

Back it down - To move the shell backward by turning the concave side of the blade toward the bow of the shell and pushing the handle toward the stern.

Blade - The flattened or spoon-shaped outboard end of a scull or sweep, which is used to propel the boat. Various styles are now used, with the present hatchet shape, which also comes in a slight variation-the smoothie, as it is smoother and has a slight lip on the top edge. Also used is the Macon, or symmetrical blade, called the spoon.

Blade work - The action of the blade during a stroke.

Body Angle - At the catch or release, amount of forward lean of the oarsperson's body from the hips.

Bow - The forward section or nose of the shell.

Bowman - The oarsperson who sits nearest the bow of the shell.

Catch - That part of the stroke when the oar is placed in the water; followed by the pull-through.

Check - An abrupt change in the rate of deceleration caused by too much pressure on the stretcher without a simultaneous pressure on the pin.

Collar - A plastic or metal fitting tightened on the oar to keep the oar from slipping through the oarlock.

Coxswain - Nicknamed 'cox'. Steers the shell, usually from a seat in the stern or the bow. Aids in carrying out the strategy of race, including gauging positions of competing crews

Crab - Occurs when an oarsman finds it difficult or impossible to get the oar out of the water at the end of the pull-through. He/she may have gone too deep or become hung up on a wave or another's puddle. Some crabs could result in an oarsman being thrown out of the shell.

Deck - The areas of a shell at the bow and stern that are covered with varnished fiberglass cloth or more recently with a thin plastic material

Drive - The part of the stroke cycle between the catch and the release; also called the pull-through.

Feather - To turn the blade over parallel to the surface of the water at the end of the pull-through and the start of the recovery, in order to lessen the wind resistance of the blade and facilitate the release.

Fin - A small flat piece of metal or wood attached perpendicular to the bottom of the shell to help keep the shell on a true course.

Finish - That part of the pull-through or stroke just before the oar is taken from the water. are adjustable toward the stern or bow of on the height of the oarsman.

Gate - A bar across the oarlock to retain the oar.

Gunwale - The horizontal strips of wood running the length of the shell on both sides, to which the ribs, knees and skin are attached.

Handle - The part of the oar that is grasped by the oarsman.

Heads up - DUCK! Watch out

Hold water - The command given by the coxswain to have the oarspersons place their blades horizontally in the water to stop the shell quickly.

Inside hand - The rower's hand nearest the oarlock.

Keel - The long wood member running the length of the boat along the centerline of the shell, to which all other parts are attached.

Knifing in - The fault often caused by under squaring the blade at the catch so that the oar goes too deep when power is applied; may also be caused by poor rigging and can result in a crab.

Layback - The amount of backward lean of the oarsman's body (toward the bow) at the finish of the stroke.

Let-it-Run - STOP what you are doing. Used the same as "Way Enough"

Missing water - The fault of not anchoring the blade at full reach.

Oar - Sweep oar approximately 12 feet long, and sculling oar or scull approximately 9.6 feet long, usually made of composite materials. Three main parts are the blade (or spoon), shaft, and handle.

Oarlock - A plastic or metal U-shaped apparatus that swivels and holds the oar and is mounted

Outside hand - The rower's hand furthest away from the oarlock.

Pin - The vertical, metal shaft around which the oarlock swivels.

Port - The left side of the shell as one faces the bow. (coxswain's left)

Puddles - Whirls left in the water from the blade slipping as the rower pulls.

Racing start - The first 20 to 40 strokes of a race, which are usually quicker than those used throughout the race. The first few strokes of the start are usually shorter in order to get the shell moving.

Recovery - The part of the stroke cycle between the release and the catch in which the oar is made ready for the catch and the seat returned to the stern end of the slide.

Release - The part of the stroke cycle when the oar is taken from the water and feathered.

Ribs - Small pieces of wood that support the hull by fitting inside the shell between the keel and gunwale.

Rigger - A metal frame extending outward from the side of a racing shell to support an oarlock and oar.

Rudder - The steering device on the stem of the shell or under the shell. Rudder lines connect the rudder through pulleys either to the coxswain or in a pair, 4+, 4- or quad, to the stretcher of the oarsman who is steering.

Run - Of a shell, the distance it travels during one stroke. In the water, run is shown by the distance between successive puddles from the same oar and is a good guide to the pace of a shell.

Scull - Rowing using 2 smaller oars or sculls, with sculling boats being singles, doubles, or quads. Also the word for the sculling oar. A sculler is one who sculls.

Shell - A boat built for racing; with eight's usually 60 feet long and 24-26 inches wide at the widest point and weighing approximately 240 lbs.

Skin - The thin sheet of cedar or plastic covering the framework of a shell.

Skying the blade - Diving at the catch; handle too low, causing the blade to be too high on the return and catch.

Slide - A seat moves on wheels up and down two parallel runners. There are stops at the front (stern) and back (bow) of the tracks to prevent the seat from sliding off.

Starboard - The right side of the boat as one faces the bow. Coxswains right.

Stroke - The rower nearest the stern who sets the rhythm and cadence for a crew. Also the complete cycle of the rowing motion consisting of catch, pull-through (drive), finish, release and feather, and recovery.

Swing - A harmony of movement between oarspersons and boat.

Tracks - The metal or plastic strips in the shell upon which the sliding seat moves backward and forward. Also 'runners'.

Washing out - Occurs when the blade comes out of the water during the drive before the finish, with a consequent loss of power.

Way Enough – STOP what you are doing. Used the same as “Let it Run”.