



STUDENT & PARENT HANDBOOK

PLANT HIGH ROWING

2025 - 2026



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Launching in the early morning sun



WELCOME TO THE TEAM

This handbook will help give you an idea of how the team is structured, some rowing vocabulary, and the basic concepts behind how we run a successful non-profit rowing club. Since most of us are new to the sport of rowing, the best way to learn is to jump aboard, join a committee, and sign up for Shore Patrol. Become one of the many volunteers who support our coaches and athletes and make PHRA one of the premier rowing clubs in the Southeast.

BOARD OF DIRECTORS

President - president@PlantHighRowing.com

1st VP/ President Elect - 1stVP@PlantHighRowing.com

2nd VP/ Past President - 2ndVP@PlantHighRowing.com

Treasurer - treasurer@PlantHighRowing.com

Controller - controller@PlantHighRowing.com

Secretary - secretary@PlantHighRowing.com

Fundraising - sponsorship@PlantHighRowing.com

Travel - travel@PlantHighRowing.com

Regatta Coordinator - regatta@PlantHighRowing.com

TARA Representative - Missie Hendry



MAJOR COMMITTEES

Volunteers- volunteers@PlantHighRowing.com

Shore Patrol - ShorePatrol@PlantHighRowing.com

PR/ Website - PR@PlantHighRowing.com

Merchandise - merchandise@PlantHighRowing.com

Carpool - carpool@PlantHighRowing.com

Hospitality - hospitality@PlantHighRowing.com





STUDENT BOARD

President - Sigrid Carling

Girls VP - Ebba Carling

Boys VP - Alex Neske

Historian - Bri Boukalis

Social Director - Max Mobley

Secretary - Claire Wilson

TEAM CAPTAINS

Ebba Carling

Felix Romano

Claire Wilson

Miles Mobley

Rohan Morgan

Alex Neske

COACHING STAFF

Michael Smith - Director/ Head Coach/ Boys Varsity

headcoach@planthighrowing.com

Allie Hendry- Assistant/ Boys Varsity/ Head Middle

Duwayne Turner- Varsity Women's Coach

Sydney Urban- Assistant/ Girls Varsity/ Middle School

Jim Brockman- Freshman/Novice Girls Coach

Jonah Furukawa- Freshman Men's Coach

Jesse Tate- Assistan/ High School

Jake Furukawa- Assistant/ Middle School

Charlie Will- Assistant Coach

COMMUNITY PRINCIPLES

The mission of Plant High Rowing Association (PHRA) is to facilitate an inclusive and nationally competitive rowing team for students of H.B. Plant High School.

To meet this mission, athletes must be a community that meets clearly defined principles. Healthy athletic communities need not simply rules, but also clear principles to make sense of the rules. Rather than follow rules blindly or grudgingly, athletes need a willing attitude that appreciates and embraces the principles.

Therefore, our community of athletes, parents, coaches, volunteers and board of directors, endorses and expects our athletes to adhere to these principles:

1. We are a community in which our actions affect others – often more than our actions affect ourselves. As a community we treat everyone with respect. We respect everyone's uniqueness as a human being. We respect personal property. We respect and actively care for the property of PHRA because it serves our entire community.
2. We meet our financial and time commitments. We understand we are one team and one community. We are scholars and athletes and pursue excellence in both academics and athletics – not just one or the other. As scholar-athletes we give our best effort in class and at practice. We plan well and use our time wisely to meet expectations of both school and sport so that one community does not negatively impact the other. We understand that the decisions of our coaches and the Board of Directors are in the best interest of our entire community. We support the decisions of the coaches and the Board of Directors. We avoid selfish ambition and instead humbly serve the interest of the team before ourselves.
3. We are citizens and athletes and pursue excellence as ambassadors for our team and for rowing. As citizen-athletes we maintain good sportsmanship in all circumstances. We do not cheat or neglect good sportsmanship to gain competitive success. We refrain from illegal activity in order to be positive representatives of our community and to avoid having a negative impact on our community. We understand that any use of alcohol, tobacco and drugs is illegal and unhealthy for athletes. We understand that, in addition to being illegal and unhealthy, any use of alcohol, tobacco or drugs demonstrates a lack of respect for our health and a lack of respect for our community.

We understand these principles serve to promote the welfare of our community.

While our Conduct Principles are defined by the School Board of Hillsborough County Bylaws and Policies for Students, FSRA and USRowing, we understand that meeting the expectations of these Community Principles in spirit as well as fact is essential to maintaining the welfare of our community.

We understand that failure to meet any of these Community Principles affects not only the individual, but the entire community. Therefore, we acknowledge that individual or collective failure to honor any of these Community Principles will result in discipline by the coaches or PHRA appropriate for the infraction and could include dismissal from the team.

PRACTICE POLICIES

Practice is the foundation to success in any sport, and all athletes are expected to attend all scheduled practices. Not attending practice has the following effects:

- The absent athlete does not develop when they do not practice.
- Other athletes are unable to practice. Need all present to row the boat.
- The absent athlete may be removed from a boat and replaced by another athlete for practice and/or a race.

MISSING PRACTICE

Unapproved absences (defined as non-emergency and no prior coach notification) are never acceptable. Absences are, however, inevitable and sometimes necessary.

Athletes must call out on the form: [Attendance Callout](#) no later than 24 hours before the start of the practice to inform their coach of their absence.

Consistently missing practice, beyond 15%, without legitimately communicating schedule conflicts with the staff may result in not being able to participate in races.

PRACTICE SCHEDULE

Go to www.planthighrowing.com, click on "Team," and select "High School Practice Calendar."

Fall Schedule for Varsity Athletes: Mon (3-5:30), Tue, Wed, Fri 4:00-6:30pm; Sat 7:30-10:30am

Fall Schedule for Novice Athletes: Mon (3-5:30), Wed, Fri 4:00-6:30pm; Sat 7:30-10:30am

Spring Schedule for ALL Athletes: Mon (3-5:30); Tues - Fri 4:00-6:30pm; Sat 7:30-10:30am

HOLIDAYS AND FULL DAYS OFF FROM SCHOOL

Thanksgiving week: No Practice; Class Day Races on WED at 3:00pm

Spring Break: Mon-Wed 8:00-10:30am; practice continues during break as we are in the middle of championship season.

When possible, PHRA plans "Long Weekends" around school holidays to help minimize the impact of absences. Every effort should be made to schedule college visits, family events, medical appointments, etc., during these days off.

CANCELLATIONS

On the water practice continues in all weather conditions except when severe, including lightning within 10 miles, winds 15 mph or higher, and other scenarios per the discretion of the Head Coach. Land practices may continue when water sessions cannot, unless the land conditions are deemed unsafe.

If classes or after school activities at Plant High School are cancelled, then practice is cancelled as well.

Always assume there is practice unless notified otherwise by the coaches. The coaches generally use email and Remind to announce cancellations, no later than 1 hour before practice when possible.

RACING AND REGATTA INFORMATION

As an inclusive program that does not cut athletes, it is the goal of the coaching staff to race all athletes who wish to participate. In the fall, racing opportunities are long distances while in the spring racing opportunities are shorter sprint distances. For this reason, in the fall coaching is focused on technique and fitness development, while in the spring coaching is focused on preparing the team as a whole for the State Championship. PHRA continuously strives for higher achievement in competitive rowing.

Regattas are unlike any other sport competition. They are **ALL DAY** events that require the cooperation of all rowers and their families. Because of the immense amount of pre-planning, organization, and logistics required to make sure these events run smoothly, the coaches ask for the following commitments from both rowers and their families. Honoring the following commitments ensures that regattas run smoothly and are a positive experience for the entire program:

1. Informing coaches immediately if the athlete cannot attend a race due to schedule conflicts.
2. Completing all regatta race waivers in a timely manner (there are several forms throughout the year).
3. Assisting regatta volunteer committees by getting involved in event organization (fun opportunities).
4. Arriving early for all race events and staying until regatta awards are given to the winning team(s).

'Regatta Information Sheets' will be emailed prior to each race and will contain information regarding venue, location, race schedule and what to bring.

'Boat Selection' refers to the process of creating boats of athletes that will race at regattas. We focus on teaching competition, leadership, sportsmanship and compassion, and in turn, we look for those qualities to quickly emerge from our athletes.

What are the coaches looking for during boat selections?

Size to strength ratio, technical ability, coach-ability, competitiveness, positive "I can do it"/ "I will try it" attitude, confidence, sportsmanship, team player mentality, and general athletic potential.

How will the coaches look for these traits?

• Erg Testing/Fitness Assessments (at the boathouse)

Times and power output recorded on erg tests indicate an athlete's physical fitness and mental resolve. Every rower on the planet has at one time or another said, "I row harder on the water, I just can't do it on the erg." Well, yes you can, and you will have to! In the Fall coaches will test athlete fitness using 5k or 6k, 10-minute power, and long- distance erg pieces. In the Spring coaches will test athlete fitness using 2k, 10-minute power, and short distance erg pieces.

- **Seat Racing**

The process of switching rowers and evaluating the results is known as seat racing. Seat racing tests an athlete's boat moving abilities. Seat racing is used at each coach's discretion.

- **Technique**

Good technique and pulling hard are separate skills. Like many racing sports, technique is important in rowing in order to be effective. Coaches and athletes spend hours logging miles and doing drills simply to make you a better technical rower. Everybody selected to the top boats must row well. While you will not make a boat only due to good rowing, you may lose your seat if you don't row well enough.

- **Attitude, Work Ethic, Competitiveness**

We look for drive, effort, intensity, desire, and humility. We want you to be a team player, to support, encourage and push your teammates. We want you to react well to difficult situations and work with your team to resolve them. We do not do drama and will not allow the team to be affected by individual issues.

We want you to try hard, to work hard and to improve a little bit every day. We want you to love to race, to love to compete, and to embrace sportsmanship in doing so. We expect these traits to emerge from everyone and it will affect your boat placement in time.

We use all this information to make our decisions. We don't select a boat just because you have a great erg score, or just because you won a seat race, or just because you have a great attitude. You need to be good at everything... yes stronger at some things than others, but you have to have it all. Work on your weaknesses and you'll be on your way. Selection takes time and is ever changing as athletes improve at different times through the year. The reality is that any boat can only go as fast as the average abilities of the crew allow, so everyone needs to be continually working together to raise that average.

In the end, boat selection is not a hard formula. Coaches use their best judgment to make the fastest boats. Questions about boat placement should be communicated between athletes and coaches. The coaches will set boat line-ups and coaches' decisions are final.

How are coxswains selected?

For coxswains, selection is based on six primary factors: seat racing, technical calls, motivational calls, tactical calls, steering, and leadership ability. The coaches evaluate these skills during practice and through rower evaluations.

Can I play another sport?

We allow athletes to participate in a Fall sport for Plant. If you plan on playing a Fall sport, please contact the coach prior to the beginning of the season to let them know of your intentions to come to the team at a later date. Athletes need to come to rowing immediately following the conclusion of their Fall season sport. The same applies for other school activities such as Band or Chorus.

What parents can do to support their student-athlete throughout the season:

- Be honest. We all have our strengths and weaknesses. This is an opportunity to teach them how to improve on their weaknesses while succeeding at their strengths. Try to help them realize that just counting on their strengths and turning their back on the weaknesses won't help them get better.
- Share your sports experience with them. Have you been part of a team?
- Remind them that coaches respond to athletes who are present, attentive and participating. It shows that they are eager to learn.
- Talk with your son/daughter about being an athlete. What are their strengths? What are their weaknesses? What qualities does an athlete bring to a team?
- Stress the fun parts. "Just go out and have fun and show them what you can do".
- Offer encouragement when it is hard; help them feel good about themselves.
- Let them know that no one thing is going to put them into a specific lineup, and no one thing will take them out of a specific lineup.
- Support your son/daughter, but also support the coach. We will be honest about what we see. Please encourage your athlete to talk to the coach in a friendly way when asking what he/she is thinking, and why she/he has made a decision. We don't play favorites, but we are looking for a team that will be successful.

Our goal is to make this a respectful, positive and honest sports experience. Honesty can be hard to take sometimes, but it is the best way for us to develop a competitive program.

We can make your son/daughter a stronger, fitter, better technical rower, but we can't make him/her want it. We are looking for athletes who are team players and understand that the team comes first. This is a demanding, yet highly rewarding, sport and the athletes won't enjoy it without the passion to want to be their best.



ROWING POLICIES AND COMPLIANCE

PHRA is a member of Florida Scholastic Rowing Association (FSRA) and USRowing and follows the guidelines and by-laws of these entities regarding race, color, religion, and gender identity.

PHRA also adheres to FSRA rules governing the recruitment of athletes and as such will never actively recruit athletes from another team.

For more details on these policies/guidelines, see: www.floridarowing.org (FSRA), www.usrowing.org/governance (USRowing)

PHRA FORMS AND COMPLIANCE

Due by the end of August or within one week of starting.

The forms necessary to participate as a PHRA athlete should be returned to the boathouse and are available on the PHRA website, www.planthighrowing.com, under “[Resources/Forms and Waivers](#)”

Please turn in to Coach at the Boathouse or on [Google Classroom](#).

FSRA COMPLIANCE

Due by end of Fall Season or 1 week after starting.

- [FSRA Waiver](#): (type “Plant” if Plant student, or “Palm River Training” if non- Plant student.)
- **Current school year document:-** Transcript, must be dated and show school and grade level.
- **Date of Birth Documentation:** (examples: school info page, birth certificate, passport, driver’s license, etc.). NOTE: DOB is not required from returning Sophmores or higher, homeschool and virtual students.

USROWING COMPLIANCE

Due by October 15th or before racing

We will purchase a USRowing Basic Membership for your athlete, after which you will need to log in to your new USRowing account to agree to their digital waiver. When we create the account, we use the main email address you registered with our team, unless you prefer we use a different one.



HOW WE ACCOMPLISH OUR MISSION

The values PHRA maintains and teaches in pursuit of this mission are:

Inclusivity --- Commitment --- Sacrifice --- Integrity

INCLUSIVITY

PHRA welcomes all students of H.B. Plant High School to participate in rowing. In addition, our Middle School program provides an opportunity for all middle school students in the bay area to train and compete. PHRA does not “cut” an athlete from rowing. Striking the balance of inclusiveness and being nationally competitive provides student-athletes with unparalleled opportunities for learning and growth.

COMMITMENT

The nature of rowing means that, unlike other sports, the absence of one athlete usually means eight others cannot row or practice. Additionally, in order to run smoothly PHRA relies on volunteer support. Rowing should not become an athlete’s entire life. However, athletes and families should commit to practice, racing, and volunteering – and then meet those commitments.

SACRIFICE

Success in any sport requires athletes to sacrifice themselves for the team. Similarly, for PHRA to accomplish its mission, maintain its values, and meet commitments – sacrifice is necessary. Giving one’s time is the primary sacrifice required to facilitate the rowing program.

INTEGRITY

Is more than simple honesty. Integrity means weaving inclusivity, commitment and sacrifice into all aspects of PHRA activity. In other words, PHRA integrates its values into all its activities.



PHRA 2025-2026 FEE SCHEDULE/ TRAVEL INFORMATION

Fees are based on estimating normal day-to-day operating costs for the program, including coaches' salaries, regatta fees, insurance, equipment maintenance, launch fuel, etc. Basic travel and food/snack costs for local regattas are also included, above what is donated to our hospitality program.

FALL SEMESTER

Includes transportation and overnight stay at HOTS, meals, regatta fees and USRowing Basic Membership:

- Varsity/Novice Fee: \$1260 (\$315/month billed in Sept., Oct., Nov., & Dec.)

SPRING SEMESTER

Includes meals, regatta fees and USRowing Basic Membership:

- Varsity/Novice Fee: \$1260 (\$315/month billed in Jan., Feb., March, & April) The spring fee is subject to change depending on how our budget factors are tracking through the fall season.

PHRA will collect team dues by charging the credit card on file on *the 1st business day of each month*.

You may change cards by signing into your account on our website; on the left side, go to "My Account" then navigate to the "Payment Setup" tab under "Account Info."

- Dues not paid by the 10th of the month—An email is sent to the account contact.
- Dues not paid by the 15th of the month—The athlete is held off the water and a note is sent home.
- Dues not paid by the 1st of the following month—The athlete will not be allowed to participate until balance is paid in full.
- All dues/fees must be paid in full, no outstanding balance, prior to an athlete participating in a regatta and/or out of town travel.

CHAPERONED TRANSPORTATION

Hotels and Charter buses are provided for the Head of the South in the Fall. Athletes are expected to travel and room together with teammates at those events.

POST SEASON EVENTS

We do NOT include costs for athletes who qualify for SRAA National Championships nor any Regional or National Championships after States in April.

Contact controller@PlantHighRowing.com with questions.

Financial Scholarships are available for those in need by contacting: president@PlantHighRowing.com.

FUNDRAISING & VOLUNTEER OBLIGATION

Every family has a \$400/year fundraising obligation. You can fulfill this obligation through participation in events like our Pancake Breakfast and Ergathon. Funds raised through your family obligation will be combined with other monies raised to provide for the long-term health of our rowing program, including the purchase of new equipment as needed.

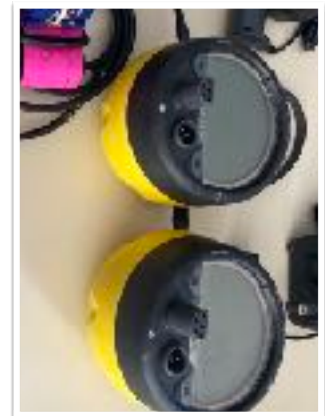
Every family has a Volunteer obligation of at least 9 hours/family/semester. There are many opportunities to volunteer throughout the year, and PHRA strongly encourages at least one shore patrol shift/semester to be included in your hours. Our team cannot function without your help! Fall volunteer hours are to be completed by Dec. 17th and Spring volunteer hours to be completed by April 30th. For required hours not completed by these dates, a family will be assessed a noncompliance penalty of \$75 per missing hour on their account. Once assessed, these fees must be paid in accordance with our normal payment procedures, including removal from the water for nonpayment.

PHRA WISH LIST

In the past six years PHRA has had anywhere from 90 to 140 rowers on the team. We continually evaluate our equipment for repairs and upgrades, in order to give every competitive advantage to our rowers, during practices as well as at scrimmages and regattas. To do so means we often need to purchase items noted below. Please contact our Head Coach or any of the Board Members if you would like to Donate to PHRA.

ROWING EQUIPMENT

- Speed Coach (\$399)
- Cox Box (\$500-\$1000)
- Set of eight oars (\$4400; \$550 each)
- Updated Boat Trailer (\$40-\$45k)
- New boat shoes (\$80; \$640 for an 8)
- 3 New or used singles (\$3000/boat)
- Ergs (\$900)
- Storage and Boathouse Equipment
- New or used weightlifting equipment



IMPORTANT EVENTS HAPPENING

Go to www.planthighrowing.com for the most up to date information on practice schedule,
volunteer sign up & regatta information.

FALL SEASON 2025

AUGUST

Season begins! Open House

Swim Test

Physicals and Forms Due

SEPTEMBER

All Parent Social and Parent Meeting

Middle School Starts!

Pancake Breakfast

Media Day

OCTOBER

Regatta 101 Volunteer Training for Parents

Halloween Regatta- Tampa Bypass Canal

NOVEMBER

Head of the South Regatta

Ergathon Fundraiser

Thanksgiving Break- Class Day Races

DECEMBER

Winter Sprints Regatta

Fall Send Off Potluck

SPRING SEASON 2026

JANUARY

Season Begins!

Matt Abel Speed Fiesta

FEBRUARY

Battle of the Ergs

American Youth Cup

MARCH

Spring Sprints

Spring Break

APRIL

West District Championship

Sculling State Championship

Sweep State Championship

End of Regular Season

MAY

Senior Oars Ceremony

Nationals Scrimmage

Scholastic National Championship

LOCAL RACES TAMPA BYPASS CANAL

Harney Park 7117 N US HWY 301

SARASOTA RACES NATHAN BENDERSON PARK

5851 Nathan Benderson Cr., 34235

OUR BOATHOUSE

5601 E. Washington St. Tampa, FL 33619

WAYS TO STAY INFORMED!

PHRA website (TeamUnify): www.planthighrowing.com Sign in to get the full benefit of the site. This is the primary way to keep up to date on team activities and access all team information.

WEB SITE TIPS

Contact Information for our head coach, board, & major committee members can be found under the “About Us” link on the home page.

“My Account”: Once signed in, you can click this under your name to update your personal information including payment setup and email addresses.

“FOR PARENTS”: Find links to dues structure, carpools, Remind Group links and forms and waivers.

“TEAM”: Practice and race calendars as well as attendance info can be found here (including the link for reporting absences). You can also order team gear and view team photos via our password protected SmugMug account.

“VOLUNTEER”: Find the sign up link, calendar, and instructions for shore patrol here.

“CONTACT US”: This is a quick listing of important email and mailing addresses for Plant Crew.

SOCIAL MEDIA

Instagram: Follow @planthighrowing for updates and fun media shoutouts!

Facebook: Follow www.facebook.com/planthighrowing for general team information.

Regatta Central: www.regattacentral.com website to locate heat sheets, results, & general regatta information for races around the country (including ours here in Tampa!).



ACCOMPLISHMENTS & ACCOLADES

OVERALL:

Plant has one of the top High School Rowing teams in the State of Florida and regularly finishes in the top 3 on a Statewide basis. This is out of over 80 schools and clubs with High School competitive rowing

STATE OF FLORIDA ROWING CHAMPIONSHIPS (FSRA)

Women's Varsity Eight (Julie Scott Trophy) 2009, 2013

Men's Varsity Quad (Golden Blades Cup) 2014

Men's Varsity Quad (Dr. Hector Ortiz Cup) 2018

Women's Varsity Quad (Jon Thaxton Cup) 2014, 2015, 2016, 2017, 2019, 2022, 2021, 2023

Women's Lightweight Quad (Florida Scholastic Cup) 2014, 2015, 2016, 2019

Women's Lightweight Single (Woman's Leadership Cup) 2015, 2023, 2024

Men's Junior Eight (Mark Frampton Cup) 2016

Women's Junior Eight (Joseph "Okie" O'Conner Cup) 2012, 2013, 2018

Women's Junior Quad (Bulldog Cup) 2014, 2015, 2016, 2017, 2018, 2019

Women's Junior Four (Doug Davis Cup) 2023

Women's 2nd Varsity Eight (Florida Scholastic Trophy) 2008, 2009, 2010, 2013, 2015

Women's 1st Freshman Eight (Riedeburg Cup) 2006, 2010, 2012, 2013, 2014, 2016

Women's 2nd Freshman Eight (Florida Scholastic Trophy) 2016, 2017

Men's 2nd Freshman Eight (Jacob LaJeunesse Trophy) 2023

Women's Freshman Quad (Jorge Rodriguez Cup) 2016, 2017, 2018, 2019, 2021, 2022, 2023

Men's 3rd Varsity Eight (Jake Snyder Cup) 2014

Women's 3rd Varsity Eight (Thomas Lineberry Cup) 2008, 2009

Men's 4th Varsity Eight (Florida Scholarship Trophy) 2014

Women's Freshman Four (Dragonfly Cup) 2021

Men's Lightweight Four (The Osprey Cup) 2021

Men's Lightweight Four (David Schumacher Cup) 2021

YOUTH STATE CHAMPIONSHIPS

Women's Varsity Eight (Bram Fowler Cup) 2009

Men's Junior Eight (Dr. Ronald W. Shane Trophy) 2016

Women's Junior Quad (Beyer-Gant Cup) 2016

Women's 2nd Varsity Eight (Hope Cup) 2009, 2015

Women's 1st Freshman Eight (Southbay Rowing Cup) 2006, 2012, 2013

Women's 3rd Varsity Eight (The Hammer Cup) 2008, 2009

Women's Freshman Quad (Elaine Roden Trophy) 2022

TEAM STATE CHAMPIONSHIPS

Overall Team Points - Sculling (Robert Negaard Trophy) 2014 - 2023

Women's Team Points - Sweep (Florida State Trophy) 2009, 2013

Women's Team Points - Sculling (Golden Panther Trophy) 2018 - 2025

Men's Team Points (Swift Racing Trophy) 2018

SCHOLASTIC NATIONAL CHAMPIONSHIP (SRAA)

SILVER NATIONAL MEDALIST

Women's 2nd Varsity Eight 2015

Men's Junior Quad 2017

Men's Lightweight Four 2021

Women's Freshman Quad 2023

BRONZE NATIONAL MEDALIST

Men's Junior Quad 2009

Men's Lightweight Eight 2013

ADDITIONAL NATIONAL CHAMPIONSHIP FINISHES

Women's Varsity Eight, 9th 2017

Women's Freshman Eight, 11th 2017; 6th 2019

*All 2020 Championship Regattas were cancelled due to the Covid 19 Pandemic.

PHRA WOULD LIKE TO THANK

Susan Lucas for her spectacular job as 2024-2025 President

Jim Brockman for his hard work and dedication as the Plant Crew Club's faculty advisor

All our parent volunteers for the many, many hours donated to our team

Our coaches for their patience and dedication to the success of our team

Our athletes for their perseverance and commitment to the team throughout the school year

Steve Blaschka and Missie Hendry and the TBCRC for facilitating the Palm River Rowing Center

Southwest Florida Water Management District for their support of rowing in our community

GLOSSARY OF ROWING TERMS

BLADE: The end of an oar opposite the handle. The blade is the broad, flat part of an oar that helps the oar lock into the water and leverage the boat.

BOW: The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow who crosses the finish line first.

BOWBALL: The rubber ball attached to the very tip of a boat to provide protection for both the boat and anything it may bump.

BOW COXED BOAT: A shell in which the coxswain is near the bow instead of the stern. It's hard to see the coxswain in this type of boat, because only his head is visible. The coxswain lying down in the bow reduces wind resistance, and the weight distribution is better.

BUTTON: A wide collar on the oar that keeps it from slipping through the oarlock. Usually referred to as the collar.

CLUB: A rowing program not affiliated with any one school, but rather a region, town, or city.

COXSWAIN: Person who steers the shell and is the on-the-water coach for the crew.

CRAB: A crab occurs when an oar remains in the water at the finish of a stroke and is not removed. Such an occurrence destabilizes, and often stops the run of a boat. Though occasionally the mistake of one rower, crabs are most often the result of poor rowing by a crew.

CREW: A boat of rowers, and possibly a coxswain. Also, "crew" can refer to an entire rowing program. Though often said, no one "does crew". That is like someone saying, "I do baseball team." Appropriate use of the term would be: "I am on the crew." Rowers do not "play crew" or "row crew". While other athletes may play a sport ("I play football"), rowers simply row ("I row"). "Crewing" is not a word; "Rowing" is a word. The fastest way to sound intelligent about rowing is to master these terms.

DECK: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic. Also, the part of a boat between the gunnels on which rowers sit.

DOUBLE: A two-rower boat in which each rower uses two oars. See also "Sculling".

EIGHT: An eight-oared shell in which each of the eight rowers uses one oar. The fastest of all commonly rowed boats. Symbolized as: 8+ (the "+" indicates a coxswain in the boat.)

ERGOMETER: Rowers call it an "erg." It's a rowing machine that closely approximates the actual rowing motion. The rowers' choice is the Concept II, which utilizes a fly-

wheel and a digital readout so that the rower can measure his "strokes per minute" and the distance covered.

FEATHER: Turning the handle of the oars so that the blade is parallel to the surface of the water.

FIN: The triangular shaped piece that extends down from the "hull" for steering and stabilization of a boat.

FISA: Short for Federation Internationale des Societes d'Aviron. The international governing body for the sport of rowing in the world, established in 1892.

FIRST VARSITY: The top fastest combination of rowers and a coxswain in a four-oared or eight-oared boat. Plant primarily rows eights, so the top boat is the "First Varsity 8" or "1V".

FOOTBOARD: The footboard is the platform against which rowers push with their feet and legs when leveraging an oar to move the boat.

FOOT STRETCHER: The foot stretcher holds the footboard, which hold the shoes.

FOUR: A four-oared shell in which each of the four rowers uses one oar. Symbolized as: 4+ (with a coxswain) or 4- (without a coxswain).

FSRA: The Florida Scholastic Rowing Association. This organization governs high school and junior clubs rowing in Florida and hosts the State Championships.

GATE: The bar across the oarlock that holds the oar.

GERMAN RIGGING: A different way of setting up which side of the boat the oars are on in a sweep boat. Instead of alternating from side to side, in a German rigged boat two consecutive rowers have oars on the same side.

GUNNEL: The side of a boat that is out of water. The sides of a boat that are in the water is the "hull."

HANDLE: The end of an oar, by which a rower grips and manipulates the shaft and blade.

HEAD RACE: A long race (over 2 miles) in which crews are started one at a time. Winners and the place of a crew is determined by the time it takes a crew to finish.

HULL: The sides (and bottom) of a boat in the water. The gunnels are the sides of the boat out of the water

JUNIOR: A rower 18 years of age or younger.

LIGHTWEIGHT: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

NOVICE: A new rower who has been rowing less than one year. A novice can be any age or grade.

OAR: Used to drive the boat forward: rowers do NOT use paddles. Paddles are for people who have not figured the mechanical advantage of using a lever, and also one's entire body, to move a boat.

OARLOCK: An oarlock is attached to a pin. The oarlock holds the oar against the pin so that together they can act as a lever and fulcrum.

PIN: The pin is held in place by the rigger. The pin is the fulcrum used, with an oar as a lever, to move a boat.

PORT: Left side of the boat, while facing forward, in the direction of the movement.

PR: "PR" stands for "personal record". Athletes also use "PB" for "personal best".

REPECHAGE: The second-chance race which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

RIGGER: The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

ROWING: The physical act of moving a boat across water using an oar in an oarlock as a lever. An oar "blade" is placed in the water with oar "shaft" resting in the "oarlock" (and against the "pin") midway down the "shaft". With the "pin" acting as a fulcrum, the oar is pulled by the oar "handle, there- by using the mechanical advantage of a lever and fulcrum system to move the boat. Rowing is NOT paddling; paddling does not employ the efficiency of mechanical advantage.

RUDDER: The rudder steers a boat. It is most often directly adjacent to the fin (or "skag").

RUN: The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

SCHOLASTIC: This term refers to rowing teams whose athletes come from one high school (public or private).

SCULLING: One of the two disciplines of rowing – the one where scullers use two oars or sculls.

SEAT: The moveable platform on the deck inside a boat on which rowers sit. The moving nature of the seat allows rowers to use their legs as well as their back and arms.

SHAFT: A long, cylindrical part of an oar.

SHELL: Can be used interchangeably with "boat".

SHIRT: The traditional uniform of rowers is the racing shirt. Among established or traditional crew, shirts are bet at races and then won or lost.

SHOES: Shoes hold rowers feet against the "footboard".

SINGLE: A boat rowed by one rower with two oars. The slowest of all boats commonly rowed. Symbolized by: 1x

SKAG: See "fin."

SLIDE: The set of runners for the wheels of each seat in the boat.

SPRINT RACE: A standard rowing race. Like a swimming or track race, crews are placed in lanes next to each other. The crews start at the same time and race in a straight line to the finish. Sprint races are usually 1500m or 2000m.

SQUARE: A blade in perpendicular position to the surface of the water. A blade must be "square" in the water for the oar to leverage and move the boat. A blade that is "feathered" is good out of the water, but useless in leveraging a boat. See also "feather."

SRAA: The Scholastic Rowing Association of America governs and facilitates national rowing among high school programs. Clubs do not participate in SRAA events. See also "Club" and "Scholastic."

STARBOARD: Right side of the boat, while facing forward, in the direction of movement.

STERN: The rear of the boat.

STRAIGHT: Refers to a shell without a coxswain i.e. a straight four or straight pair.

STRETCHER OR FOOTSTRETCHER: Where the rower's feet go. The stretcher consists of two inclined footrests that hold the rower's shoes. The rower's shoes are bolted into the footrests.

STROKE: The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

STROKECOACH: A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.

SWEEP: One of the two disciplines of rowing – the one where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

SWFWMD: The Southwest Florida Water Management District does what its name suggests: it manages and protects the waterways for southwest Florida.

SWING: The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

TBCRC: The Tampa By-Pass Canal Rowing Committee. The TBCRC facilitates rowing on SWFWMD properties in Hills- borough County.

USROWING: The national governing body of rowing in the United States.