

Crew Program Objectives

Q: What is the point of crew? A: To make the boat go fast!

Check off each objective as you teach your new rowers or as you learn it!



1. _____ Rowers will understand and abide by the posted safety rules in the boathouse. It is the coaches' responsibility to go through safety information with each rower and have them sign that they understand before they go on the water!

2. Rowers will be able to correctly prepare for a row including:

_____ a. Understand how to carry out the launches and oars and where to put them on the dock.

_____ b. Correctly identifying the port and starboard oars and positions in a shell as well as recognize parts of the shell like rigger, oarlock, foot stretcher and gunwales.

_____ c. Properly carry boats in and out of the boathouse following coaches and later coxswain commands like "hands on", "down to waist" and "let it run/way enough" etc.

*Note: shells should be carried out of the boathouse at shoulders, not over heads.

*Rowers should NEVER step over a shell on the floor. They should walk around.

_____ d. Rowers should know how to get into the boat and reasons for certain rules including: **put out oars before boarding, only step on the white strip** and never in the hull, **never standing inside a rigger**, and **not leaving the dock until the coach is ready** with the launch running.

_____ e. Rowers will understand the need for **haste on the dock** and to be considerate to other crews trying to launch and land.

3. Rowers will understand and be able to perform basic actions to maneuver the boat including:

_____ a. **setting the boat** by holding oar flat on the water supported by knees.

_____ b. all 8 "**check it down**" or "hold water" to stop a moving boat quickly.

_____ c. **backing** with one side or a pair for steering or backing up.

_____ d. Crabbing and **recovering from a crab** (feather the blade, lie down and put it in front)

_____ d. pulling harder or softer on port or starboard on the call of the coxswain for steering.

_____ e. basic starting from the catch or finish based on coxswain's call

_____ f. start sequences with partial slide strokes (later in the season or for experienced rowers)

4. Rowers will be familiar with and able to perform typical rowing drills and positions on ergs or on the water including:

_____ a. **The catch and the finish** positions

_____ b. **The pick drill** by 4's or 6's (at finish position: arms only, arms and swing, partial slide, full stroke)

_____ c. **Reverse pick drill** by 4's or 6's (legs only, legs and swing, full stroke)

_____ d. **Pauses** at finish, arms away, arms and body over, and ½ slide.

_____ e. **outside arm only** (block blade)

_____ f. **inside arm** only (feathering)

_____ g. **feathering with inside hand only** (outside wrist flat and hand loose)

_____ h. placement or catch drills (boat at a full stop)

5. Rowers will be able to row full strokes in unison.

- _____ a. 4 rowers rowing full strokes together. (on the block and later feathering)
- _____ b. 6 rowers rowing full strokes together (on the block and later feathering)
- _____ c. 8 rowers rowing full strokes together (feathering and later on the block)

6. Rowers will be familiar with elements of boat speed including:

- _____ a. catching together
- _____ b. ratio with slow slides and quick drive through the water
- _____ c. stroke ratings (novices should start out rowing around 18 or 20 and work on bringing the rate lower while increasing boat speed: GOAL: row all eight at a 16spm or lower)
- _____ d. length of the stroke in the water (keep stroke length long without over-reaching or too much lay back: GOAL: twist so that hands come out over the rigger)
- _____ e. boat “run” (the distance between the puddle of 2 seat and the catch of the stroke)
- _____ f. split times on the erg machine
- _____ g. Power 10s
- _____ h. Starts and Gliding ☺



NOTES/Things You need to work on/Things you learned: