stroke seat or in the bow on a bow-loaded shell.
- Gunwale** - top rail on a shell
- Port** - (as viewed facing bow) left
- Starboard** - (as viewed facing bow) right
- Sculling** - Rowing with two oars.
- Stern** - back of the boat. When rowing you will be facing the stern.
- Sweep** - Rowing with one oar.
- Sling** - stationary device used to place boats on.
- Weigh-enough** - stop rowing.

Equipment

No need to run out and buy anything yet. Clubs usually provide equipment for their members.



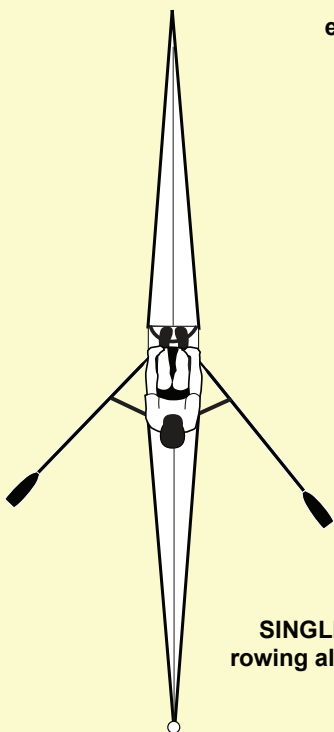
IMPORTANT: Rowing shells are fragile so handle with care and treat your clubs rowing fleet with respect. Your rowing instructor will teach you how to carry a boat correctly.



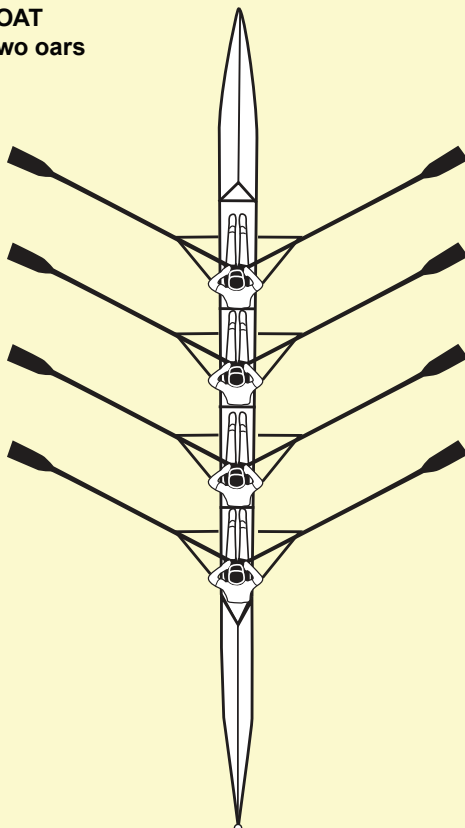
COXSWAIN
commands the boat,
sets the boats pace,
steers the boat

SCULLING

SCULLING BOAT
each rower has two oars

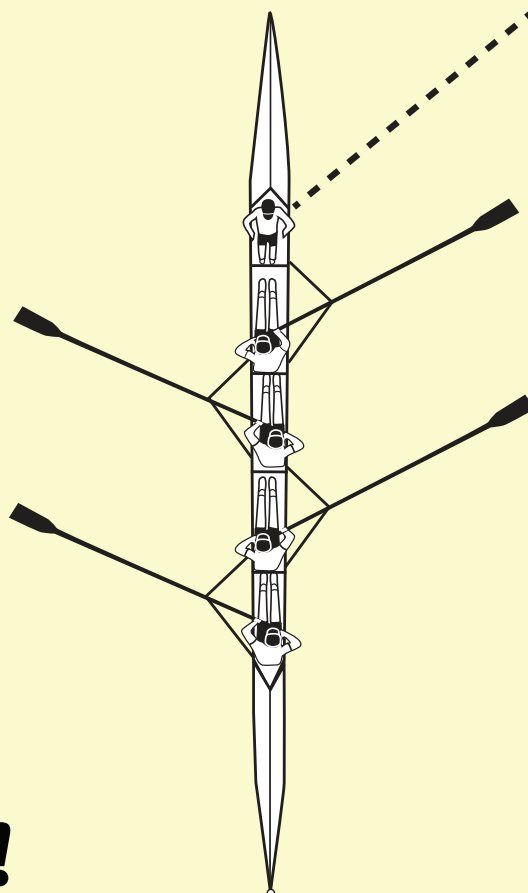


SINGLE
rowing alone



SWEEP

SWEEP BOAT
each rower has one oar



SWEEP BOATS
with more than two rowers will
have a coxswain

Join a local Rowing Club!



Rowing Basics app
www.RowZone.net