



ERA Family Manual

2026

New Parent Manual.....	2
History of the Everett Rowing Association.....	2
US Rowing.....	4
Safe Sport Certification.....	5
Regatta Central.....	5
iCrew.....	5
Regatta Results.....	5
Everett Rowing Association.....	6
TeamSnap.....	6
Communication.....	6
ERA Fundraisers.....	7
Booster Fundraisers.....	7
Spring Fundraiser.....	7
A ROWING PRIMER.....	8
ERA and Rowing Traditions.....	13
Regatta Preparedness for Parents and Athletes.....	13
Volunteering.....	15
Glossary of Rowing Terms.....	16
Boat / Race Designations.....	21
Regatta Day Schedules.....	24

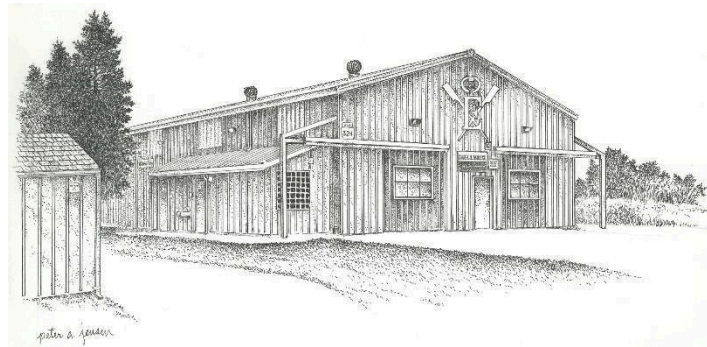
New Parent Manual

Your child is in for an incredible experience. And so are you. Rowing is a physically and mentally challenging sport that demands the support of teammates and family.

What can you expect?

If this is your first experience with rowing, it's natural to be overwhelmed by unfamiliar terms and the newness of a truly different sport.

This manual was prepared with the input of many parents over the years. Our goal is to provide you with the information you need for a stress-free season. This document should be combined with our Youth Program Policy Manual, Safety Manual and General Membership Manual to provide you with a comprehensive overview of our policies and procedures.



History of the Everett Rowing Association

Langus Park, dedicated in September of 1988, is located along the Snohomish River in Everett, Washington. Riverside trails, a boat launch and picnic area make the park a vibrant asset to community life. The park is named for William Langus, Sr. (1917-1997), an Everett City Councilman for 24 years. Langus was instrumental in the development of this park, as well as Kasch park and Jetty Island. As a sponsor of Medic One, the Everett Vietnam Memorial and the Everett Senior Center, Langus' efforts contributed to the betterment of the Everett Community. Among his many good deeds for this community, Langus was especially proud of his work that touched the lives of youth and seniors.

The Everett Rowing Association Boathouse, dedicated in February of 1991, is the home of the Everett Rowing Association. The association was founded in 1982 by a group led by Martin Beyer and Lynn Dykgraaf. Beyer and Dykgraaf inspired the community's efforts in acquiring boats and, in June of 1984, a small boathouse. The club, now associated with the Everett Parks Department, hosted the United States Women's Olympic Rowing Team in the summer of 1984. At the Los Angeles Olympiad, the women's eight-oared shell won the Gold Medal after training on the flat water of the Snohomish River.

Dick and Irma Erickson brought their considerable experience in the sport of rowing to bear in the following years of growth. Dick Erickson (1936 – 2001), rowing coach of the University of Washington

from 1968-87, brought needed equipment, valuable knowledge, and unequalled inspiration to the association. Robert and Barbara Cummins were instrumental in leading the association to the highest levels of competition.

The Everett Rowing Association, still affiliated with the Everett Parks Department, has continued to grow, and develop. The Association supports all levels of rowing, from recreational to competitive. The Association fields a competitive Masters Team in addition to the Youth Rowing Team. The Junior Rowing team is composed of high school student-athletes from Snohomish and King County. The Everett Rowing Association has not only brought national recognition to the City of Everett but has provided a valuable experience to the Everett community.

Everett Rowing Organization

- a. Teams and Coaches
 - . Varsity
 - . Junior Varsity
 - . Novice
 - . Middle School
 - . Adult
- a. Administration
 - . Executive Director – Jon Campaña
 - 1. Organizational leadership
 - 2. All-team communications
 - . Program Administrator & Events Manager
 - 1. Payments, registrations
 - 2. Regatta and travel logistics
- c. ERA Board of Directors
 - . ERA Board President - [Brinnie Ramsey](#)
 - . ERA Board Treasurer - Eric Schwager
 - . Board members
 - 1. Chasen Cunitz
 - 2. Amy Sorter
 - 3. [Jackie D'Souza](#)
 - 4. Alex Lund
 - 5. Chase Barrows
 - 6. Brian Poissant - Booster President
 - 7. Men's Co-Captains (2)
 - 8. Women's Co-Captains (2)

ERA Boosters

The ERA Boosters are a volunteer group that organize, deliver, and maintain the catering for athletes at regattas as its primary mission. We manage a 14' trailer that is an entire "restaurant on wheels". Meals are provided at regattas for registered athletes and food tent volunteers at no charge, and often included full breakfast, and lunch options. Past menus included pancakes, bacon & eggs, spaghetti, and Teriyaki Chicken. At all events there is always a selection of fruits, proteins and snacks.

Additionally, the boosters have recently attempted to support the organization of carpools.

Accounts and Registration

Athletes register each season for programming at www.everettrowing.com. Payments are flexible, and can be made in a lump sum, or in 2, 3, or 4 payments. Please see the [Youth Program Policy Manual](#) for more information about our financial aid program, as we make every effort to ensure that cost is not a barrier to participation.

The registration fee covers costs such as coaching, equipment, boathouse use, and participation in local county-based regattas. In addition to registration fees, the certain teams will train to compete in Regional and National regattas at an additional cost. These are generally the Novice, JV, and Varsity teams. Again, please contact admin@everettrowing.com for any questions on financial options available to athletes.

Carpool Assistance

During registration, you'll have the option to share your contact information for carpooling purposes. This initiative—organized by our Boosters—is designed to make travel easier between key areas in Snohomish County and the Boathouse at Langus Park (and Silver Lake for Middle School rowers).

The information collected is used by our carpool coordination program to connect families who live in the same region of the county. This helps teams self-organize carpools for practices and events, reducing both travel time and transportation challenges.

If you have any questions about the carpool program, please contact boosterpresident@everettrowing.com.

US Rowing

1. Purpose: US Rowing is a nonprofit membership organization recognized by the United States Olympic & Paralympic Committee as the national governing body for the sport of rowing in the United States.
2. What can be found here: [US Rowing Welcome for Parents](#)
3. Every Novice, JV, and Varsity athlete is required to join US Rowing to participate in Regattas. At the time of this writing the cost of membership is \$25 (Basic new member). Every novice athlete needs to hold a Basic Individual membership with US Rowing. As Everett Rowing is a member of US Rowing, this requirement aligns with both our club's and the national body's requirements for membership, waiver, insurance, and safety.

Safe Sport Certification

1. The SafeSport “core” course is a nationally recognized 90-minute video training course for adults with “regular” interaction with youth athletes at Everett Rowing Association
2. NOTE: Volunteering once or twice a season this is not seen as “regular interaction”, however Everett Rowing Association policy requires all named board members to be SafeSport certified.
3. The costs are included with your membership to US Rowing.

Regatta Central

1. Purpose: Founded in 1999, they are the industry leader in regatta and rowing club management; trusted by governing bodies and organizations of all sizes.
2. Regatta central is only one of the many applications that are available for regattas to use to communicate coxswain meeting time, club registration, regatta rules, course info, and occasionally regatta results.
3. www.regattacentral.com

iCrew

<https://www.icrew.club/logon.php>

1. This is Everett Rowing’s registration and team management solution. It manages boat and oar inventory, team rosters, program registration, fee payments, document tracking.
2. Each athlete is required to have an iCrew login.
3. Additionally, coaches, and anyone working with ERA are generally required to take SafeSport certification. This is done by registering an account in iCrew and then going thru iCrew to get to the USRowing SafeSport training.

Regatta Results

On any given regatta race day, all results are generally posted to one of the following websites. Which website will be used isn’t often known or communicated in advance, so it’s a good idea to go to each of these and create bookmarks for them.

3. Regatta Central - <https://www.regattacentral.com>
4. Crew Timer - <https://www.crewtimer.com>
5. HereNow - <https://www.herenow.com>

Descriptions of programs, launch point for registration, costs, details of upcoming events. The website is public facing and free. www.everettrowing.com

Communications

Parents and athletes receive regular email updates (i.e. “The Crew Chronicles”) from the Director or designee regarding the logistics for training and competition, as well as news, information about the sport of rowing, volunteering and fundraising. Additionally, there are the following additional points of contact.

Everett Rowing Association website

<http://everettrowing.com> is the primary website for the entirety of Everett Rowing Association and the source of record that feeds other methods of communications.

ERA Booster website

<https://eraboosters.com> is the ERA Boosters website. This is where you can sign-up to volunteer, find regatta information, and generally the latest info on what to expect as a member of ERA. All of the information there covers the experiences of athlete families and offers insight .

ERA Parent Facebook Page

The Everett Rowing Parent Facebook page (“[Everett Rowing Parent Group](#)”) is a resource for questions as well as inter-parent dialogue about arrangements for travel and competition. Please subscribe to the group. When making subscription requests to the parent group, please include the name and grade of your athlete.

TeamSnap

Used by ERA Boosters (Parents) as a basic messaging (SMS/EMail) tool.

1. TeamSnap requires an invitation to join the “team”. It is Roster driven, (i.e. you enter your athlete’s information first, then align additional family contacts to the athlete). ERA uses TeamSnap as a real-time messaging app, particularly during regattas.
 1. Finding the ERA Parent Viewing Area
 2. Posting pics of the event
 3. Asking questions of other parents
2. There are two ways to get an invite to join TeamSnap
 1. Go to the ERABoosters.com website and under Community fill out the form there
 2. Send an email to boostervp@everettrowing.com

Email

Current Email addresses for the board are located on everettrowing.com, however; for most topics you can contact one of the following:

director@everettrowing.com – Club policies, procedures, boathouse operations

admin@everettrowing.com – Billing, Scholarships, Auction, club fundraisers

boosterpresident@everettrowing.com – Regattas, carpooling, general info, swag, uniforms, booster fund raising

ERA Fundraisers

- **Auction & Otter Island Regatta:**
 - o ERA has two primary fundraising events a year. The Everett Rowing Association's [Auction and Gala](#), and Otter Island regatta. Both events require a large delegation of volunteers, and sponsors to ensure their success.
- **Amazon Smile:**
 - o Shop at smile.amazon.com and Amazon will donate 0.5% of the price of eligible purchases to Everett Rowing Association, at no cost to you. Details can be found at [amazon smile](#).
- **Holiday Fundraiser:**
 - o Another annual fundraiser is the sale of evergreen wreaths, gorgeous poinsettias, and winter swags. Learn more at [Holiday Wreath Sale](#).
- **Giving Tuesday**
- **Susan G. Komen for the Cure –**
 - o Each year Everett Rowing participates in "... for the Cure" regatta to raise funds and awareness of Breast cancer. Each year a goal is set for fundraising and if met, a pink Erg is awarded to ERA. We have many Pink ERGs at our boathouse from years of success.

Booster Fundraisers

The boosters run one fund raiser each season, the proceeds of which go directly to the maintenance of the food truck and feeding the athletes at each regatta.

Fall Fundraiser

- o Holiday Goods and Housewares at Charleston Wrap

Spring Fundraiser

- Brown Bear Carwash tickets
- Direct Donations to ERA (Financial Aid, Equipment Repair)
- [Direct Donations to Boosters \(food for regattas\)](#)

A ROWING PRIMER

Rowing Seasons

Rowing has evolved to a year-round sport for participants intending to perform at the highest levels. Most athletes start by rowing 1-2 seasons per year and increase their participation as their goals in the sport evolve.

Throughout the year, the rowing calendar evolves as follows:

Summer Rowing:

Many athletes' introduction to the sport occurs during the summer season. Multiple programs are available during the summer months:

- **Middle School Camps:** Designed to introduce athletes to an unfamiliar sport in a fun learning environment.
- **High School Camps:** The summer racing camp is designed for rowers that have rowed at least one season. This camp is divided into four 2-week sessions for a total of 8 weeks @ 4 hrs./day. This summer program keeps athletes active through the summer, helps athletes progress from Middle School to Novice, Novice to JV, and JV to Varsity. It aims to enable rowers to develop their rowing skills (through rowing small boats or trying a different position in the boat). The summer camp concludes with a regional race event at Green Lake.

Fall Rowing:

Fall rowing is designed to develop aerobic endurance and improve rowing technique. The season requires a commitment of approximately 15 hours per week and 5-6 days a week. Training is often performed at lower cadence. Varsity racing is performed over 4,000-6,000-meter distances. Called "Head Races," these events are raced against the clock, with each boat looking to post their best time over a given course. Times are then sorted, and winners determined. Novices compete in head races but also can occasionally compete in 2,000-meter sprint races, where 6 boats race side by side.

Winter Training:

Winter training is designed to continue to push the training horizons during the months of December and January with dry land training. Strength and endurance training are the main components of these sessions-and require a commitment of 8-10 hours per week. These sessions are designed to maintain the team's comradery, and individual strength. This session has historically served the athlete serious about improving their fitness and performance for the spring rowing season. If water and weather conditions allow, there may be opportunities for water training.

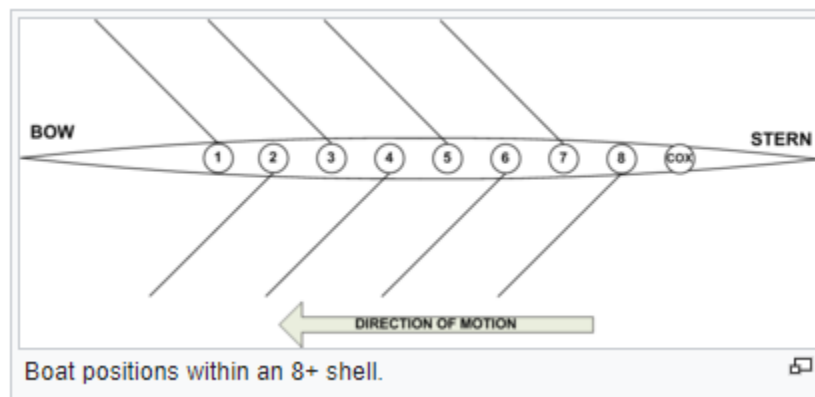
Spring Rowing:

The heart of the rowing season takes place in the spring. Rowers race a variety of sprint distances (based on training plans and venue limitations) between 1,000 and 2,000 meters. All spring races are raced "sprint" style, where boats start at one command and race 6 across and athletes race at

higher cadences. Dual meets (unofficial races) are scheduled to improve fitness and racing acumen. A series of spring Regattas (or races) are scheduled in the Puget Sound region and across the country (for top Varsity boats). Regattas usually occur on weekends in the months of April and May and are longer events with multiple teams.

Boat Positions

Each rower is numbered by boat position in ascending order from the bow to the stern (except for single sculls). The person who is seated in the first seat is always the “bow”, the closest to the stern is commonly referred to as the “stroke”. The stroke seat is responsible for keeping the rhythm / cadence of the boat. The role of a coxswain is to steer the boat, provide motivation and encouragement to the crew, inform the crew of where they are in relation to other crews, as well as the finish line, and to make any necessary race tactic calls. A boat without a cox is known as a coxless or “straight” boat.



The stern pair consists of the stroke (8) and the next rower (seven seats). Seven's role is a buffer between the stroke and the rest of the crew. It is their job to follow the rhythm of the stroke and help transmit it to the rest of the boat. Next comes the middle crew composed of 2 and 3 in a four or quad or 3, 4, 5 and 6 in an 8+. They are normally the most powerful and heaviest rowers; colloquially known as the *Fuel Tank*, *Engine Room*, *Powerhouse*, and *Big Watts*. Finally, comes the bow pair, which are the rowers closest to the bow. In boats other than an 8+, they are responsible for giving the calls to the crew. In an 8+ they are responsible for the stability of the boat (called the “set”) and are often the more technical rowers.

Rowing Physiology

Rowers are among the fittest athletes on the planet! The sport's energy requirements are broken down into 80% aerobic and 20% anaerobic energy usage during 2,000-meter racing. It is a strength endurance sport, where the athletes perform 30 – 40 repetitions (strokes) per minute of a high-resistance exercise during racing. Training is rigorous and varied based on the time of year the athletes are training. Training includes a variety of distances and intensities. Core strength is a key component to our regimen. Proper technique for rowing, as well as all our exercises are taught and refined daily. Ergometer, commonly called an erg, are used for dry land training and technique development. The ergs are used in the continuation of rower's athletic development and to assist coaches in determining boat and seat assignments

Practice

To meet the physiological demands of the sport, rowers practice...a lot. Each practice is unique and should be seen as an opportunity to improve. Daily practice components may include stretching, plyometrics, running, indoor rowing, outdoor rowing, circuit training, weightlifting, intrasquad competition, simulated racing, video review and technical lessons.

Teamwork

Teamwork is the heart of the sport. Athletes learn teamwork through shared commitment to excellence. Rowing is unique in that each athlete is truly required to contribute their maximum effort in each practice and racing to succeed.

Commitment

Attendance is critical to the success of our team, and to our athletes reaching our maximum potential. Our attendance policy is defined in our Youth Program Policy Manual. A major benefit of participation in sport is abiding by the commitment to the team, as well as to our goals as a squad and an individual.

Behavior

All athletes and their parents are expected to exercise respectful behavior and uphold the high standards of conduct, always. They will need to maintain good grades and still get plenty of sleep. You may need to remind them of priorities from time to time.

- h. [Athlete Code of Conduct](#)
- h. [Travel Athlete Code of Conduct](#)

Nutrition

Rowers have big appetites, so stock your house with good, healthy food, and plenty of it. Your rower may be burning between 4,000-6,000 calories per day. There are many good resources available for athletic families. Everett Rowing Association recommends, "[Nancy Clark's Guide to Sports Nutrition](#)."

Some tips, include:

- Stay hydrated to help eliminate injury, maximize performance, and speed up recovery.
- Eat a healthy, substantial breakfast every day.
- Eat a full lunch, as well as an easily digestible snack before practice.
- Have a post practice snack within 30 minutes of the end of practice with protein and carbs
- Avoid fast food and junk food; however, if options are limited, attempt to pick the healthier option.
- Consume vegetables, lean proteins, and whole grains for optimal performance.

Recovery

A key component to training is proper recovery from workouts. In addition to nutrition, sleep is a major element to recovery from workouts. When athletes are properly recovered, their training is maximized.

Clothing

Athletes should wear layers to practice and be prepared for multiple weather conditions every day at practice. Rowers generally wear spandex and form fitting options because there are moving parts in the boat and loose clothing tends to get caught in the wheels of the seat and on oar handles.

- Running shoes
- Extra Socks
- Trou (rowing shorts)
- Hats (for sun protection and cold weather)
- Layered outdoor performance wear.
- Avoid cotton; once wet it will remain wet.
- Quick drying, breathable, waterproof materials are preferred.

Uniforms & ERA training gear

Uniforms and training gear are ordered at specific times throughout the year through an online store by our preferred vendor, JL Racing. Notices of the store opening are posted on our homepage, on Facebook and distributed via email. We have a year-round Swag Shop found at <https://eraboosters.com/shop>

Coaches and captains will let athletes know the necessary dress code for national travel.

Sunscreen / Sunglasses

UV light is reflected on the rowers from the water in most weather, multiplying the short- and long-term effects on the health of skin and eyes. Polarized eye wear, and sunscreen are essential for reducing these effects.

Blisters

Blisters and calluses are an unfortunate part of rowing. Blisters are caused by friction between the oar handle and the soft skin of the rowers' unconditioned hands. Many are the theories and practices but here's a basic primer on care of your hands:

1. The blister is still raised and filled with fluid. Use a sterilized needle (rinse with boiling water) to pierce the blister and drain the fluid. Press the blister flat and apply some antiseptic cream. Cover with a band-aid that will protect it from being knocked but allow air to get in.
2. The top layer of skin on your blister has torn or been rubbed away leaving raw skin. Hold your hands in hot soapy water, as hot as you can stand, for as long as you can stand. This will clean the wound and gently dry out the skin. Cover with a band-aid if necessary.
3. The skin surrounding the blister looks red and inflamed. Treat as above, repeating several times during the day. If after a couple of days, it's still looking angry, get treatment from a doctor.
4. The raw skin is cracked. Apply antiseptic cream (Vaseline also works) and a band-aid to keep the skin moist and to help it heal. Suggest keeping it moist during the day and leave it open to dry overnight.
5. The new skin has formed but the old skin is torn, ragged and hardening around the edge. Trim with sharp scissors or a razor blade (yes, some use their teeth for this operation, but they're not really designed for it) until there are no flaps and the surface of your skin is uniformly smooth.
6. The blister is healed but has left a hard and raised callus. Use pumice, a file or sandpaper to reduce the thickness of the skin until the surface of your skin is uniformly smooth; this is easier after a few minutes soaking in hot water.

ERA and Rowing Traditions

- Traditionally after a team wins the race, they throw the Coxswain in the water, celebrating an important contributor to their victory.
- Pre-race team meetings where the rowers huddle and cheer for ERA.

Fundraising

- As a team, it is customary that the youth captains decide and deliver a donated item for the auction. In the past, typical items have been a handmade Bar, Dartboards, Barrel Wine Racks, and yard/garden services. These are always very popular items at the auction, as often, the teams work on the item together.
- Each team member is encouraged to participate in fundraising efforts.

College Rowing Resources

Juniors considering college, as well as the possibility of rowing in college, should check out the [College Rowing Resources](#) on the Everett Rowing Association's website.

NOTE: Title IX of the 1972 Education Amendments Act, doesn't explicitly discriminate against men's rowing, but its requirement for gender proportionality in athletic opportunities and aid means schools must offset large men's programs like football and basketball. As a result, men's rowing often loses out on varsity status and scholarship funding, while women's rowing gains support as a way for institutions to demonstrate compliance with Title IX.

Everett Rowing has alumni go on to collegiate and Olympic teams in the recent past.

Regatta Preparedness for Parents and Athletes

Scheduling

Prior to the season, descriptions of the regattas, and any available detail will be sent via email and posted online. This will include anticipated timeframes, regatta location, and transportation details. Most regattas are full day events and athletes & families should be prepared to spend the entire day (8-12 hours) on or around the racecourse. You may also see which regattas Everett Rowing Association is scheduled to attend at regattacentral.com.

More specific instructions, including drop-off location and specific race times will be sent on both Monday and Thursday before a regatta.

Before you attend a regatta, be prepared for anything and everything. The weather can change suddenly, and it's not uncommon to need warm rain gear followed by sunscreen later in the day. Plan on being at the race site for an entire day. Your rower will need to meet at a designated meeting place in the morning and then the regatta may not be finished until late in the afternoon.

Athletes are required to remain with their team at the regatta site until all equipment is loaded on to the boat trailer or they are formally dismissed by their coach. This means that end times for the athletes' participation in a Regatta is driven by the last race that the club participates in plus a couple of hours.

Some things to pack and/or prepare for to make your regatta day more comfortable:

- Portable chair
- Binoculars
- Warm clothes (including gloves/caps)
- Rain gear
- Light-weight clothing
- Sunglasses
- Sunscreen
- Blankets or sleeping bag for you or your rower to stretch out on
- Water and healthy snacks (food tent provided for rowers at most races)
- Portable Phone Charger
- Check out the regatta website for allowance of animals (some do not allow dogs)

A schedule of the day's races is usually posted at a central tent or site at each regatta. At this same location, the results are usually posted.

Booster Food Tent

One of the jobs of the Boosters is to coordinate full complementary meals for the athletes at regattas. This is only made possible by the generosity of donors and volunteers throughout the season.

Parents are asked to volunteer at the event with setup, cooking, serving and breakdown of the mobile kitchen. It is important to sign-up for volunteering as it allows the volunteer catering leads to organize the load-in, service, and load -out of a 16' food trailer.

The food tent is funded by ERA branded clothing sales and the seasonal booster fund-raising efforts and is run entirely by family volunteers. They prepare and serve full hot and cold breakfasts, and lunches to all ERA athletes throughout each event at no additional costs to the athletes. Meals in the past can range from "grab-n-go" style breakfast burritos to blueberry pancakes, scrambled eggs, sausage and assorted fruit for breakfast. Lunches have included Spaghetti and meatballs, salad, chicken teriyaki, and sandwiches. All of this requires a great deal of preparation, time and money to deliver. PLEASE take the opportunity to meet other rowing families, and help by signing up at the links found under the Volunteer section of <http://eraboosters.com>

The volunteer catering team has sent out surveys to the youth athletes to identify anyone with food preferences, allergies, and limitations. While they do their best to always have a vegetarian, and gluten free option available, they need to know about these limitations prior to the regatta. **PLEASE be sure to fill out your athletes' information for food allergies, when requested at the beginning of each season.**

Regatta T-shirts / Vendors

Most regatta hosts sell T-shirts. If you plan on buying one for your rower, do it early in the day because the size selection gets slim by the afternoon. At larger regattas, vendors sell rowing specific training gear.

Photos

If you take photos during a regatta and would like to share them, scan your best photos or send your best digital images to the director@everettrowing.com so they can be shared with the group.

Parent Hotels

The Everett Rowing Association participates in both regional and depending on performance in regionals, also national competition.

Regionals: Vancouver, WA – second weekend of May

Traditionally, the ERA Boosters have hosted their seasonal “open board meeting” the Saturday Night of regionals in Vancouver, WA. This is more of a party than a board meeting, and it has generally been a “Potluck” style event.

It is held at the Sonesta Inn and Suites on 41st Street Vancouver, Waⁿ.

Many of the athlete's parents stay at this hotel, while the athletes themselves have pre-arranged accommodations through ERA. If you are expecting to attend the NW Regionals regatta in the Spring, it is HIGHLY recommended that you reserve your hotel room at the Sonesta before February, as rates have been even lower than the group rate. If your rower is a novice, JV, or Varsity in Fall or Spring, it is very likely they will be participating in Regionals in May.

NOTE: Novice rowers cannot be promoted to JV or Varsity until they have rowed in a US Rowing regional regatta.

Annual San Diego Regatta (Fall)

Usually held on the second weekend in November with the

Volunteering

There are many opportunities for volunteers. Many of these are organized through the Booster Club. All parents are encouraged to volunteer during the year. Parents can get involved as either an occasional volunteer or as a committee chairperson. Opportunities to help or to provide leadership exist in the following areas:

- auction/other fundraising events
- media liaison

- banquet / food tent at regattas
- transportation
- chaperones
- facilities & equipment
- Other regatta logistics
- board
- Administrative roles

Please contact the boosterpresident@everettrowing.com or admin@everettrowing.com for more information on how you can support your athlete and the team with your time and expertise.

To see a list of current and upcoming volunteer opportunities please visit

<https://eraboosters.com/volunteer>

Glossary of Rowing Terms

Blade: The oar, also the end of the oar which is placed in the water.

Boathouse: A building used for storing boats.

Buoy: A floating marker that is sometimes used to lay out a racing course.

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.

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/her head is visible. Having the coxswain virtually lying down in the bow reduces wind resistance and the weight distribution is better.

Bow ball: A rubber ball that protects the boat against damage in case of a collision. **Bow:** The number 1 seat in the bow.

Button (aka: collar): A wide plastic collar on the oar that keeps the oar from slipping through the oarlock.

Cadence: The rhythm or cadence of the boat; others behind him/her must follow his/her cadence/rhythm.

Catch: The moment the blade first enters the water

Check: An unwanted motion of the boat when it appears to momentarily stop in the water.

CLAM: Clip-on Load Adjusting Mechanism (C.L.A.M.) - A device that slides on and off the shaft of an oar to quickly adjust the inboard of an oar or scull. Adding one C.L.A.M. increases the inboard by 1 cm, increasing the load you feel on the oar(s).

Collar (aka: button): A wide plastic collar on the oar that keeps the oar from slipping through the oarlock.

Cox Box: A battery powered, small amplifier that allows the coxswain to communicate with the crew and gives the coxswain stroke rate information.

Coxswain (kŏk'sUn): Person who steers the shell and is the on-the-water coach and tactician for the crew.

Crab: A stroke that goes bad. The oar blade slices the water at an angle and gets caught under the surface. The blade is not fully feathered before leaving the water. This results in the blade being stuck in the water, severely slowing the boat down and throwing off the balance. This term is from the claim that "a crab grabbed the blade and wouldn't let go." Crab is also used to describe when a rower's blade jams in the water, and he/she finds it impossible to get the oar out of the water at the end of the pull-through. For a good laugh, search YouTube and include phrases such as catch, catching, or caught a crab. I'm sure you will find many examples to enjoy viewing!

Crew: The term crew is used in American schools and colleges to designate the sport of rowing. When outside of the academic sphere, then the sport is known as rowing. The British and European universities and schools have rowing clubs, not crew clubs. When you use the term crew, you do not need to use the term team. To say "crew team" is redundant.

Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

Double: A shell with two scullers; designated as 2x.

Drive: The part of the rowing cycle where the rower applies power to the buried blade.

Eight: A shell with eight rowers and a coxswain; designated as 8+.

Erg(ometer): 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 flywheel and a digital readout so that the rower can measure his/her "strokes per minute" and the distance covered. Used for training and testing.

Feathering: Turning the oar blade flat during the recovery to lessen wind resistance.

Fin (aka: Skeg): A small flat appendage located along the bottom stern section of the hull which helps stabilize the shell in holding a straight course.

Finish: The oar blade leaving the water at the end of a stroke.

FISA: Short for Federation International des Sociétés Da'vion. The international governing body for the sport of rowing in the world, established in 1892.

Foot-stretcher (aka: stretcher): 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.

Four: A boat with four sweep rowers; designated as 4- or 4+ (without or with coxswain).

Full pressure: the top level of exertion of which a rower is capable.

Gate: The bar across the oarlock that keeps the oar in place.

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 all the way down, in a German rigged boat, two consecutive rowers have oars on the same side.

Gunnels or Gunwales: The top edges of the shell. The riggers are bolted into them.

Head races: A time-trial competition, typically held in the fall season. In this form of racing, rowers' race against the clock where the crew or rower completing the course in the shortest time in their age, ability and boat-class category is deemed the winner.

Insert (aka: spacers): The plastic bushing fitting on the top and bottom of an oarlock.

IRA: Intercollegiate Rowing Association. The governing body for men's collegiate rowing in the US. Also governs women's lightweight rowing.

Jumped Seat: The unpleasant event that happens when a rower slips off his seat while rowing.

Jumped Slide: When the seat comes off its slides.

Keel: The center line of the shell.

Launch: To put the racing shell into the water **OR** the boat which the coach uses to follow the crews.

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.

NCAA: The governing body for women's rowing in the US.

Oar: Used to drive the boat forward. Tip: Rowers do not use "paddles."

Oarlock: The D-shaped device at the end of the rigger in which the oar rests. There is a locking gate at the top to keep the oar in place.

Outboard: The distance between the tip of the blade-side face of the collar or C.L.A.M. The greater the outboard, the heavier the oar or scull will feel and the greater the load in the water will be.

Pair: A boat with two sweep rowers; designated as 2- or 2+ (without or with coxswain).

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

Port-rigged: A shell rigged so that the stroke oar (#8) is a port oar.

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

Puddle: The effect in the water caused by the movement of the oar, particularly at the end of the stroke.

Quad: A boat with four scullers; designated as 4x.

Racks: Wood or metal structures in the boathouse used to hold the shells.

Ready-All, Row: Starting command for most races.

Recovery: The time between drives when the blade of the oar is traveling through the air.

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.

Rig: The art/science of setting up a boat for an individual.

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

Rudder: The device used to steer the shell.

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

Sculling: One of the two disciplines of rowing; specifically, the one where each rower uses two oars or sculls.

Set-up: Balancing the boat as it is rowed. A boat is "set-up" when all the oars are equidistant from the water.

Shell: Can be used interchangeably with boat. The racing boat.

Single: A one-person shell; designated as 1x.

Skeg (aka: Fin): A small flat appendage located along the stern section of the hull which helps stabilize the shell in holding a straight course.

Sky: The effect of lowering the hands too much and causing the oar to be too high off the water at the catch.

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

Spacer (aka: inserts): The plastic bushing fitting on the top and bottom of an oarlock.

Slings: Collapsible / portable frames with straps upon which a shell can be placed.

Spacing: The actual distance between the puddles of all the rowers.

Split: The time a crew takes to complete a 500-meter segment of a race.

Sprint (race): The racecourse is divided into 6-8 lanes, and each 500-meter section is marked with buoys. Masters' races are 1,000 or 2,000 meters. Often, Juniors races are 1,500 meters.

Squaring: Term describing the turning of the oar from horizontal (feathered) to vertical (squared) blade position.

Stakeboat: The small, anchored boat that is used to hold the shells in place before the start of a race.

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

Starboard rigged: The stroke (#8) is rowing from the starboard side.

Stern: The rear of the boat; the direction the rowers are facing.

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

Stretcher (aka: foot-stretcher): 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 #8 rower who sits closest to the stern. The stroke sets the rhythm or cadence for the boat; others behind him/her must follow his/her cadence.

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

Stroke-rate: The number of strokes per minute. In a race, usually between 34 and 38 strokes per minute.

Stroke-watch: Used by the coxswain to measure the stroke-rate.

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

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

Tanks: An indoor training device that consists of a row of rowing seats between two tanks of water. Rowers can “feel” their strokes in the water duplicating the actual experience in a shell.

Track: Metal grooves that keep the seat wheels on a straight line.

US Rowing: The governing body for the sport of rowing in the United States.

Wake: Turbulence caused by the motion of the boat through the water.

Weigh-Enough: A coxswain command to have all rowers stop rowing or to stop rowers from walking when carrying a boat.

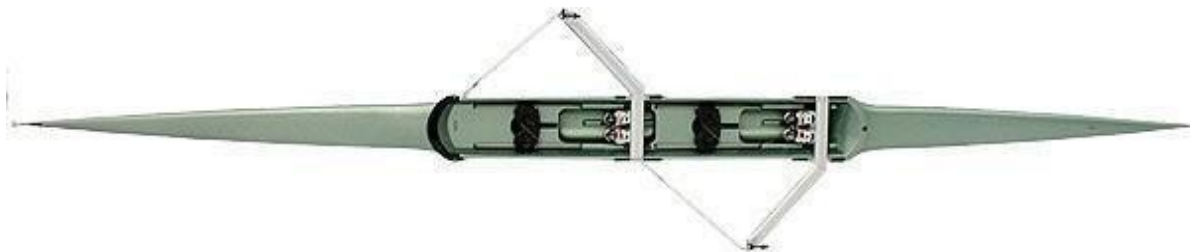
Win: What every rower tries to do!!!!!!!!!!!!!!!!!!!!

Boat / Race Designations

Sweep/Rowing boats - one oar per rower

Name	Designation	Explanation
Coxless pair	2- or 2/wo	two rowers with no coxswain
Coxed-pair	2+ or 2/w	two rowers with coxswain
Coxless-four	4- or 4/wo	four rowers with no coxswain
Coxed-four	4+ or 4/w	four rowers with coxswain
Eight	8+ or VIII+	eight rowers always with coxswain

Pair



Four (Top)



Four (Side)



Eight



Sculling boats - two oars per rower

Name	Designation	Explanation
Single-scutt or single	1x-	one-person sculling (w/pair of sculls)
Double-scutt or double	2x-	two people sculling
Quadruple-scutt or quad wo/Cox	4x-	four people sculling
Quadruple-scutt or quad w/Cox	4x+ 8x+	four people sculling with coxswain
Octuple-scutt or octapede w/Cox		eight scullers (rare)

Single



Double



Other designations that you may see in a schedule and combined with the above:

Designation	Explanation
NB / NG	Novice Boys/Girls < 12 months exp./has not competed in 2000meter sprint race
O	Open – no age restrictions
VB	Varsity Boys
VG	Varsity Girls
M	Masters (age 27 or more)
AA	Age 21-26
A	Avg. age 27 or more
B	Avg. age 36 or more
C	Avg. age 43 or more
D	Avg. age 50 or more
E	Avg. age 55 or more
F	Avg. age 60 or more
G	Avg. age 65 or more
H	Avg. age 70 or more
I	Avg. age 75 or more
J	Age 80 or more

ERA Regatta Participation

These are the typical regattas Everett Rowing has participated in over the years. This list is not definitive but can give you an idea of the regatta schedule. Regatta participation is generally posted at the beginning of each season for each team.

Season	Name	Location/Host	When
Summer	Summer Extravaganza	Green Lake, WA	1 st weekend in August
Fall	Pink Ribbon Row	Lake Union, WA	3 rd weekend in September
Fall	Tail of the Lake	Lake Union, WA	1 st weekend in October
Fall	American Lake Fall Classic	American Lake, WA	2 nd weekend in October

Fall	Green Lake Frostbit Regatta	Green Lake, WA	1 st weekend in November
Fall	Head of the Lake	Montlake Cut, Seattle, WA	1 st weekend in November
Fall	San Diego Fall Classic	San Diego, CA	2 nd weekend in November
Spring	Green lake Spring Regatta	Green lake, WA	2nd weekend in Mar
Spring	USRowing NW Youth Championships	Vancouver Lake, WA	2 nd weekend in May
Spring	Husky Open	Montlake Cut, Seattle, WA	1st Weekend in Apr
Spring	Lake Stevens Spring Sprints	Lake Stevens, WA	3rd Weekend in Apr
Spring	Lutherwood Rowing Camp	Bellingham, WA	4th Weekend in Apr
Spring	USRowing Youth National Championships	Sarasota, FL	2 nd weekend in June

Regatta Day Schedules

At each regatta, athletes are provided a time to arrive (usually between 5am and 8am) based on the amount of rigging that needs to occur, and the start time of the clubs first race (not your athletes first race).

When the team members arrive, they are responsible for unloading the boats, rigging the boats with all the hardware and getting set up for the day of racing.

Then food is usually available by 8am. Most athletes will not eat heavily before a race, to minimize potential sickness from a hard workout. The catering team generally converts from breakfast to lunch around 11am, at the “full day” regattas and athletes are welcomed to eat at any time.

They then go to do their races, throughout the day, with the entire ERA team cheering on other ERA boats throughout the day.

The remaining races are concluded, and the team is then sent to de-rig and load the boats. This can take upwards of 1-2hrs, after which they are dismissed by their coach.

Medals are generally handed out by the coaches without much pomp and circumstance.