

Murwillumbah Rowing Club Inc.



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Learn to Row Handout

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P.O. Box 846, Murwillumbah , NSW 2484

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Mission Statement

- To facilitate and nurture Rowing at all levels of participation
- To provide the opportunity for all members to achieve their goals

Our Values

Our values, in relation to all dealings with our stakeholders and each other, are to:

- Encourage participation
- Strive for excellence at all times
- Foster inclusion, cooperation and teamwork within the club and with all external stakeholders
- Engender respect at all times
- Facilitate fun and enjoyment for all

Email contacts (refer to website for current office holder):

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versions:

Tim Rose Sept09
Jenny Culley Sept09
Tim Rose Nov11

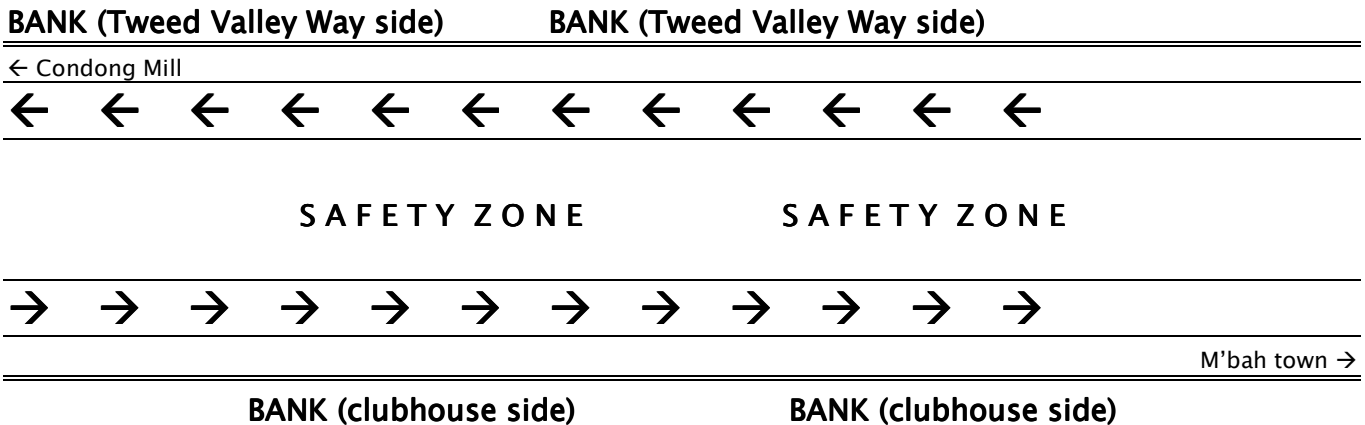
Safety First

Like all aquatic sports, rowing has some basic necessities in order to prevent serious injury.

1. Rowers should be able to swim at least 100 metres.
2. Understand and obey the river traffic rules, restrictions and hazards of all waterways on which you intend to row.
3. Newcomers should not row unless accompanied by coach or experienced rower.
4. Assess weather conditions before rowing. Do not row if a lightning appears imminent or visibility is poor e.g. fog, heavy rain.
5. Coxless boat crews should check their course regularly and be wary of craft that might change course without notice.
6. Protect yourself from the effects of heat and sun. Avoid training in temperatures over 30 degree's Celsius; drink water up to the rate of 250ml per 15 minutes of exercise; wear a hat, long sleeve training top, water resistant sun block & sunglasses. Waterbottles should be in a soft covering, so as not to harm/rub the shell of the boat.
7. In cold weather, dress to retain body warmth in order to prevent injuries and/or illness.
8. Make sure you have warmed up prior to any strenuous training session or race.

WATER SAFETY RULES

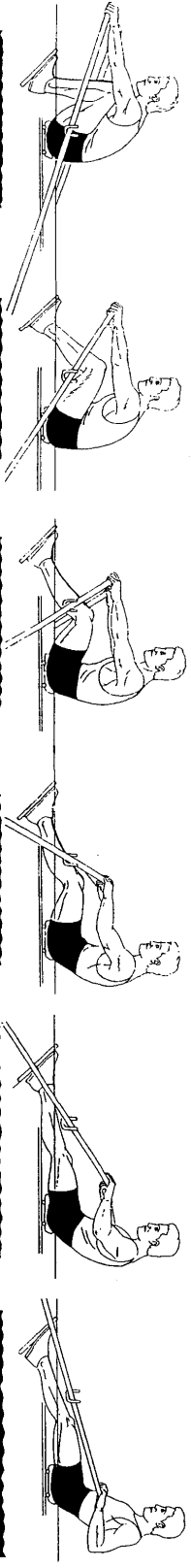
1 Direction of travel



2. Rowers should observe the above traffic flow with particular notice paid to the 'SAFETY ZONE'. Avoid rowing in the Safety Zone.
3. Crews being overtaken should alert by shouting the overtaking crews and move aside as soon as practicable to avoid collision.
4. When changing direction crews are to proceed to the opposite side in the shortest possible route and give way to all traffic.
5. Official competition boats have right of way during designated regattas, for the length of the competition course.
6. At the completion of a Regatta race – do not obstruct other boats by stopping on the finish line or immediately beyond. Retire to a safe distance.

Rowing Equipment & Technique

BASIC SCULLING TECHNIQUE



CATCH

- No stop of the hands or seat.
- Blades catch the water smoothly, continuously and directly.

EARLY DRIVE

- Inlet drive with legs through a strong body.
- Shoulders same height.
- Extension of knee and hip joints.

MID DRIVE

- Legs and body in powerful hang position - suspension of body weight between handle and feet.
- Arms straight, shoulders directly above seat.

MID LATE DRIVE

- Hands at cross-over position.
- Shoulders and arms start to draw.
- Shoulders behind the seat.
- Legs work vigorously down.

LATE DRIVE

- Shoulders behind the seat.
- Shoulders and arms draw in the accelerating handle.
- Attempt to finish handle simultaneously with the leg drive.

FINISH

- Powerful position of the body, arms and shoulders.
- Wrists flat.
- Forearms horizontal.
- Elbows/Shoulders pulled back.
- Hands ready to circle down.

2:7

RELEASE

- Body does not move.
- Hands move down to release blade, then feather (see GRIP below).
- Shoulders and elbows same as finish.

HANDS AWAY

- Hands move away approaching the CROSS-OVER (see below).
- Legs straight and relaxed.
- Arms straight and relaxed.

EARLY RECOVERY

- Body swings over.
- Knees allowed to lift.
- Centre of gravity between seat and feet for stable, balanced position.

MID RECOVERY

- Forward body swing continues.
- Seat moving at constant speed.
- Blade starts to square.
- Roll handle into base of fingers.

LATE RECOVERY

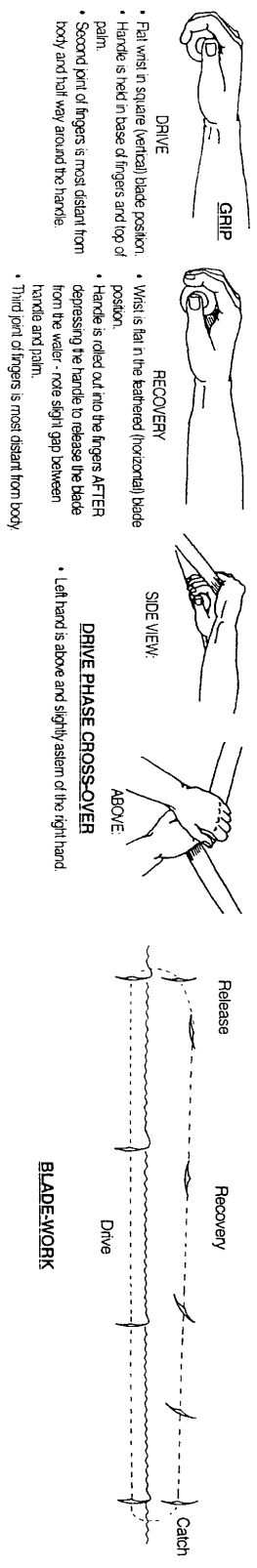
- Body swing complete.
- Arms fully extended, wrists flat.
- Blade almost square.

FULL REACH

- Full compression toward water.
- Arms vertical.
- Chin above knees.
- Chest on thighs.
- This may be slightly more upright than sweep oar.
- No stop of seat or hands.

CATCH

- Enter blades in the water with hand lift only - both head and shoulders remain same height.
- Legs compress but not stop.
- Catch is quick but not hard.



MRC Beginners Handout

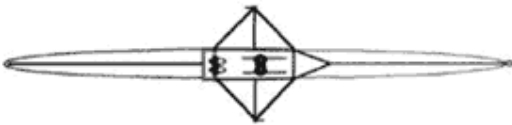
Oars

Oars are attached to the boat by adjustable outriggers and are hollow to reduce weight. The size and shape of oars is unrestricted, the average length of a sweep oar being 3.81m (12 feet 6 inches) and of a scull being 2.98m (9 feet 9 inches).

Boats

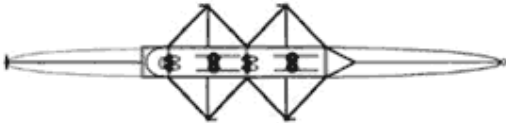
Boats or shells were traditionally made from wood, but are now mostly fabricated from carbon fibre and plastic (eg. kevlar). They are 597 to 622 mm wide, and from 8.2 metres to 19.9 metres long. A small fin is fitted at the bottom for stability. A washboard prevents waves from splashing water aboard. Seats are fitted with wheels which roll on tracks called slides.

Guide to Boats



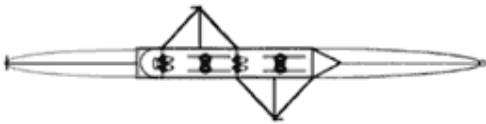
Single Scull: smallest of all rowing boats. It is used by one athlete, with a pair of sculling blades (one in each hand).

Approx length:8.2 m Min Weight:14 kg



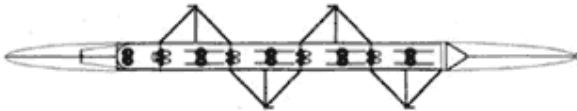
Double Scull: two rowers, each using a pair of sculling blades.

Approx length:10.4m Min Weight: 27 kg

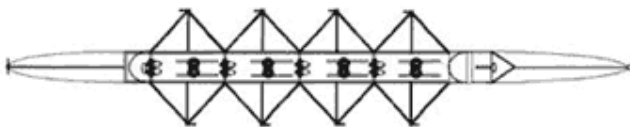


Coxless Pair: rowed by a pair of rowers each with a single sweep oar.

Approx length:10.4 m Min Weight: 27 kg

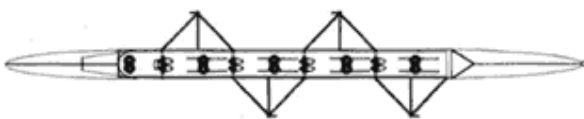


Coxed Four: four athletes rowing, each with a single sweep oar. A coxswain is on board to steer the boat.



Quad Scull: four athletes on board, each with a pair of sculling blades.

Approx length:13.4 m Min Weight:52 kg



Coxless Four: four athletes on board, each with a single sweep oar. No coxswain is on board to steer the boat - the athlete at the stern of the boat steers via a cable connecting the rudder to his footstretcher.



Coxed Eight: is the largest of all boats used in racing. There are eight rowers on board, each with a single sweep oar. A coxswain does the steering. Eights are constructed in two sections which bolt together (for transportation). The maximum length of a section of an Eight is 11.9 metres. Approx length:19.9 m, Min Weight: 96 kg

Blade	Flattened or spoon-shaped end of oar or scull; often used as term for oar
Bow	Forward end of boat
Bow	The person in the Bow seat of any coxless crew assumes primary responsibility for the safety of that crew. That person becomes the lookout. When there is a coxswain in the boat, then the bow person shares responsibility with the coxswain. Remember, sometimes the coxswain's vision is temporarily obscured
Bow ball	Safety ball fitted to sharp stem of racing boat
Bowside (starboard)	All rowers whose oars are on the right hand side of the boat when viewed from the stern
Button	Plastic sheath on oar or scull to prevent it from slipping through the rowlock
Canvas	The canvas on fore and aft decks of a boat
Catch	The part of the stroke when the blade is put in the water
Coxswain	Steer the boat from the seat in the stern or a lying position in the bow
Crab	Occurs when the rower fails to get the oar out of the water at the end of the stroke; can result in the rower being ejected from boat to water
Crew	Rowers who man a boat
Drive (Pull-through)	The part of the stroke between the catch and the finish
Feather	To turn the blade parallel with the water surface at the start of the recovery to reduce 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
Gate	Bar across a rowlock to retain the oar
Gunwale	Horizontal plank at the top of the hull running the length of the boat
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 out board
Length	The length of a boat (ie "They won by one length")
Oar	A lever approximately (360cm) long by which the rower pulls against the rowlock to move the boat through the water
Rating (beat)	The rate of stroking, or the number of strokes per minute that a crew is rowing
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 boat
Regatta	A competitive event raced in boats
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
Rigger	A metal framework or a carbon-fibre reinforced arm to support the rowlock which is placed approximately 760 mm from the centre of the boat
Rowlock (oarlock)	A bracket which swivels on the end of the outrigger to support the oar
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
Slides	Parallel rails in which the seat moves on wheels
Stern	The rear or aft of the boat
Stretcher	A frame with straps or shoes to anchor the rower's feet
Stroke	The complete cycle of moving the boat through the water using oars or sculls
Stroke	The rower seated nearest the stern
Stroke side (port)	All the rowers whose oars on the left hand side of the boat when viewed from the stern
Washing out	Occurs when the blade comes out of the water during the pull-through, <i>before</i> the finish