



Parents & Guardians Guide to Rowing

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Introduction to Rowing from our Captain

Welcome to the exciting world of rowing! This guidebook is designed to help parents and guardians understand the sport, the club's philosophy, and how to support their young athletes. Rowing is a unique and demanding sport that offers unparalleled benefits, fostering physical strength, mental resilience, and strong team bonds.



Brian O' Connor

Castleconnell Boat Club (CCBC):

CCBC has one of Ireland's largest and most successful junior Boys & Girls' rowing programs. We have over 100 juniors in our rowing program aged 11 to 18. Our members range from absolute beginners to those competing internationally.

Our program is built on a philosophy of fun, commitment, and perseverance, aiming for both personal and collective goals. The fundamental driving force is the enjoyment of the sport and the development of well-rounded individuals. Parental commitment and involvement are crucial to our success.



CCBC Structure:

Captain: Brian O'Connor
President: Roisin Hartigan
Secretary: Owen Silke
Treasurer: Gareth Murphy

Safety Officer: Vinny Carroll
Child Welfare Officer:
Karina Uí Fhlaithbheartaigh
Public Relations Officer:
David Hickey
Parent Representative:
Cathy Hickey



Coaches:

Captain/Head Coach: Brian O'Connor
J16/18 Girls Head Coach: Derek Bowen
J16/18 Boys Head Coach: Brian O'Connor
J14/15 Girls Head Coach: Ann Marie Ryan
J14/15 Boys Head Coach: James Harrington
Cadets Head Coach: Eva Hanley
Strength and Conditioning Coach: Bimal Raj

1. Our Core Principles:

1. **Athletes:** We recognise and support our rowers in managing both their sporting and academic lives.

2. **Listening:** We value listening to athletes and parents to understand their needs and expectations and strive to accommodate them.

3. **Individual & Collective Goals:** We develop goals that recognise differences in ability, effort, and commitment among athletes and for the team as a whole.

4. **Culture of Excellence:** We foster an environment where athletes can become their best selves, both individually and as team members.

While coaches always strive for the best balance for individuals and the group, we encourage open communication if you have questions or disagreements.



Why Row?

Rowing is a challenging sport that offers a unique opportunity to:

- Have fun in an outdoor environment.
- Develop a significant commitment to achieve technical proficiency.
- Engage in aerobic and anaerobic training to become competitive.
- Cultivate self-motivation, personal responsibility, tolerance, and a will to improve and succeed.
- Experience a "team" approach where everyone's development benefits the collective.
- We emphasise resilience, teamwork, commitment, and lifelong friendships.
- Rowing is a testament to human spirit and determination, fostering a deep sense of belonging for all members.



2. Benefits of Rowing

Rowing offers a unique blend of physical, mental, and social benefits, significantly enhancing a student's overall development.

- **Physical Fitness:** It's a full-body workout engaging almost every major muscle group, improving cardiovascular endurance, building muscle strength, and enhancing flexibility.
- **Mental Toughness:** The sport cultivates resilience, mental fortitude, and the ability to handle pressure, stay focused, and persevere through challenges.
- **Teamwork and Camaraderie:** Rowing is paramount as a team sport. Students learn the importance of working in harmony, with the boat moving best when everyone is in sync. This fosters deep camaraderie, mutual respect, lasting friendships, and a strong sense of belonging.
- **Discipline and Time Management:** Balancing academic responsibilities with rigorous training teaches crucial discipline and effective time management, helping students prioritise tasks and manage schedules.
- **Leadership Skills:** Opportunities to develop leadership by taking on roles like coxswain, leading drills, or setting a good example.
- **Connection with Nature:** Training on open waters instils an appreciation for the environment and provides a source of relaxation and mental rejuvenation.
- **Life Skills:** Rowing teaches patience, determination, and adaptability to changing conditions (weather, equipment malfunctions), preparing students for life's unpredictability.



3. Types of Rowing & Boat Configurations

Rowing involves two distinct techniques: **Sculling** and **Sweeping**.

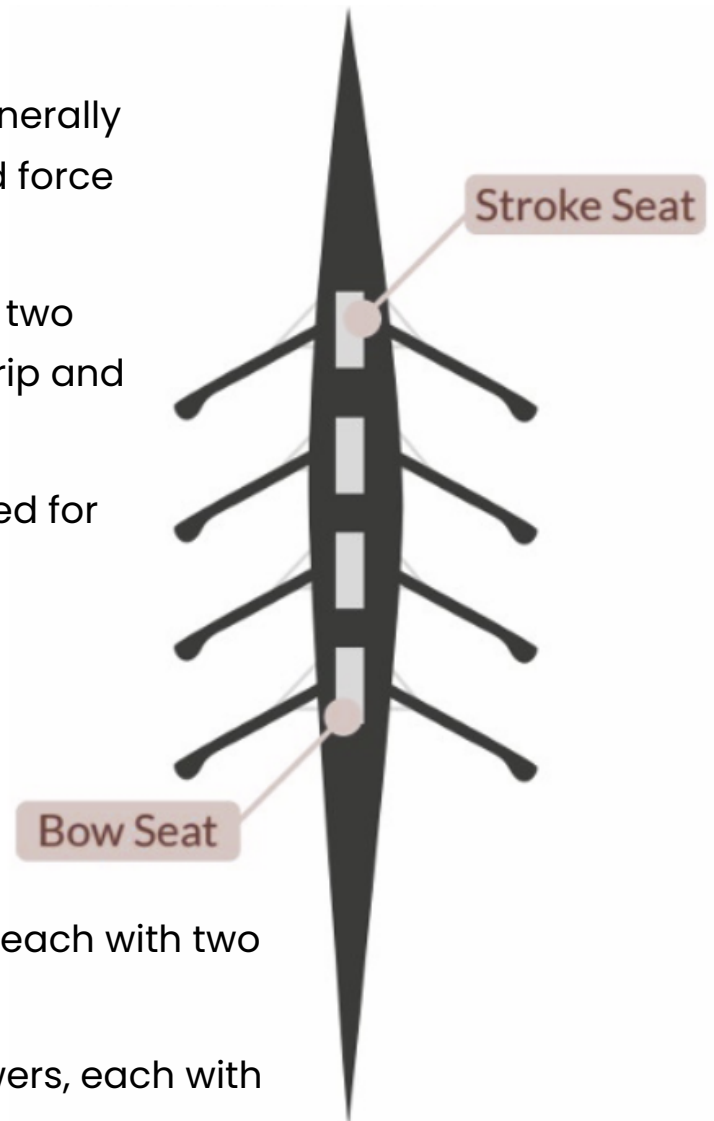
Sculling: Each rower uses two oars (blades), one in each hand. This allows the rower to propel the boat in symmetrical arcs.

Key Points for Sculling:

- **Balance:** Sculling boats are generally more stable due to the balanced force distribution.
- **Technique:** Requires control of two blades, with a slightly different grip and technique than sweeping.
- **Versatility:** Often recommended for beginners, allowing individual or smaller group rowing.

Sculling Boats:

- **Single Scull (1X):** One rower, two blades. No cox.
- **Double Scull (2X):** Two rowers, each with two blades. No cox.
- **Quadruple Scull (4X):** Four rowers, each with two blades. Can be coxed (4X+) or coxless (4X).
- **Octuple Scull (8X):** Eight rowers, each with two blades. Always coxed (8X+).



Sweeping: Each rower holds a single, longer blade and rows on only one side of the boat.

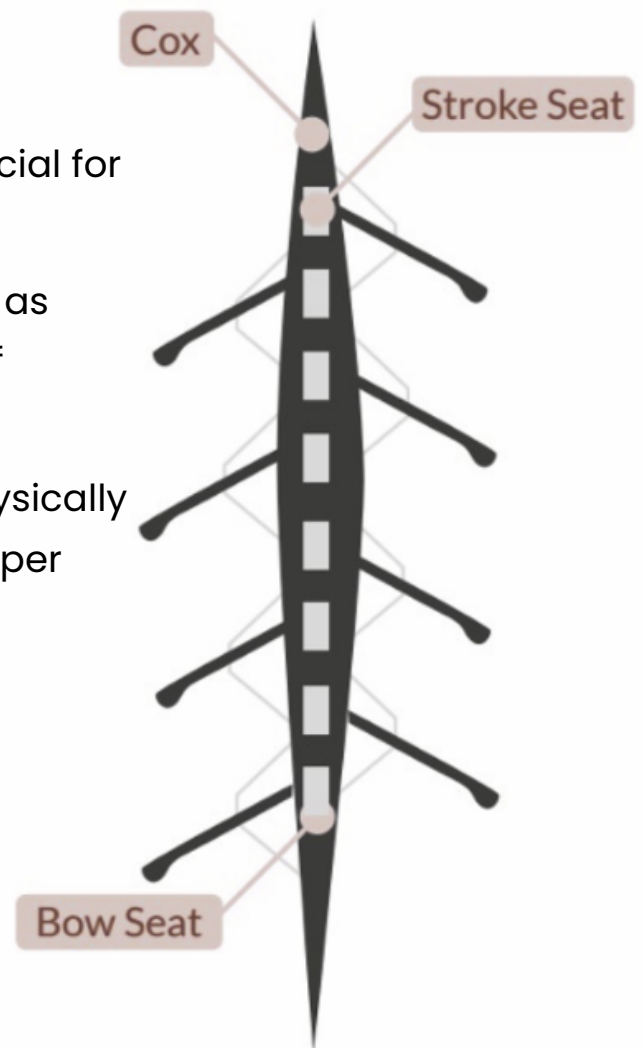
Key Points for Sweeping:

- **Teamwork:** Synchronisation and coordination with teammates are crucial for balance and direction.
- **Positioning:** Rowers are designated as "bow" or "stroke" based on their side of rowing.
- **Physical Demand:** Can be more physically demanding on one side, requiring proper technique to prevent imbalances.

Sweep Boats:

- **Coxless Pair (2-):** Two rowers, one blade each. No cox.
- **Coxed Pair (2+):** Two rowers, one blade each, with a cox.
- **Coxless Four (4-):** Four rowers, one blade each. No cox. Steering often via a rudder connected to a rower's foot stretcher.
- **Coxed Four (4+):** Four rowers, one blade each, with a cox.
- **Eight (8+):** Eight rowers, one blade each. Always includes a coxswain due to size and coordination needs.

The "+" or "-" symbols indicate the presence or absence of a coxswain, respectively. The "X" denotes sculling. These configurations cater to different skill levels, team sizes, and racing categories.



Weight Classifications

- **Open Weight / Heavyweight (HWT):** No weight restrictions.
- **Lightweight (LWT):** Specific individual maximums apply (e.g., Men LWT 72.5 kgs, Women LWT 59 kgs). Shells are often built for a particular weight class. Our program primarily participates in the open category but may enter lightweight boats depending on athletes.

Coxswain (Cox)

Not just a passenger, the coxswain is the person in charge of the boat and rowers. They steer the shell, execute race strategy, and motivate the crew. Coxswains are typically smaller and lighter team members.



4. Season Timeline

The rowing year is typically divided into several seasons, each with a different focus:

Autumn Season (September – November / December):

- **Focus:** Long-distance training and Head of the River (HOR) competitions. Novices learn basic skills, while J14/J15 upwards compete in multiple HORs.
- **Events:** Head races (time-trials, staggered starts over 2.5-4 Kms).
- **CCBC Head of the River (HOR):** This is the first of our events and is crucial as it acts as a gauge on how rowers are progressing and a vital fund raiser for the club. It takes almost 50 volunteers to successfully run the HOR. **Parental support is essential.**

Winter Season (December – March):

- **Focus:** Conditioning, strength, and technique work, often indoors.
- **Activities:** ERG (rowing machine) workouts, running, weightlifting, aerobic work.
- **Events:** Erg sprint competitions such as Irish Indoor National Championships



Spring Season (April – May):

- **Focus:** Main competitive season with sprint races.
- **Events:** Regattas (side-by-side racing over 500–2000 meters), heats and finals.
- **CCBC Sprints:** This is the second event that we hold in CCBC and is a fund event for Cadets up to J16. **It takes almost 100 volunteers to successfully run the 'Sprints'. Parental support is essential.**

Regatta season runs from May until July.

Summer (June – August):

- **Focus:** National championship (normally 16+) and 1K National championship (normally 11–15)
- **Activities:** 'Peak Week', Summer rowing camps and international events
- **CCBC Specific:** No training or events in the last two weeks of July and all of August.



Roadmap (Novice to National Champion):

- **J12 to J13: Erg and River Fundamentals –**

Focus on technique on machines, minimise bad habits, controlled environment. Compete in Irish Rowing Indoor Championships.

First on-water journey, learning basics, technique, equipment, safety, routines. Emphasis on enjoyment and team sport.

2-3 Session per week

- **J14 to J15: Technique and Testing Boundaries**

Refining technique, building strength for racing and participating in more events, national competitions, with the WJ15s and MJ15s also stepping up to sweep rowing and preparing for the transition into the WJ16 and MJ16 squads.

4-5 sessions per week.

- **J16: National and International Ambitions**

Increased training workload (managed with exam considerations). Aiming for success at 2000m races

6 sessions per week

- **J17 to J18: Coaching and Commitment**

Fine-tuning skills for National Championships and Irish Trials.

Maintain academic excellence alongside training.

7 – 8 sessions per week



5. Training Schedule

Our juniors train regularly to build stamina, strength, and technique. Consistency is key in this team sport.

Training Season:

- The regular training season runs from **September 1st through mid July.**
- **School breaks and summer:** We often adjust the schedule by adding sessions or changing times. Parents will receive **advanced warning** of any changes.

Attendance is Crucial:

Rowing is a team sport, and athletes are organised in groups of 2, 4, or 8. The absence of one rower can disrupt the entire crew and program.

- **J13s:** Expect 66% participation.
- **J14s:** Expect 75% participation.
- **J15s and those competing in 8s:** Expect 80%+ participation.

We encourage participation in other sports, and we will try to accommodate these as best we can. Please provide **advance notice** for family holidays, especially avoiding the few weeks leading up to the national championships (typically late May/early June). No training or events are scheduled for the **last two weeks of July and all of August.**

Typical Training Programme:

Training involves a combination of:

- **On-the-water work**
- **ERG (rowing machine) work**



- **Other aerobic work** (e.g., stationary bike)
- **(Light) weight work**

All sessions combine **rowing technique, strength, and conditioning**. One weekly session is dedicated specifically to **technique drills**.

The strength and conditioning program include weekly targets for distance/volume (e.g., **40-45km per week** for early teenage athletes). This program can be provided to parents upon request.



6. Equipment

This section covers the various equipment required for rowing, from boats to personal gear.

Boats & Oars

- **Standard Boats for J15 and younger:** Single Sculls (1X), Double Sculls (2X), Coxed Quad Sculls (4X+), and Coxed Oct Sculls (8X+). These are the only boats typically raced at WJ13 and WJ14 ages.
- **For J15 and older:** The Eight class (8+) is added, and J14s begin training in 8+s.
- All necessary training and competition equipment (including boats and oars) is provided by the club, though some private equipment (e.g., specific oars) may exist.

Clothing

Appropriate clothing is essential for comfort, performance, and safety, regardless of the weather.

General Needs:

1. CCBC All-in-One (One Pieces)
2. T-shirts (at least two, one red, one white)
3. Shorts and leggings
4. Water-proof splash jacket
5. Quarter-zip jacket
6. Full change of dry clothing for each session (crucial, as capsizing can occur!)
7. Trainers (for land workouts)



8. Crocs or sliders (easy to slip on/off at the pontoon)
9. Visors and sunglasses
10. Sports-bras
11. Pogies (rowing mitts) – optional but considered essential by rowers.

Winter/Cold Weather Training: Dress appropriately in layers. A warm, waterproof coat or dry robe, and waterproof socks are recommended.

"Anything But Cotton" Principle: For land and water workouts, soft, stretchy, and form-fitting synthetic fabrics (e.g., polypro, CoolMax) are best. They keep rowers warm even when wet and dry quickly. Avoid loose clothing that can get caught in the seat mechanism or basketball-style shorts. **No hoods or baggy jumpers are allowed due to capsizing risk.**

Ordering Kit: Club organises purchases three times a year. No need to buy early in the season; there will be plenty of time. Announcements will be made in due course via the iCrew App.

Safety Gear

- **Life Jackets:** Rowers do **not** wear life jackets on the water. However, life jackets are available on the accompanying coach's launch.
- **Bow Ball:** A safety ball is fitted to the sharp stem of racing boats.
- **Heel Safety Straps:** Located on the foot stretchers.
- **Sealed Bow/Stern Compartments:** Ensure these are intact.
- **Bungs:** Make sure they are in place.



7. Transportation and Storage

Training and Events: Athletes are required to organise their own transport to and from training sessions and events. However, most live in reasonable proximity, and carpooling or lifts can usually be organised among families.

Regattas

- For away regattas, parking information is usually available on the regatta website or provided by the parent coordinator.
- For home regattas, specific parking areas are often designated for spectators, distinct from boat shed areas reserved for coaches' cars, boat trailers, and buses. It's important to respect these designated areas.
- **DO NOT PARK IN THE CASTLECONNELL BOAT CLUB CAR PARK WHEN DROPPING OFF OR WAITING TO COLLECT CHILDREN. This is for safety reasons and to maintain space.**
- **Boat Loading/Unloading:** All rowers are expected to assist with preparing and loading boats onto trailers the day before an event and unloading them upon return to the club. This is an integral part of race logistics and teamwork.



Boatshed Rules

- Upon arrival, rowers should immediately assist in getting oars and boats ready.
- Personal items (bags, clothing, books) must be placed in the Locker rooms. Please name all personal items.
- Boats returned to the shed should be taken stern first and placed in their designated racks.
- Oars should be racked in their labelled racks.
- Crews are responsible for washing down boats and putting away oars after each session.
- Keep the boatshed tidy at all times.
- DO NOT LEAVE SHOES, WATER BOTTLES OR CLOTHES ON THE RIVER BANK OR SLIP.



8. Safety Protocols and Emergency Procedures

Safety is paramount in rowing. All athletes and parents must be aware of and adhere to safety protocols.

- **Induction Programme:** All rowers and coxswains must complete an induction program before being allowed on the water. This includes:
- **Swim Test:** 100 meters (wearing shorts and t-shirt) and tread water for 5 minutes (wearing shorts and t-shirt). This is mandatory for new rowers, Cadet rowers at the beginning of the season, and during rowing camp.

Right of Way on Water

- Generally, keep the shore close to your left (counterclockwise rotation in shared water).
- Rowing boats always give way to faster rowing boats.
- Be careful with large boats.
- Coxed boats give way to uncoxed boats.
- Boats traveling in opposite directions pass stroke side to stroke side.
- Swimmers get priority at all times.
- If a collision is imminent, CALL OUT!
- **Emergency Signals:** Two arms for general emergency, one arm for non-emergency, lights over the head, or a whistle can be used.



Boat Equipment Checks

- Ensure **bow ball** is fitted.
- Verify **heel safety straps** on foot stretchers.
- Check sealed bow and stern compartments.
- Ensure **gates on swivels** are closed and secure.
- All **moving parts** should be tight and in good working order.
- Check that **bungs** are in.
- Report any damaged or broken equipment to your coach immediately.

Surviving Capsizes

- Avoid going out alone, especially during peak times. Row with a friend or coach.
- **BUDDY SYSTEM:** In crew boats, pair up (bow with two, three with four) to keep track of all crew members (and the coxswain!).
- **In Cold Water:** Get back in the boat quickly. If not possible, stay with the boat (preferably lying over it) to keep as much body out of the water as possible. Roll the boat to increase flotation. Use bits of the boat/oars if broken. **Do NOT try to swim to shore** (risk of losing warmth/energy quickly). Attract attention (whistle, waving arms).



- **In Warm Water:** Get back in the boat. If not possible, stay with the boat. Roll boat to increase flotation. **Do NOT try to swim to shore.** Attract attention.

Rescue Boat Procedures

- Safety boats require at least two people to counterbalance weight when lifting a rower.
- Do not exceed safety boat capacity; make several trips if necessary.
- Session rescue drills: approach rescue into the wind, rescue those in greatest stress first. Get dry and warm quickly.
- **Treatment of Hypothermia:** Initiate artificial respiration if necessary. Get the victim dry and warm (but not too quickly). Use thermal blankets, a warm room, or body heat. Provide warm fluids (cocoa, tea, coffee, soup).
- **Courtesy on Water:** Always be courteous to other water users. Bad language or abuse is not tolerated.



9. Weather and Water Conditions Protocols

Training will **almost never be cancelled**. However, certain conditions may prevent on-water training:

- **Wind Levels:** High wind levels can prevent water training.
- **Fog & Lightning:** These are blanket "no-go" conditions for water training.
- **Temperature:** Not a significant consideration for water training.
- **Water Levels:** River water levels determine suitability for training. The club's Safety Advisor makes final determinations based on specific flow standards. There may be days when the river is not safely accessible.

When On-Water Training is Not Possible

Training will be moved indoors and may involve ERG sessions, stationary bikes, or weights.

Parental Discretion

While the safety of athletes is the fundamental concern, coaches have significant experience in evaluating conditions. If parents have concerns about the conditions and prefer their child not to train, coaches will always respect this decision. What seems safe to some may not be perceived the same way by others, and this is understood.



10. Health and Injury Prevention

Maintaining good health and preventing injuries are crucial for rowers.

Basic Hygiene:

- **Common Skin Infections:** Boils, tinea, thrush, blisters, grazes, cuts.
- **Cleanliness is Essential:** Use germicidal soap and wear clean clothing daily.

Adopt clean body habits

- **Staph Infections:** A common problem for rowers (back of calf, knees, thighs) due to skin rubbing equipment. Leads to oversized pimples or clusters.
 - **Prevention:** Wash with anti-bacterial soap all the time.
 - Wear long football socks every time you row. If no socks, cut the top off a sock and cover the affected area.
 - See a doctor quickly if infection spreads or boils worsen.
 - Good hygiene is key to good health.
- **Tinea (Athlete's Foot/Jock Itch):** Prevent by thorough drying after bathing, using a clean towel, and wearing dry clothes. Over-the-counter creams (Canesten) can be used. Consult the clinical nurse manager for health questions.
- The boat shed staff are aware of hygiene matters and take steps to reduce germ reservoirs.



Common Illnesses:

- **Colds, Flu, Glandular Fever:** A competitor must **not** row if they have a temperature. Athletes with infectious diseases should be isolated.

Heat Stress and Dehydration

- **Lethal Risk:** The effect of heat on a rower during competition can be lethal.

Prevention involves fitness and adequate fluid intake.

- **Symptoms:** Thirst, concentrated urine, blurred vision, dizziness, light-headedness, fainting, headache, feeling hot and clammy, bloating, cramps, nausea, vomiting, and/or fatigue.

Over-training

- **Prevention:** Gradual increase in workload.
- **Signs/Symptoms:** Progressive deterioration in performance, lowered morale, fatigue, increased apathy towards training. An increased resting pulse rate is an excellent indicator.
- **Dangers:** Report all injuries, as continued training can worsen them, potentially leading to permanent injury (stress fractures, tendon ruptures, muscle strains). Consult a sports medicine practitioner for persistent pain.
- **Running:** All rowers should wear appropriate running shoes. Consult a sports podiatrist for foot, heel, and shin injury prevention. Be aware of cross-training risks.
- **Antibiotics:** Rowers should not train while on antibiotics.



- **Sleep:** Rowers should aim for a minimum of **eight hours** of sleep for body recovery.

Workload & Female Athlete Health

- **Training and the Menstrual Cycle**

For teenage girls, it's normal for energy levels, recovery, and performance to vary depending on their menstrual cycle. Coaches are aware that athletes may feel more tired, have cramps, or need lighter sessions at certain times of the month. Open communication is encouraged athletes should feel comfortable letting their coach know if adjustments are needed. (Our Head Coach of the J16/18 Girls has 3 Teenage Daughters, all Rowers)

- **What Parents Can Do**

Encourage your daughter to track her cycle (apps or a diary can help).

Remind her that it's okay to adapt training during difficult days. Support rest, hydration, and good nutrition (especially iron-rich foods if heavy periods are an issue).

Make sure she knows it's normal, and she doesn't have to push through pain.

- **Relative Energy Deficiency in Sport (RED-S)**

RED-S happens when athletes don't eat enough to match the energy they use in training. In girls, a warning sign is when periods become very irregular or stop completely. Other signs may include:

- Low energy and fatigue
- Frequent injuries (stress fractures, strains)



- Drop in performance
- Mood changes

• **Why It Matters**

Missing periods for more than 3 months is not normal for athletes and can affect bone health, growth, and long-term well-being. If this happens, parents should speak with a GP or sports medicine professional.

• **Key Takeaway**

Rowing is a demanding sport, but with the right balance of training, nutrition, and rest, girls can thrive. Regular periods are a sign of healthy training. If they stop, it's the body's way of saying it needs more support.

Blister Care

Blisters are common in rowing due to friction.

• **Healing Naturally:** If blisters don't affect rowing, leave them intact to prevent infection. Body reabsorbs fluid in 1-2 weeks. Moleskin or gauze padding can be used.

• **Draining Painful Blisters:** Wash hands with antibacterial soap. Disinfect a small needle (heat until red or soak in rubbing alcohol). Carefully push needle into blister (don't rip skin). Gently apply pressure until empty. Never drain burn blisters.

• **Protecting Open Blisters:** Trim excess skin with sterilised scissors. Apply antibiotic cream and cover. Expose to air when not rowing. See a doctor if red streaks or pus appear.



11. Nutrition and Hydration

Proper nutrition and hydration are critical for a rower's performance, recovery, and overall health.

Importance of Nutrition:

- **Energy Supply:** Consuming the right nutrients ensures stamina for sessions and races.
- **Muscle Repair & Growth:** After strenuous workouts, muscles need protein and other nutrients.
- **Mental Focus:** Proper nutrition helps improve concentration, decision-making, and well-being.
- **Carbohydrates:** Primary energy source.
- **Complex Carbs (Eat Most):** Breads, rice, sugar-free cereals, pasta, crackers, vegetables (potatoes, corn, carrots, peas, beans), milk, yogurt.
- **Simple Carbs (Eat Least):** Sugar, jam, confectionery, chocolate bars, cakes, sweet biscuits, soft drinks, cordials, high-sugar foods.
- **Glycogen Stores:** Glucose from carbs is used for immediate energy or stored as glycogen (liver and muscles) or fat. Higher glycogen levels mean longer before fatigue sets in.
- **Pre-Race Nutrition:** Regulate blood sugar with **unrefined carbohydrates** (rice, pasta, bananas) the night before and morning of a race.



- **Avoid Quick Sugars:** Sugary foods (soft drinks, chocolate bars) do not provide quick energy for races. Large amounts can cause detrimental effects like fluid drainage, cramps, nausea, and rapid blood sugar drops (hypoglycemia). Consume refined carbs **after** the final race.
- **Protein:** Essential for muscle repair and growth.
- **Good Sources:** Lean red meat, fish (tuna, mackerel, salmon), chicken, turkey, low-fat dairy products, beans, nuts, lentils, legumes. (Note: Pork takes 52 hours to digest, so avoid it if possible).
- **Fats:** Require more oxygen to process, less efficient fuel than carbs.
- **Avoid High-Fat Foods:** Fried foods, cream cakes, chocolates, pastries.
- **Good Fats (in moderation):** Olive oils, nuts, fish, avocados help lower cholesterol and aid nutrient absorption.

Hydration Guidelines:

- **Dehydration Symptoms:** Concentrated urine, thirst, blurred vision, dizziness, light-headedness, fainting, headache, feeling hot and clammy, bloating, cramps, nausea, vomiting, fatigue. A 1-liter sweat loss reduces performance by ~5%.
- **Daily:** Drink from a water bottle throughout the day. Have a large glass of water upon waking. Drink water with meals.
- **Before Training:** Be well-hydrated. Drink at least 500ml of water in the hour leading up to your session.



- **During Training:**

Aim for 150–250ml of water or a sports drink every 15–20 minutes, depending on intensity/duration.

- **After Training:**

Drink 100–150% of fluid lost within 6 hours (e.g., 1kg weight loss = 1L fluid). Cooler (15–22°C) and flavoured fluids are preferred.

Individual needs vary based on body size, workout intensity, and environmental conditions. Listen to your body.



12. Strength & Conditioning Basics

The training program involves a mix of activities to build comprehensive fitness:

- **ERG (Rowing Machines):** Used extensively for conditioning, gauging strength, and developing stroke technique.
- **On-Water Work:** Focuses on technique and applying power in the boat.
- **Aerobic Work:** Includes stationary biking and running.
- **Weight Work:** Light weights are incorporated.
- **Technique Drills:** Dedicated weekly sessions to refine rowing technique.
- **Weekly Targets:** This will be set by each coach in conjunction with the Captain, S&C coach and Technical Director of Rowing.

Winter workouts (Dec-Mar) are typically strength and conditioning programs focusing on running, lifting weights, and indoor Erging. They are highly recommended for all rowers, especially those aiming for competitive success.



13. Mental Support and Communication with Coaches

Open and positive communication is vital for a successful and supportive rowing experience.

Parental Support Role

- **Positive Athlete Interaction:** In team sports, positive interaction among players and with coaches is crucial. Praise positives, give constructive feedback on skill errors, and offer strategy reminders. **At no time should a player criticise a teammate.**
- **Sports personship:** Sport Ireland recommends parents commit to sports personship and the collective well-being of athletes. Respect the effort and commitment of all athletes.
- **General Support:** Encourage your child's commitment, punctuality, and positive attitude. Attend training and regattas when possible, to boost morale.

Communication Channels

- **Introduction to iCrew App:** During the season the coaches will be implementing the new iCrew App. Further information will follow.
- **Lead Coaches:** iCrew will list the coaches for each group and parents will have access to their email and mobile/text contact information.



- **Parent Chat Group:** The coaches will maintain a chat group for all parents to convey important information or address collective queries.
- **Direct Communication:** For issues specific to your family or athlete, you can communicate directly with the coaches.
- **Parent's Representative:** Each group will have a parent representative available to be contacted if you have issues, you're uncomfortable raising personally or publicly with the coaches.
- **Child Safety Officer:** Can be contacted for issues relevant to the well-being of athletes.
- **Club Captain & Co-Captain:** Can be contacted for any other club-related issues.
- **Coach Approachability:** Coaches endeavour to be approachable and transparent. We encourage parents to speak with coaches first about any issues. If not resolved to your satisfaction, other members of the club's organisation can be involved.

Conflict Resolution Procedure

1. **Rower to Coach:** The rower approaches the coach and discusses the problem.
2. **Rower, Coach, Captain:** If the issue is not resolved, these three individuals meet.
3. **Rower, Coach, Captain, Parent:** If still unresolved, a parent joins the meeting.



4. **Committee:** As a final step, the Captain contacts the committee.

5. **The Code of Conduct:** Each member of club will sign this document, a copy of which is on the Castleconnell Boat Club website, www.castleconnellbc.ie

6. **Grievance & Disciplinary Policy:** A copy of this policy is available on the Castleconnell Boat Club website, www.castleconnellbc.ie

Boat Lineup Concerns

Any concerns about boat lineups are matters for discussion **between the athlete and his/her coach(es) only**. If the matter(s) cannot be resolved, then either the rower or a parent of a rower can discuss the matter(s) with the Captain. The Captain's word is final.



14. Regatta Preparation and Logistics

Regattas are the culmination of weeks of hard training and dedication.



Understanding the logistics ensures a smooth and enjoyable experience.

Schedule and Information

- A regatta schedule will be provided at the beginning of the season (subject to change due to weather, event cancellations, or crew competitiveness).
- Your child's coach will inform them of their approximate race times. Times can change, so be prepared for flexibility.



- Most regattas have websites where "heat sheets" (listing race times and lane assignments) can be downloaded the night before or morning of the regatta.

Arrival and Preparation

- **Early Arrival is Key:** Rowers are expected to arrive well in advance (normally at least 2 hour) of their first race to allow time for:
 - Travel delays.
 - Reattaching riggers and checking boat readiness.
 - Warm-up.
 - Final instructions from the coach.
 - Getting into a "racing frame of mind."
- **Pre-Race Meeting:** Coaches will hold a team meeting to discuss race tactics and familiarise rowers with the course.
- **Parents:** For away regattas, many parents come with their child and spend the day. For home regattas or separate travel, arrive at least 2 hours before your child's scheduled start time.

Spectator Guidelines

- **What to Bring:** Layers of clothing (it can get cold even on sunny days), folding chairs, binoculars, camera, water bottle, travel mug, snacks, something to do (books, newspapers).
- **What to Wear:** For most races, athletes wear a club 'one piece'. Novice or some races may use club t-shirts and black spandex shorts. Coaches will advise. For special events like "Captain Cup" fancy dress can be worn.



- **Parking:** Follow regatta signs. Be aware that areas closest to the boat sheds are often reserved.
- **Viewing:** Consider moving along the course or using binoculars. Look for signs of good rowing (not working hard, little splashing) vs. a "rough day" (working hard, not together, lots of splashing).
- **Cheering:** It's a team sport. Cheer for the entire team, making the "loudest cheering section." Refrain from yelling your child's name as they pass; it can be disruptive.
- **Boat Trailer Area: Do not approach the boat trailer area to wish good luck or congratulate your child.** This area is often crowded, and the rowers/coaches are busy preparing or debriefing. Allow them space.

Race Types

- **Sprints:** Common type. Crews line up at the start, first across the finish line wins. Most often 2000 meters.
- **Head Races:** Time trial format. Boats start at staggered intervals (e.g., 15–20 seconds apart) and race against the clock over longer distances (e.g., 3 kms). The winner is determined by the fastest elapsed time. Can be less exciting to watch unless a boat overtakes another.



Race Day Flow

- **Starting Procedure:** Crews are at stations 2 minutes before race time. Judge supervises alignment. Starter polls crews by name. Red flag raised, "Attention!", then dropped with "GO!". In windy conditions, a "quick start" or "countdown start" may be used.
- **False Starts:** Crews can receive warnings. Two warnings result in exclusion.
- **Equipment Problems:** If equipment breaks within first 100 meters, crew stops and signals umpire, who will stop race.
- **Fouls & Obstacles:** Referee (in launch) ensures safety. White flag/crew name/direction for interference/obstacle. Bell/horn/red flag for full race stop.
- **Protests:** Crew raises hand after finish line and lodges protest with umpire.
- **Post-Race:** Rowers are expected to stay until all team members have competed, boats are loaded onto the trailer, and the coach dismisses the team. Upon returning to the club, the team will immediately unload boats or the next day. 'Boat Loading/unloading'



15. Volunteering Roles and Expectations

Our club is largely volunteer-run, and parental involvement is crucial to its success.

We encourage every family to contribute their time and talents.

Key Volunteer Roles

- **Rowing Support Group (RSG) / Parents Association (PA):**

Dedicated groups facilitating parent interaction, fundraising, and operational support. They meet regularly (e.g., monthly).

- **Fundraising:** Organising and executing fundraising events (e.g., working bees, cake stalls, dinner events).

Regatta Support

- Setting up tents and coordinating refreshments/food tents.
- **Boat Holders:** Holding boats at the start line. No skill required, offers a unique view of races.
- **Boat Drivers:** Driving coach launches. Requires a boat license.
- **Boat Trailer Drivers:** Transporting boats to/from venues. Requires experience with large trailers/vehicles and license for larger trailers.
- **Training Assistance:** Assisting coaches with moving boats, oars, and launches. Parents are asked to wait to be asked or ask coaches before assisting, especially for events.



- **Skill Sharing:** If you have specialised skills (e.g., sales, event planning, communications) that could benefit the club, please let us know.

Expectations

- You will be notified of volunteer opportunities via iCrew App, email, social media, or at parent meetings.
- Parents are generally flexible about covering for others briefly if you need to step away to watch your child race.
- All coaches and assistants must be Gardai vetted and have a license to drive a Launch boat.



16. Fundraising and Fees

Rowing is an unfunded sport from public sources, so fees and fundraising are essential to cover operational costs and equipment.

Fee Structure (CCBC Example)

There are typically three sets of fees:

1. **Club Fee (e.g., 300 euros):** Covers insurance for athletes and provides access to all club facilities and equipment.
2. **Rowing Ireland Fee (e.g., 35 euros):** Allows athletes to compete in official events and contributes to organising/running these events.
3. **"Seat" Fees (e.g., 10 euros per race):** Charged per race an athlete participates in, covering club costs for organising and managing events.

What Fees & Fundraising Cover

- Compensation for coaching staff.
- Equipment costs (lease payments, repairs, insurance, purchase of new boats).
- Bus transportation to/from training venues.
- Regatta fees and organisational costs.
- Minimum contributions to fundraising may be expected.



17. Equipment Care and Maintenance

Proper care and maintenance of equipment are crucial to ensure its longevity and safety.

- **Reporting Damage:** Any damage, breakage, or missing equipment must be reported to the coach or Rowing Coordinator immediately.
 - **Boat Washing:** Crews are responsible for washing down boats after each session.
 - **Oar Storage:** Oars should be stored in their designated, labelled racks.
 - **General Care:** Treat all club equipment, especially boats, with great care.
- Horseplay around equipment or the boatshed is strictly prohibited.
- **Shed Tidiness:** It is the responsibility of all rowers to keep the shed and surroundings neat and litter-free.



18. Common Questions and Troubleshooting

Here are answers to frequently asked questions from new rowing parents:

General Questions

- **"Is rowing really hard?"** Yes, it can be physically and psychologically brutal, with races decided by millimetres. However, it's also incredibly fulfilling, building confidence, teamwork, sportsmanship, and lifelong friendships. You get out what you put in.
- **"Can my child do other sports or activities?"** Yes, it's encouraged! Many activities (athletics, music, dance, kickboxing) can enhance rowing performance. We strive to accommodate other interests but be aware of participation targets and thresholds. The only "redline" is typically the weeks leading up to national championships (June/July), where regular attendance is required for those competing at the highest level. **Booking holidays during this time is not advised.**
- **"What is the monitoring of the rowers?"** Two coaches are typically on-site for over 90% of training sessions. All coaches are volunteers. In rare instances where only one coach is available, a parent volunteer may be asked to assist with supervision. Athletes are never knowingly left unsupervised.
- **"Do athletes only have to undergo drug testing?"** No, the club does not but Rowing Ireland may test at events.
- **"What are the expectations for parents?"** Your primary responsibility is to support your child in the sport, ensuring they



attend sessions on time. You can assist by moving boats and oars (wait to be asked or ask coaches). Participate in ad-hoc events (fundraisers, BBQs) and share specialised skills if you have them. Always act with sports personship and respect the effort of all athletes.

Training Related Questions

- **"Why does my child insist on getting there 30 minutes early?"** Most teams are expected to be warmed up and ready by the scheduled start time. This usually involves a run.
- **"Why isn't my child ready to leave at the scheduled end time?"** Coaches may need to debrief the group, or your child might have specific issues to discuss. On-water sessions can be delayed by issues like docking.
- **"Why is it such a big deal to miss a session?"** Most kids are new to rowing. Missing a session means falling behind and disrupts boat line-ups, potentially preventing other rowers from getting on the water.
- **"My child is sick – whom do I tell?"** The parent is responsible for emailing the coach ASAP or using the iCrew App.
- **"Why does my child start yelling at me if I drive halfway through the parking lot?"** The part of the parking lot closest to the boat house is usually reserved for coaches, trailers, and buses. Speed limits are enforced for safety.
- **"What should my child wear/bring for training?"** See the "Equipment – Clothing" section for a full list. Key is layers, form-fitting synthetic materials, water bottle, and running shoes.



- **"Why do kids roll their eyes if I mimic rowing by moving my arms back and forth or comment on arm muscles?"** Rowing is primarily a pushing sport, using about 60% legs, 30% core, and 10% arms. They feel "smarter" for knowing this!
- **"What is an erg?"** An ergometer is an indoor rowing machine that simulates rowing, used for training and measuring power/technique.
- **"What happens when my child spouts random strings of numbers after erg session?"** They are likely describing "pieces" (sets of exercises). "K" means kilometers; numbers without "K" mean minutes. The last number (e.g., 2:15:8) is their "split," the time to row 500 meters.
- **"What is a 2K test and why is my child FREAKING out about it?"** It's the standard test to compare rower power, like the SAT of rowing (2000m on the erg). It's dreaded because it's hard (like sprinting for 7-10 minutes), public, and a key factor for coaches in boat placement.
- **"What's a PB?"** Personal Best, the best time an athlete has achieved on the erg for a specific piece.
- **"Why does my child row in a different seat someday?"** Coaches switch rowers to find who excels in different positions and what combinations make the boat fastest. The goal is perfect unison.
- **"Why do I sometimes see the coxswain raising his or her hand?"** To signal understanding to an official, indicate unreadiness to race, or protest race results.



- **"Is the boat likely to tip over?"** No, it's rare. Eight-person boats are very stable, and oars provide stability.

- **"Why does my child refuse to wear gloves when it is cold?"**

Rowers often say gloves "ruin the feel of and connection with the oar." While uncomfortable, they typically adapt.

- **"My child has gotten terrible blisters. What should s/he do?"**

See "Health and Injury Prevention" for detailed care instructions. Blisters are common initially and turn into callouses over time.

- **"My child said a teammate caught a crab today. Are there crabs in the River Shannon?"**

"Catching a crab" means a mis-stroke where the oar blade gets stuck, acting as a brake. The oar handle can come back forcefully, and the rower may end up flat in the boat.

- **"What is 'seat-racing'?"**

A method coaches use for final line-ups. Two boats race, then rowers are switched, and they race again to assess impact of individuals and combinations.

Regatta Related Questions

- **"How do I know what time my child's race is?"**

Coaches provide approximate times but check regatta websites for "heat sheets" the night before/morning of, as times can change.

- **"How early should I get to a regatta to see my child compete?"**

At least 2 hours before their scheduled start time, allowing for travel and parking.

- **"My child is in the second boat but has a better erg time than a kid in the first boat. Why?"**

Erg scores are only one factor.



Coaches also consider strength, stamina, balance, unison, dependability, and overall fitness to create the fastest boat combination. Missing sessions can impact placement.

● **"Is it okay to go over to the boat trailer to wish my child and the team good luck?"** No, the area is busy, and rowers/coaches are focused on preparation. It's best to allow them space before and after races.

● **"How can I tell who's ahead during a race, or if they're doing well?"** Binoculars help. Look for landmarks. Early leads can change. If they look like they're not working hard and there's little splashing, they're likely doing well. If they look strained and splashy, they might be having a "rough day."

● **"Is it okay to yell out my child's name when they go past?"** Generally, no. Rowing is a team sport; cheer for the entire team to be the "loudest cheering section."

● **"Is it okay to bring wine or beer to the regatta?"** No, alcohol is prohibited. ● **"Can I try rowing?"** Yes! Please ask a coach or email the captain at captain@castleconnellbc.ie.



19. Templates and Checklists

These templates and checklists are designed to help parents stay organised and facilitate communication with the club.

19.1. Rowing Gear Packing List

Use this list for both training sessions and regattas. Adjust based on weather.

Essential Clothing:

- CCBC All-in-One (for races/training)
- CCBC T-shirts (at least two, red/white)
- Shorts and/or leggings (form-fitting, synthetic material)
- Waterproof splash jacket
- Quarter-zip jacket
- Sports-bras
- Full change of **dry clothing** (always!)
- Warm, waterproof coat/dry robe (for cold weather)
- Waterproof socks (for cold weather)
- Hat (visor for sun, knit for warmth)
- Sunglasses
- **Footwear:**
 - Trainers (for land workouts)
 - Crocs or sliders (easy on/off for pontoon)
- **Hydration & Nutrition:**
 - Full water bottle (with water)



- Healthy snacks (banana, fruit, protein bar, sandwich, energy bars)
- Light meal before training (if applicable)
- Substantial meal ingredients (for after training)
- **Health & Safety:**
 - Personal medication (e.g., inhalers, epi pens)
 - Small zippered sports bag
 - Hand cream
 - Band-Aids/gauze/tape (for blisters)
 - Antibiotic ointment (for open blisters)
 - Sunscreen
 - Towel
- **Regatta Specific (Optional but Recommended):**
 - Folding chair
 - Binoculars
 - Camera
 - Book/newspaper/activity for downtime
 - Cash for food/drinks (if not covered by donation)



ICrew App will contain the following forms:

19.2. Medical Information Checklist (for Club/Coach Reference)

[Club Name] Medical Information Form

Athlete Name: _____ **DOB:**

Parent/Guardian Name:

Emergency Contact (other than P/G):

_____ Phone: _____

Known Medical Conditions/Allergies: (Please list all, with severity and any specific instructions)

-
-
-

Medications: (List any regular medications, dosage, and administration instructions)

-
-
-

Emergency Procedures:

- In case of allergic reaction (e.g., EpiPen use):



- -----
- In case of asthma attack (e.g., inhaler use):

- Other specific emergency instructions:

Physician's Contact:

----- **Phone:**

Dentist's Contact:

----- **Phone:**

Consent:

I, [Parent/Guardian Name], confirm that the above information is accurate and authorise the coaches and club staff to administer emergency medical care as deemed necessary. I understand that my child's medication must be carried with them to all training sessions and regattas.

Signature: ----- **Date:**



19.3. Volunteer Sign-Up Form

[Club Name] Volunteer Opportunities

We rely on our parent volunteers to help make our rowing program a success! Please indicate areas where you are willing to assist.

Parent/Guardian Name: _____

Rower's Name: _____

Email: _____ **Phone:**

Areas of Interest (Check all that apply):

- Club Operations:

- € Fundraising events (organising, participating)
- € Communications / Social Media assistance
- € Website maintenance
- € General administrative support
- € Committee Member (e.g., Parents Association, Support Group) – *Requires* regular meetings

- Training & Equipment Support:

- € Assisting with moving boats/oars at the boathouse
- € Equipment maintenance/repair (if specialised skills)
- € Boat trailer driving (requires experience with large trailers/vehicles)



€ Coaching / Assistant Coaching (requires specific qualifications/checks)

● Regatta Support:

€ Food Tent/Refreshments coordination

€ Setting up/taking down regatta tents

€ Transportation (carpooling, driving team to/from events)

€ Boat holding at the start line

€ Boat driving for coach launches (requires boat license)

€ Photography/Videography at events

● Other Skills:

● Do you have any specialised skills (e.g., event planning, sales, medical, etc.) that could benefit the club? Please describe:

Availability:

- Weekly basis
- Monthly basis
- Ad-hoc / As needed for specific events

Comments/Questions:

.

Signature: _____ **Date:**





19.5. Sample Regatta Day Schedule (Example)

[Regatta Name] – [Date] – Sample Schedule for Rowers

(Note: Actual times will be provided in the official heat sheets and are subject to change.)

Day Before Regatta (Friday):

- **[Time]:** Boat & Equipment Preparation & Loading (rowers responsible for assisting) – Location: Boathouse
- **[Time]:** Pre-Race Team Meeting (with coaches) – *Location: Club Meeting Room/Online*

Regatta Day (Saturday):

- **[Time – e.g., 5:20 AM]:** Athlete Arrival at Boathouse for Travel / Regatta Site for Local Events (for rigging, warm-up)
- **[Time – e.g., 6:00 AM]:** Team Warm-up & Final Instructions
- [Time – e.g., 7:00 AM]: First Race Heat
- [Time – e.g., 8:30 AM]: Second Race Heat
- **[Time – e.g., 10:00 AM]:** Break / Snack / Hydration / Coach Debrief (for completed races)
- [Time – e.g., 11:30 AM]: Final Race
- [Time – e.g., 1:00 PM]: Final Race
- **[Time – e.g., 2:30 PM]:** Post-Race Debrief & Equipment Loading onto Trailers (rowers responsible for assisting)
- **[Time – e.g., 4:00 PM]:** Athlete Departure from Regatta Site



- **[Time - e.g., 5:30 PM]:** Athlete Arrival at Boathouse for Equipment Unloading (rowers responsible for assisting)

Parents/Spectators:

- Arrive at least 30 minutes before your child's scheduled race.
- Check regatta website for official heat sheets and parking information.
- Bring layers, chair, binoculars, water, snacks.
- Cheer for the whole team from designated spectator areas.



20. Glossary of Terms

- **One-Piece:** A one-piece rowing suit worn for training and racing.
- **Blades:** The wide, flat part of the oar that enters the water. Often used to refer to the entire oar.
- **Bow:** The front end of the boat; also the rower seated closest to the bow (usually Seat 1).
- **Bow Ball:** A safety ball fitted to the sharp stem of a racing boat.
- **Bow Side:** The right side of the boat when viewed from the stern (back of the boat). This corresponds to the rower's left side when facing the bow.
- **Button / Collar:** A plastic or metal fitting tightened on the oar to prevent it from slipping through the oarlock.
- **Catch:** The point in the rowing stroke cycle when the oar blade enters the water at the end of the recovery, fully squared.
- **Check:** An abrupt, uncontrolled deceleration of the boat's forward motion.
- **Cox / Coxswain:** The person in charge of steering the boat, executing race strategy, and motivating the rowers. Sits in the stern, facing forward, and does not row.
- **Crab (Catching a crab):** A mis-stroke where the oar blade gets stuck in the water, acting as a brake. Can cause the rower to be ejected.



- **Crew Ranking Index (CRI):** A measure of a crew's ability, based on the sum of individual rowers' Personal Ranking Indices (PRIs).
- **Drive:** The propulsive part of the rowing stroke, where the rower applies power with legs, back, and arms to move the boat forward.
- **Eight (8+):** A sweep boat for eight rowers, always with a coxswain.
- **Erg / Ergometer:** A rowing machine used for fitness, skill training, and measuring an individual's power output (like a 2K test).
- **Feathering:** The act of turning the oar blade from a vertical position (perpendicular to the water) to a horizontal position (parallel to the water) after the finish of the stroke.
- **Finish (Release):** The end of the rowing stroke when the oar blade is removed from the water with a sharp downward motion.
- **Foot Stretcher:** An adjustable bracket in the boat to which the rower's feet are secured.
- **Four (4+, 4-):** A boat for four rowers. Can be coxed (4+) or coxless (4-).
- **Gate:** The bar across the oarlock that keeps the oar in place.
- **German Rigging:** A method where consecutive rowers have oars on the same side, rather than alternating down the boat.



- **Head Race:** A long-distance, time-trial competition where boats start at staggered intervals and are timed.
- **Homes Regatta:** A prestigious head-to-head racing event for crews from England, Ireland, Scotland, and Wales.
- **J-level:** (e.g., Cadets, J13, J14, J15, J16, J18): Junior age categories for rowers.
- **Keel:** The structural member running the length of the boat at the bottom of the hull; often refers to the centre line of the shell.
- **Layback:** The amount of backward lean of the rower's body at the end of the finish.
- **Lightweight (LWT):** A weight classification for rowers with specific maximum weight limits.
- **Missing Water:** Starting the drive before the catch is complete, or before the blade is in the water.
- **Oarlock / Rowlock:** A swivelling bracket on the rigger that supports and holds the oar in place.
- **Oct Scull (8X+):** An octuple scull, a boat for eight scullers, always with a coxswain.
- **Pair (2+, 2-):** A sweep boat for two rowers. Can be coxed (2+) or coxless (2-).
- **Personal Ranking Index (PRI):** A point value assigned to individual rowers based on their competition performances.
- **Pitch:** The angle between the oar blade (when squared) and a line perpendicular to the water's surface.



- **Stroke Side:** The left side of the boat when viewed from the stern (back of the boat). This corresponds to the rower's right side when facing the bow.
- **Power 10:** A call for rowers to take 10 of their best, most powerful strokes, typically used to gain on a competitor.
- **PB (Personal Best):** An athlete's best time on an ergometer for a specific test or "piece."
- **Quad Scull (4X+, 4X-):** A quadruple scull, a boat for four scullers. Can be coxed (4X+) or coxless (4X-).
- **Rate / Stroke Rate (Rating):** The number of strokes taken per minute.
- **Ratio:** The ratio of recovery time to drive time; recovery should always be longer.
- **Recovery:** The phase of the rowing stroke after the finish, when the rower returns to the starting position for the next catch.
- **Regatta:** A competitive event with side-by-side sprint races, often involving heats and finals.
- **Release:** See "Finish."
- **Repechage:** A second-chance race for crews that didn't qualify from preliminary heats.
- **Rigger / Outrigger:** The metal or carbon-fiber framework attached to the side of the boat that holds the oarlock.



- **Rigging:** The process of adjusting and altering boat accessories (riggers, foot stretchers, oars) to optimise performance.
- **Rowing Cycle:** The complete sequence of a rowing stroke, from release to feather, recovery, square, catch, drive, and finish.
- **Rudder:** A steering device at the stern of the boat, controlled by the coxswain.
- **Run:** The distance the boat moves forward during one stroke.
- **Scull:** (Noun) A type of boat where rowers use two oars; (verb) the act of rowing such a boat.
- **Seat:** The sliding seat on which the rower sits; also refers to a rower's position in the boat (numbered from bow to stern).
- **Seat Racing:** A method for coaches to evaluate rower combinations by having different lineups race against each other. (Will be used for J15 upwards)
- **Set (of a boat):** The balance or stability of the boat. A "good set" means the boat does not rock side to side.
- **Shaft:** The part of the oar between the handle and the blade.
- **Shell:** Another term for a rowing boat.
- **Single Scull:** (1X): See "Scull."
- **Skeg / Fin:** A small fin along the stern of the hull that helps stabilise the boat and keep it on course.



- **Skying:** A fault where the rower carries their hands too low during recovery, causing the blade to be too high off the water at the catch.
- **Slide / Track:** The runners on which the rower's seat moves back and forth.
- **Slings / Trestles:** Collapsible frames used to support a shell temporarily on land.
- **Spoon:** See "Blades."
- **Square / Squaring:** The act of turning the oar blade from parallel to perpendicular to the water, preparing for the catch.
- **Starboard:** See "Bow Side."
- **Stern:** The back end of the shell, where the coxswain typically sits but not always.
- **(Coxless) Four / Pair:** A boat without a coxswain.
- **Stroke:** The rower sitting nearest the stern (Seat 8 in an eight), who sets the timing and rhythm for the rest of the crew.
- **Stroke Side:** The left side of the boat when viewed from the stern.
- **Sweep:** A type of boat where rowers use one oar.
- **Swing:** The feeling of perfect synchronisation and effortless motion in the shell.
- **Wash Down Area:** Area where boats are cleaned after use.
- **Washing Out:** A fault where the oar blade comes out of the water before the drive is finished.



21. Resources and Links

- Club Websites:

Castleconnell Boat Club: (www.castleconnellbc.ie)

- Social Media:

CCBC Instagram: (www.instagram.com/castleconnellboatclub)

CCBC Facebook: (www.facebook.com/castleconnellboatclub)

- Race Results & Information: www.rowingireland.ie

Also try the Facebook/Instagram/website of the rowing club holding the event.

- Rowing Associations:

Rowing Ireland - www.rowingireland.ie

General Information Queries: info@rowingireland.ie



Rowing Publications / Books:

- "Rowing Fundamentals" by John A. Ferriss
- "Assault On Lake Casitas" by Brad Lewis
- "The Shell Game" by Steve Kiesling
- "The Amateurs" by David Halberstam
- "The Nuts and Bolts Guide to Rigging" by Mike Davenport
- "The Complete Steve Fairbairn on Rowing" by Steve Fairbairn
- "Complete Book of Rowing" by Steven Redgrave
- "Rudern: GDR text of Oarsmanship" by Dr. Herberger
- "High Performance Rowing" by John McArthur
- "Rowing Against the Current: On Learning to Scull at Forty" by Barry S. Strauss
- "Mind over Water: Lessons on Life from the Art of Rowing" by Craig Lambert
- "Textbook of Oarmanship" by Gilbert C. Bourne
- "The Art of Sculling" by Joe Paduda (Editor) and Les Henig (Contributor)
- "The Book of Rowing" by D. C. Churbuck
- "Thomas Eakins: The Rowing Pictures" by Helen A. Cooper
- "Rowing: The Skills of the Game" by Rosie Mayglothling

Rowing Camps

Check www.castleconnellbc.ie/summer-camps around May for updates

Sports Nutrition

<http://www.worldrowing.com/news/feature-using-nutrition-to-power-your-rowing>



