

On the Water Rowing Glossary

BACK	Row backward by turning the oar's concave side towards the bow and pushing the handle away from the body. Performed with the arms and back only.
CATCH	The point in the stroke when the oar is placed in the water. The rower is all the way forward on the slide.
CHECK IT	To slow or stop the boat by placing the oar handles square in the water. Also called "Hold Water"
CRAB or CATCH A CRAB	Getting the oar stuck under the water at the finish of the stroke. Caused by feathering the oar too early. (while it is still underwater)
DRIVE	The "in the water" phase of the stroke that drives the boat forward.
FEATHER	Turning the oar handle to change the blade from the vertical (square) to a position parallel with the water.
FINISH	The end of the drive and the start of the recovery. During the finish, the hands move down, raising the blade out of the water, the inside hand feathers the oar, and both hands move away from the body.
HOLD WATER	See "Check It"
INSIDE HAND	In sweep rowing, the hand closest to the oar lock.
LAY BACK	At the end of the drive, or sitting at the finish, the rower's body leans slightly backward toward the bow.
OUTSIDE HAND	The hand closest to the oar end.
RECOVERY	The "out of water phase of the stroke" during the recovery, the oar is feathered and the rower moves toward the stern in the following order; Arms are pushed out straight, then the body leans forward, then the knees are raised which slides the rower forward on the seat.
RELEASE	Removing the oar from the water at the end of the drive. See also Finish
RUN /LET IT RUN	Command to stop rowing and let the boat coast forward.

- SEAT NUMBER Rower's positions in the boat are referred to by seat number, beginning in the bow. The first seat is referred to as bow the second as two, etc. the rower closest to the stern is the stroke.
- SET or
SET THE BOAT **One of the most important concepts in rowing.** The boat is easiest rowed when it is level or "set". Think of your oar as a lever. When sitting in the boat, with the oar lying flat on the water, Raising the oar handle with your hands will cause the boat to lean in the opposite direction of your oar. Lowering your hands will make the boat lean toward your oar. Use this technique to slight corrections to the set of the boat while rowing, or setting the boat.
- SKYING When the oar blade rises in the air just before the catch, because the rower is dropping the hands too low before the catch.
- SLOW SLIDE Control of the speed at which the seat moves forward on the slide during the recovery. Too fast of a slide will cause a jerking motion which slows the boat.
- STROKE SEAT or
just STROKE The rower closest to the stern or the coxswain. The Stroke sets the pace that all other rowers must follow
- STROKE RATE The number of strokes per minute the crew is taking. Typical for races is 28-40, but typical for training and recreational rowing is 20-34.