



Glossary of rowing terms

Rowing has its own terminology which must be learned in order to communicate effectively. Even words such as left and right are different and boats are sometimes called shells. In a sweep boat, each rower has one oar, in a sculling boat, each rower has two oars, one on each side of the boat.

In this glossary, the Dutch word or term is given in the left-most column, the middle column gives the English term and the right-most column is the explanation.

Parts of the boat and general terms

Nederlandse term	English term	Explanation
Achtersteven	Stern	The rear section of a shell.
Bakboordzijde	Port or Portside (US)	The left side of the boat when facing forward.
Bankje	Seat	Molded seat mounted on wheels.
Blad	Blade / spoon	The end of the oar which enters the water. Usually painted in the colors of the club represented by the athlete.
Boeg (roeier)	Bow or bow seat	The rower closest to the front or bow of a multi-person shell. In coxless boats, often the person who keeps an eye on the water behind him to avoid accidents
Boegen		rowers on the front side of the boat
Bokje, singel, schraag	Trestles	Portable stands used to support a boat for rigging, washing, admiring etc.
Boord	Gunwales (pronounced: gunnels)	The top rail of the shell (also called Saxboard)
Dol	Oar lock / swivel	The U shaped plastic rotating piece mounted on the pin in which the oar sits whilst rowing.
Dolklep	Gate	The metal bar, tightened by a screw that closes over the oarlock / swivel to secure oar.
Handle	Handle	The part of the oar that the rowers hold and pull with during the stroke.
Huid	Hull	The actual body of the shell.
Instapplankje	Step	The place where one's feet should go when entering a boat.
Karretje		Low cart to wheel the boat in the boat house.
Kielbalk	Keel	The backbone of the boat, running down the center of the hull, to which the ribs are attached.



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Kraag	Collar / oar button	A flange plastic ring / fitting on top of the sleeve, which prevent the oar from sliding through the oarlock
Landvast	Mooring line	Lines / ropes to fix the boat to fittings such as bollards, rings, and cleats on the quay.
Manchet	Sleeve	Plastic sleeve fixed around the shaft of the oar, where the oar button/collar is attached.
Nummering van de roeiers in de boot	Seat number	A rower's position in the boat counting up from the bow. In an eight, the person closest to the bow of the boat is "bow," the next is 2, followed by 3, 4, 5, 6, 7 and finally 8 or "stroke." In certain countries the seats are numbered the opposite way, from stroke up to bow.
Pikhaak	Boat hook	A hook attached to a pole used for pulling or pushing boats, rafts, logs or other objects to or from the side of a boat.
Riemen	Oars (sweep rowing)/ sculls (sculling)	Lever used to propel a rowing boat (sometimes also called 'blade').
Rigger	Rigger	Metal outriggers attached to the boat outer shell of the boat next to each seat that support the swivel and the pin.
Roer	Rudder	Device used to steer the boat via attached cables.
Slag	Stroke or stroke seat	The rower closest to the stern of the boat, responsible for the stroke rate and rhythm.
Slagen		Rowers closest to the stern of the boat
Sliding	Slides / tracks	Two metal runners on which the seat travels.
Spant	Rib	The (wooden) skeleton of the boat.
Stuur	Cox or coxswain	The member who sits in the stern (except in bowloaders) facing the bow who is responsible for steering the boat.
Stuurboordzijde	Starboard or starboard side	The right side of the boat when facing forward..
Stuurtoewtje	Rudder cable	A Cable or rope which a coxswain pulls or pushes to turn the rudder to change the direction of the boat.
Taftje	Canvas	The covered section of the boat that is from the bow to the open area (where the athlete sits) and from the open area to the stern.
Vinnetje	Skeg / fin	Thin piece of flat metal or plastic that helps stabilize the shell in the water.
Voetenboord	Foot stretcher	An adjustable footplate which allows the rower to



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		easily adjust his or her physical position relative to the slide and the oarlock.
Voorsteven of punt	Bow	The front section of a shell.

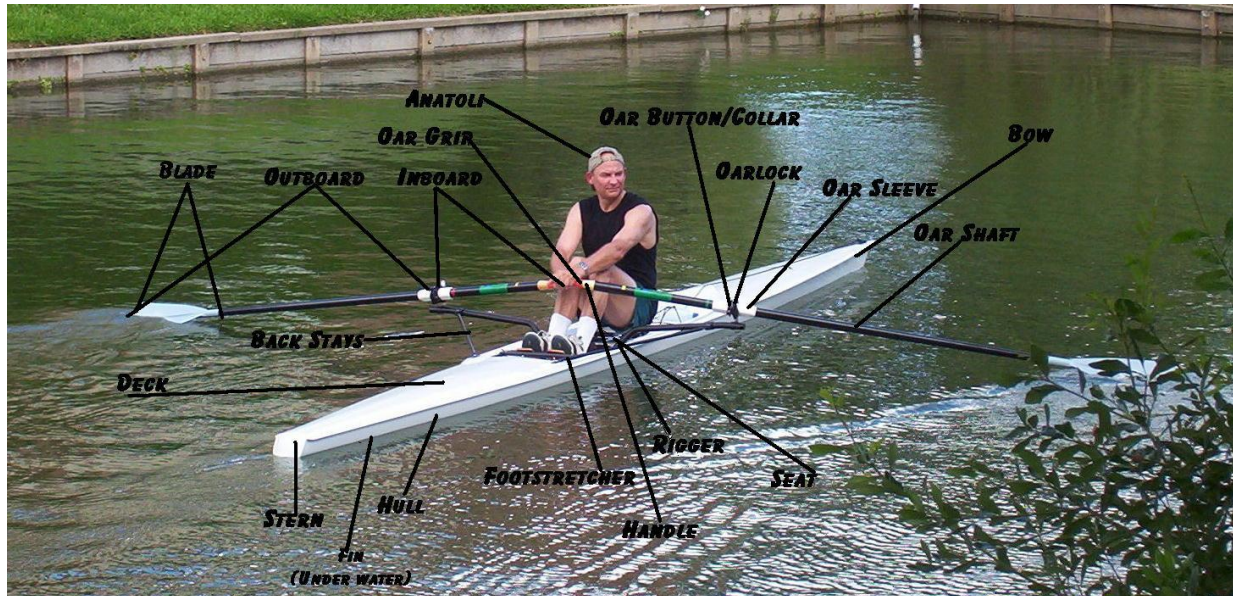


Figure Parts of your boat and oars

http://www.adirondackrowing.com/not_sure_you_know_the_lingo_of_y.htm

The Commands

Commands to bring the boat out

Aan de boorden	Hands on, ready to lift	The rowers position themselves to lift the boat
In de spanten		The rowers put their hands on the ribs to lift the boat
Tillen gelijk, nu		Lift the boat

Commands for getting in the boat and leaving the bank ("het vlot") and to start rowing

Instappen gelijk, een, twee, drie	Sit in, one, two, three	Before getting in one holds both handles in the right hand, pushing the collar against the oarlock with the (portside) blade floating on the water. At "one" one places the right foot on the step. At "two" one places the left foot inside the boat and on the foot stretcher. At "three" one sits down on the seat, right foot on the foot stretcher.
Overslagen dichtdraaien	Close the gates.	
Uitzetten gelijk	Hands out	Push the boat away from the bank



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Peddelend strijken		Make small back down movements to move away from the bank
Breng maar uit		Put both oars in the right position
Slagklaar maken	Back stop	Rowers move to the front of the sliding in the catch position. Arms extended fully forward. Position to start rowing. Blades float on the water.
Slagklaar	Ready all	Blades float vertically (squared) in the water
Af	Go	Start rowing

Commands to stop rowing

Laat lopen	Let it run	The command "laat" is given at the moment the rowers put the blade in the water (catch). The command "lopen" is given at the moment the blades leave the water (release/extraction).
Bedankt	Easy off	Blades horizontally on the water.
Vastroeien	Check her down now	Rotate blades from horizontal position to vertical position in the water to reduce speed.
Stoppen	Stop	Rotate blades from horizontal position to vertical position in the water to reduce speed in the position to start back down movement (rowing backwards)
Houden	Hold	Rowers keep boat in same position
Strijken	Back down	Opposite movement of stroke. Rowing backwards.

Commands to turn the boat

Rondmaken over bakboord/stuurboord		Spin turn port go/starboard go
Bedankt	Easy off	Stop previous movement. Blades in horizontal position, floating on water.
Halen bakboord/stuurboord	Stroke port/starboard	
Strijken bakboord/stuurboord	Back down port/starboard	
Bakboord/stuurboord best	Strong on port side/starboard side.	Stronger stroke on port or starboard side.
best bedankt	Easy off	Normal stroke again on both sides

Commands to land the boat

Slippen stuurboord	Blades along starboard side	Move blades on starboard side alongside the boat. Move the body slightly backwards
Riemen hoog stuurboord	Starboard oars high	
Vastroeien bakboord	Check her down port side	



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Commands to get out the boat

Uitstappen gelijk nu, een, twee, drie	Disembark now, one, two, three	At "one" right foot on the step. At "two" left foot outside the boat, placing it on the bank, pushing the body upwards. At "three" right foot on the bank, moving the portside oar inwards to the bank.
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The rowing stroke

Inpik	Catch	The rower reaches the stern-most point of the slide, the end of the recovery, and the shins are vertical, the blade is quickly and smoothly dropped into the water by a slight lifting of the hands. and the drive begins. Rowers conceptualize the oar blade as 'catching' or grabbing hold of the water.
Haal / doorhaal	Drive	The propulsive portion of the stroke from the time the oar blade enters the water ('catch') until it is removed from the water ('release'). The legs extend, the back opens and the handles are drawn to the body
Uittrappen	Leg Drive	The rower begins to lever the boat past the blade by straightening the legs while the body remains leaned forward and the arms straight
Rugzwaai	The draw	Additional power is applied by opening up the back towards the bow of the boat
Eindhaal	Finish	The last part of the stroke where the blade handle is drawn in to the body just before the oar is taken from the water (release).
	Lay-back	What the rowers have when they sit with their legs flat and lean towards the bow of the boat with their body.
Uitpik	Release / extraction	At the end of the drive portion of the stroke when the blade is removed from the water by application of downward pressure to the handle.
Recover	Recovery	The part of the stroke phase between the extraction and the beginning or catch when the blade is out of the water.
Klippen	Feather	To turn the oar so that its blade is parallel with the water (opposite of square). This is the position of the blade spoon for the recovery section of the stroke.
Wegzetten	Hands away	Extending your arms after the release, pushing the oar away from his or her body
Inbuigen	Body over	Lean your body forward (pivot point in the hips),



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		the legs are still straight (body prep)
Oprijden		The rower bends the legs, bringing the sliding seat forward (i.e. toward the stern) on its rollers
Terugklippen	Square or squaring	To turn the oar so that the spoon is at 90 degrees to the water. This action should be done early during the recovery to ensure good preparation for the catch.
Haal	Stroke	Complete rowing cycle