

IRC Masters Sculling Program – 2016

Requirements to participate

(if you do not meet these requirements, you can gain experience in our Adult Rowing Program)

1. Knowledge of rowing terminology:
 - a. bow, stern, port, starboard, rigger, gunwale, oarlock
 - b. back, feet in/out, weigh enough, let it run, ready row, in 2
 - c. stroke seat/pair, bow seat/pair, seat numbers
- ("stop!" should only be used when talking to a specific crew in a race; coaches and coxswains should use "weigh enough")
2. Demonstrate proper handling of a single (1x), double (2x) or quad (4x) out of/in to the racks, so that surrounding equipment is not damaged
 3. Know where personal oars are stored versus club oars
 4. Know where the sign out/sign in and equipment logbooks are located
 5. Understand the 4 parts of the stroke
 6. Can set the boat while sitting out
 7. Understand and can perform pause drills @finish, @arms away, @body prep
 8. Can spin the boat by alternating rowing/backing
 9. Know how to "test" where your foot stretchers should be and how to correctly move them
 10. How to correctly rack boats in the boathouse
 11. How to put boats in the water and take boats out of the water
 12. Know the difference between a racing start and a head race start
 13. Able to row at a stroke rate 24 and higher for at least 10 minutes
 14. Able to row from the IRC docks, to the dam, and back to the docks
 15. Understand the concept of ratio versus rush during the stroke
 16. Participate in one summer or fall regatta during the year