



“A Weekend in the
Life of a Sculler”

2010
Learn To Scull
Program

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WELCOME TO THE CALGARY ROWING CLUB

Welcome to Rowing. You are about to embark on a journey that, for some of you, may awaken a passion to fly without flying. Rowing can best be summed up by what the venerable American shell builder George Pocock called 'the symphony of motion.'

As dawn breaks the mist over the lake, the shell is lifted from its rack out into the morning. On another rack the oars hang ready to be slipped into the locks. Then, awakened to the lake and the feel of the oars, the oarsmen blend in fulfillment of the shell. The symphony is not of competition. It is the synchronous motion over water, the harmonic flexing of wood and muscle, where each piece of equipment and every oarsman is both essential to, and the limit of motion itself.

- The Shell Game (Stephen Kiesling)

Our aim is to give you the opportunity to discover the Rower's definition of 'symphony'. Your journey will be under the guidance of people who have made rowing, and everything about rowing, a cornerstone of their personality. They love to talk about rowing, so ask, listen, and learn. Above all else, have fun!





WHAT YOU WILL LEARN

The Calgary Rowing Club is excited to introduce you to the sport of rowing, share with you its history, technical aspects and athletic challenges. The Learn to Row Program is designed to afford participants the opportunity to learn many aspects of rowing from its seemingly outlandish terminology and dry land training methods to its on water experience. The course is a great primer for those wishing to join the club's Rec Rowing Program.

Participants will be educated on rowing commands, terminology, and safety rules both on and off the water. Boat handling skills will be learned in addition to the basic body mechanics of rowing both on the ergometer (rowing machine), in our indoor tank, and on the water. Last but not most definitely not least - of course some good old teamwork and fun!!!

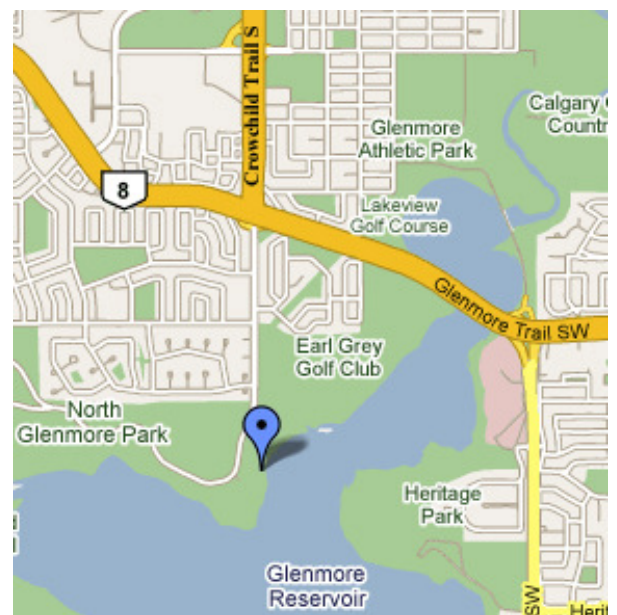
Individuals should be prepared for all weather conditions: rain, wind, and of course lots of sun! Wear comfortable clothing that you would normally wear to the gym such as shorts, t-shirts and running shoes. Note that running shoes are mounted in the boat, so do wear socks. Dress in layers with jogging pants or tights over your shorts and a sweat shirt/wind jacket as an additional layer over your t-shirt.

Please do not wear sandals or blue jeans as this clothing will inhibit your ability to move adequately both on the land and water.

The club does not have lockers available for your use. Please leave your valuables at home.

How To Get Here:

Take Glenmore Trail to Crowchild Trail South. Just follow Crowchild Trail south into North Glenmore Park. The boathouse is located just up on your left hand side. There is parking at the boathouse, and at a nearby parking lot. Please do not park on the grass as your car will be ticketed and towed by the City of Calgary.





SAFETY

Of all the guidelines you will learn through your journey with rowing these will be the most important. Following safety rules and being conscientious about safety during practice will allow you and others to continue enjoying the sport.

THE BASICS

- Personal Flotation Device (referred to as PFD) must be worn at all times.
- The boat patrol housed at the Sailing club will respond to any on-water emergency.
- In case of tipping, always stay with the boat, inflate PFD and use the oar and/or boat as a flotation device.
- Use the buddy system while rowing, and never row in the dark.
- Course Rules – These rules for traffic patterns on the reservoir have been set, and guide all boats on the reservoir; you must follow traffic patterns. See diagram next page.
- Weather plays an important role with your safety while rowing. Pay attention to the particular signs that inclement weather is approaching. This may include shapes and kinds of clouds, wind and air temperature. Conditions change rapidly, so always be aware.



The Calgary Rowing Club

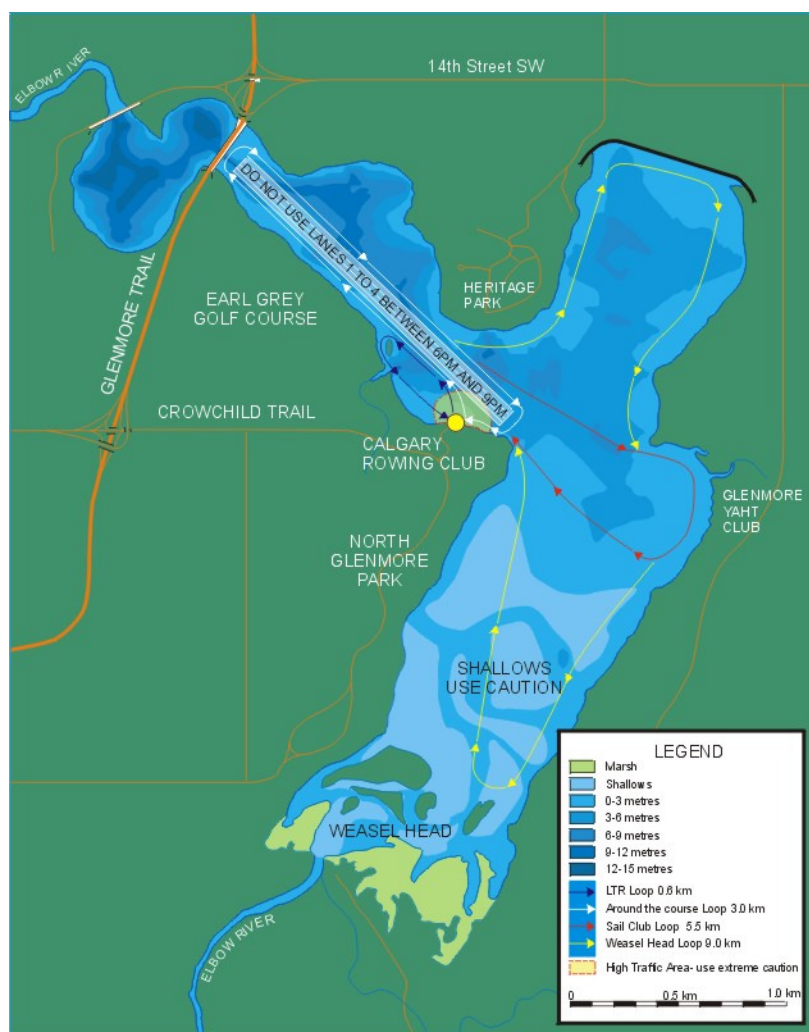
Course Diagram

The Learn to Row Loop

The Learn to Row Loop - starts at the floating dock and then heads northwest towards the small island. The course loops around the north end of the island and then returns to the dock along the shore. Caution should be taken as many novice rowers are training in this area and there are often large dragon boats moored nearby.

The Around the Course Loop

The Around the Course Loop – northwest from the floating dock towards Glenmore Trail. The course starts along the western shore and returns along the eastern shore of this arm of the reservoir, always traveling clockwise around the course.



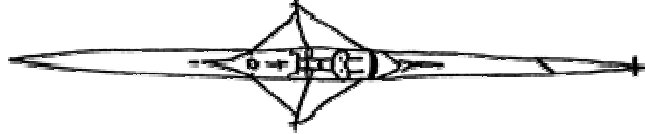


EQUIPMENT

Single - Four weight classes available

Boat Stats

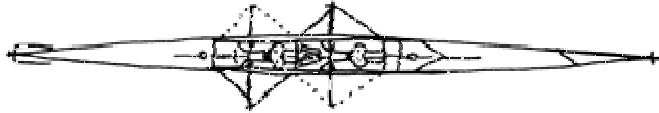
Length - 8.280 m
Width - 0.280 m
Depth - 0.170 m
Weight - 14.5 kg



Pair/Double

Boat Stats

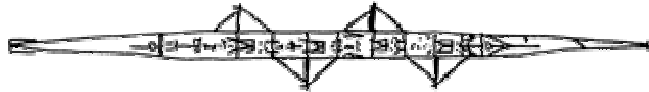
Length - 10.000 m
Width - 0.383 m
Depth - 0.195 m
Weight - 28 kg



Coxed four

Boat Stats

Length - 12.900 m
Width - 0.490 m
Depth - 0.250 m
Weight - 59 kg



Four/Quad

Boat Stats

Length - 12.900 m
Width - 0.484 m
Depth - 0.225 m
Weight - 61 kg



Eight

Boat Stats

Length - 17.600 m
Width - 0.590 m
Depth - 0.285 m
Weight - 110 kg



The boats for competition were traditionally made from wood, but are mostly fabricated from carbon fibre and plastic (ie. Kevlar).

Rowing shells are .280 metres to .590 metres wide and 8.280 metres to 17.600 meters long. A small fin is fitted at the bottom for stability. A rudder is attached to the fin or the stern (except for sculling boats). A white ball is attached to the bow (called a bow ball for safety measure,

photo finish). A washboard prevents waves splashing aboard. Seats are fitted with wheels which slide on runners, or tracks.

Oars are hollow to reduce weight, attached to the boat by adjustable out riggers. Size and shape of the oars is unrestricted, the average length of a sweep oar being 3.81 metres and of a scull being 2.98 metres.

There are six Olympic types of boats, of which three are for sweep-oared rowing in which the rower uses one oar with both hands, and three are for sculling in which two oars are used, one in each hand.

The sculling boats are single scull, double scull, and quadruple scull, the sweep oared events are straight pair, straight four and eight. In the eight there is a coxswain who sits in the stern or lies in the bow of the boat.

Viewer's Guide

The crew that is making it look easy is most likely the one doing the best job. While you're watching, look for:

- Continuous, fluid motion of the rowers. The rowing motion shouldn't have a discernible end or beginning.
- Synchronization. Rowers strive for perfect synchronization in the boat.
- Clean catches of the blade. If you see a lot of splash, the blades aren't entering the water correctly. The catch should happen at the end of the recovery, when the hands are as far ahead of the rower as possible. Rowers who uncoil before they drop the blades are sacrificing speed and not getting a complete drive.
- Even blade feathering. When the blades are brought out of the water, they should all move horizontally close to the water and at the same height. It's not easy, especially if the water is rough.
- The most consistent speed. Shells don't move like a car -- they're slowest at the catch, quickest at the release. The good crews time the catch at just the right moment to maintain the speed of the shell.
- Rowing looks graceful, elegant and sometimes effortless when it's done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. A 2,000-metre rowing race demands virtually everything a human being can physically bring to an athletic competition -- aerobic ability, technical talent, exceptional mental discipline, ability to utilize oxygen efficiently and in huge amounts, balance, pain tolerance, and the ability to continue to work when the body is demanding that you stop.



More race-watching tips:

- Race times can vary considerably depending upon the course and weather conditions. Tailwinds will improve times, while headwinds and crosswinds will hamper them.
- If a crew "catches a crab," it means that the oar blade has entered the water at an angle instead of perpendicularly. The oar blade gets caught under the surface and will slow or even stop a shell.
- A "Power 10" is a call by the coxswain for 10 of the crew's best, most powerful strokes. Good coxswains read the course to know how many strokes remain for their crew to count down to the finish.
- Crews are identified by their oars blade design.
- Coxswains from first-place boats worldwide are thrown into the water by their crews.

- Coxswains don't now and probably never did yell "stroke! stroke!" Similar to a jockey, their job is to implement the coach's strategy during the race, in addition to steering and letting the rowers know where they stand in the race and what they need to do to win.

- The boats (or shells) are basically of two types and reflect two types of rowing: **sweep** and **sculling**. In sweep rowing each rower handles a single oar (about 3.9 m long) and in sculling a rower uses two oars, or sculls (each 3m long). The word shell is often used in reference to the boat used because the hull is only 1/8" to 1/4" thick to make it as light as possible. These shells are rather long and racing shells are as narrow as possible while recreational ones can be rather wide.



- Each rower has his back to the direction the shell is moving and power is generated using a blended sequence of the rower's legs, back and arms. The rower sits on a sliding seat with wheels on a track called the slide.

THE LINGO



Blades: The wide flat section of the oar at the head of the shaft, also known as the spoon. This term is often used when referring to the entire oar.

Bow: The forward end of the shell. Also used as the name of the person sitting nearest the bow.

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

Coxswain (cox, coxy): The person who steers the shell and gives the commands to the crew.

Footboards/Footstops: An adjustable bracket in the shell to which the rower's feet are secured in some sort of shoe.

Gunnels: To section on the sides of a shell, which runs along the sides of the crew section where the rowers are located. The riggers are secured to the gunwale with bolts.

Oarlock: U-shaped swivel that holds the oar in place. It's mounted at the end of the rigger and rotates around a metal pin.

Pop-Outs: Small yellow plastic split washers that function to change the height on the oarlock.

Pitch: The angle between the blade and a line perpendicular to the water's surface.

Port: This is the right side of the boat if you are rowing.

Rigger: The device that connects the oarlock to the shell and is bolted to the body of the shell.

Rudder: Steering device at the stern. The rudder in turn is connected to some cable that the coxswain can use to steer the shell.

Sculling: The participant tows with one oar in each hand.

Shaft: the long "stick" part of the oar.

Slide: The two metal tracks that the seat slides on.

Spoon: The large flat part of the oar that is in the water during the stroke.

Starboard: This is the left side of the boat if you are rowing.

Stern: (back of the boat): This is usually where the coxswain sits and is where the rudder is.

Stretchers: Collapsible/portable frames with straps upon which a shell can be placed temporarily.

Stroke seat: The rower who sits in the stern seat who sets the rhythm and pace for the crew.

Sweep: The participant rows with both hands on the same oar.



ROWING CYCLE TERMS:

Starting with the rower at 'rest' and legs fully extended with the oar blades immersed in the water perpendicular (well...almost) to the water's surface.

Release: A sharp downward (and away) motion of the hand, which serves to remove the oar blade from the water and start the rowing cycle.

Feathering: The act of turning the oar blade from a position perpendicular to the surface of the water to a position parallel to the water. This is done in conjunction with the release.

Recovery: Part of the rowing cycle from the release up to and including where the oar blade enters the water.

Squaring: A gradual rolling of the blade from a position parallel to the water to a position (almost) perpendicular to the surface of the water. This is accomplished during the recovery portion of the rowing cycle and is done in preparation for the catch.

Catch: The point of the rowing cycle at which the blade enters the water at the end of the recovery and is accomplished by an upward motion of the arms and hands only. The blade of the oar must be fully squared at the catch.

Drive: The part of the rowing cycle when the rower applies power to the oar. This is a more (or less) blended sequence of applying power primarily with a leg drive, then the back and finally the arms.

Finish: The last part of the drive before the release where the power is mainly coming from the back and arms.

Layback: The amount of backward lean of the rower's body at the end of the finish. Now we start again with the release and.....

ROWING COMMANDS:

Hands on the boat: Rowers place themselves along the boat across from the assigned seats and put hands on the gunwales, standing ready to lift the boat.

Inside grips...rolling it toward...: The rowers grab the crosspieces inside the boat and together roll it in the direction they are told. Then rolling the boat rowers must always roll the boat in the direction they are told. When rolling the boat rowers must always roll the boat away from the stretches to avoid putting a hole in the boat.

One foot in and down!: rowers step in the boat and sit on the seat and ALWAYS hold onto the oar.

One hand on the dock...Ready! Push!: All crew members push the boat always from the dock at the same time.

Over the head, ready up!: The boat is pushed from shoulder height to over the rowers heads with arms stretched straight with one hand on each gunwale.

Roll it to the water!: Slowly the crew rolls the shell toward the water and sets it down together.

Shoulder height, ready up!: Crew lifts the boat to carry it at shoulder height.

Take the weight, ready up!: The crew lifts the boat off the racks on command.

Toe to the edge!: Crew places foot at the edge of the dock to ensure that they do not place the boat on the dock and damage it.

Walk it out!: Crew carefully walks the boat out of the boathouse, watching carefully to make sure that the riggers do not band on anything. Everyone should avoid chatter except to call out a potential problem.

Water side slide the oars across: The water side blades are pushed out so that the collar is against the oarlock and the blade is feathered on the water. This provides stability while the participants are getting into the boat.

RESOURCES

Calgary Rowing Club

<http://www.calgaryrowing.com/>

Alberta Rowing Association

<http://albertarowing.ca/>

Rowing Canada Aviron

<http://www.rowingcanada.org/home>

Row 2k

<http://www.row2k.com/>

Hudson Boatworks

<http://www.hudsonboatworks.com/>

Regatta Sport

<http://regattasport.com/>



WHERE DO I GO NEXT...

The Calgary Rowing Club Recreational Program

Calgary Rowing Club's Recreational Program is for fun, sociable people who want to enjoy an activity like rowing in one of the most scenic spots within the Calgary City limits. The group is open for business 12 months of the year with 3 regular weekly training sessions - but not to take things too serious - we like to have regular social gatherings too.

Summer training is Tuesday and Thursday evenings 6:15 pm – 8:00 pm and Sunday 9 am – 11am. Winter training is Tuesday and Thursday evenings 6:15 pm – 8:15 pm with one day on the weekend. No sessions are mandatory but if you want to incorporate rowing as part of a healthy lifestyle or if you want to have some fun at the Summer races you'll get faster by showing up to regular practice more often than not.

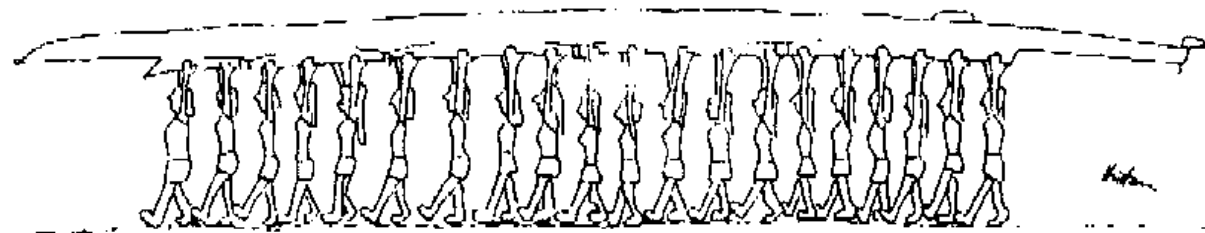
Most training does occur on the Glenmore reservoir or in the gym but we also remember that we live in the foothills of the Rocky Mountains. For Summer hikes or Winter pursuits such as downhill and x-country skiing, snow shoeing and even a dip in the Banff hot springs it's always great to escape the bustle of town at least once a month.

The theme for the group's training is the improvement of personal technique and knowledge. There are rowers who want to go hard but anyone in the group can train and race; home or away, during the on water months of May to October. A minimum for any rower in the group should be our home Summer event in June as well as our main Fall focus race weekend in Victoria.

If you're thinking of joining the group, you can expect to meet a crowd of fun, friendly people and there are as many reasons to row as there are rowers in the group. We believe that what makes the group attractive to join and why people stick around is because anyone can combine socializing with good people with being part of a great activity like rowing.

Everyone has their first row in a boat, everyone has their first row under a beautiful Foothills sunset, and everyone has their first race. There are lots of firsts, not only with the activity but also with being a part of our group. No pre-qualifications are required to join in; we'll teach you what you need to know, and we hope you have fun learning. Give the office a call (403) 249-2880 and find out how you can get yourself involved today. We'd love to see you down on the reservoir just as soon as you can make it.

Richard Holden
CRC Rec Rowing Coach



The Novice Eight

SENIOR COMPETITIVE PROGRAM

The CRC Competitive program brings together rowers aged 19 and up to prepare for and compete at local, national, and international competition. At a minimum, training is daily during the water season May to October. Those athletes and crews preparing for high level competition will naturally be expected to put in additional work.

From May through August, the core of the training for the competitive group occurs in the early morning - typically from 5:15-7:00 am. In winter, these rowers cross train in a variety of ways to improve their fitness. Training includes many hours on the rowing machine and cross country skiing, plus weight training, and core strength.

The Calgary Rowing Club has been the proving ground for many successful athletes. Most recently, Calgary athletes who have represented Canada internationally are Tracy Cameron, 2008 Beijing Olympic Bronze Medalist and 2005 World Lwt Champion; Camille Brillion, Pan Am Games medallist; and Calgary's Scott Rand, a Beijing Olympian who returned from the 2007 World Adaptive Championships with a bronze medal.



CRC MEMBERSHIP DETAILS

Member Fees:

\$600 minus \$100 course credit minus pro-rated amount (\$10/wk beyond May 1)

So if joining June 15 following your course, annual fees would be as follows:

\$600 minus \$100 course credit minus \$60 (6 weeks x \$10/wk)

= \$440.00 This gives you access to the club's training facilities 24/7/365.

Don't forget to check out the Alberta Open Regatta on July 27th featuring the best rowers in Western Canada. 8am – 6 pm!

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CALGARY ROWING CLUB