

Learn to Row Coach Assessment Terminology Worksheet



Name: _____

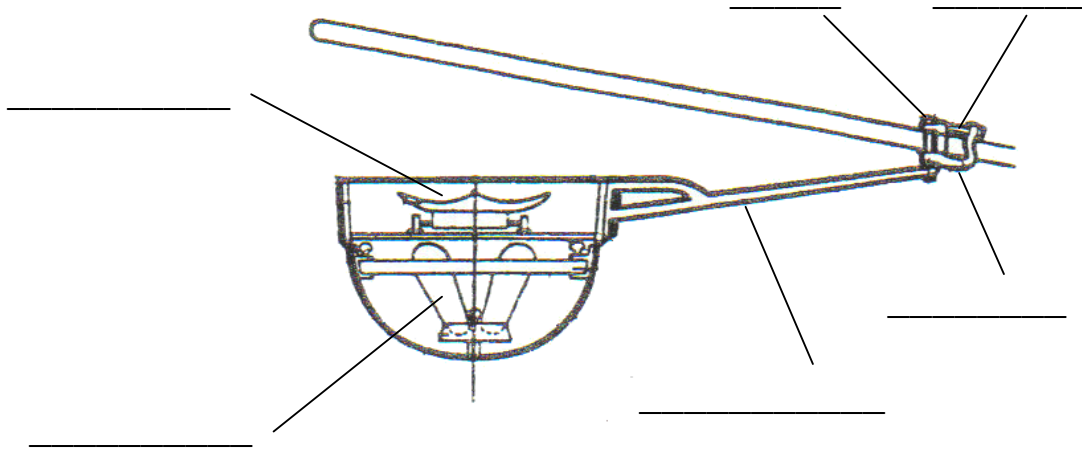
Location of Course: _____ Date of Course: _____

A). Match the following terms and their definitions:

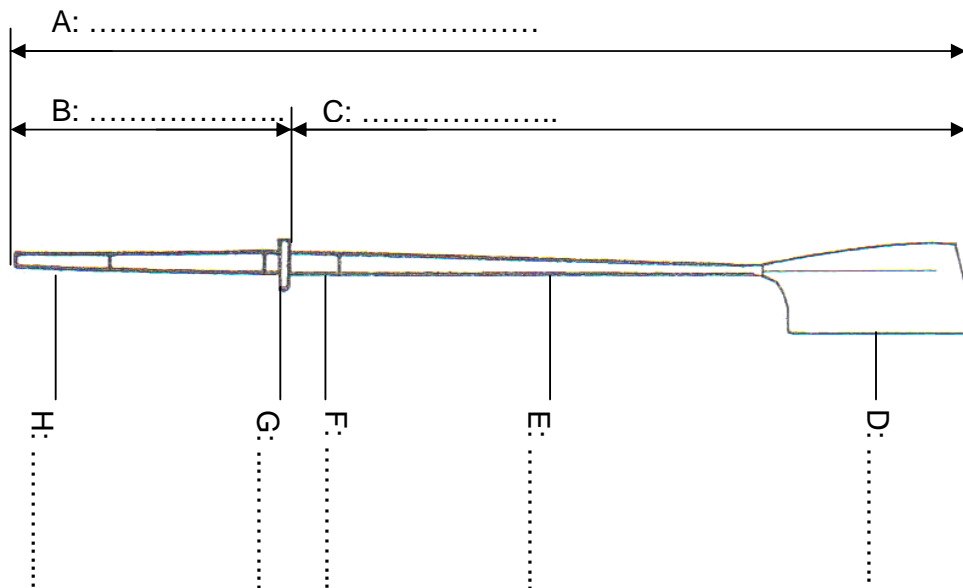
Term	List correct definition number	Possible Definitions
Bow		1. The distance a boat travels in one stroke
Stern		2. Supports the swivel pin and is adjustable
Rudder		3. Rowing with legs held straight
Catch		4. Safety ball fitted to sharp stem of racing boat
Drive		5. The unit that holds the shoes or clogs in which the rower puts their feet
Finish		6. The end of the slide/s nearest the stern
Release		7. Occurs when the blade comes out of the water during the pull-through before the finish
Footstretcher		8. The part of the stroke where the blade is put in the water
Feathering		9. Forward end of boat
Gate		10. The rate of stroking, or the number of strokes per minute that a crew is rowing
Run		11. Bar across a rowlock / swivel to retain the oar
Backstay / Backarm		12. The Back of the boat
Fin		13. When the blade is taken out of the water
Backstops		14. A bracket which swivels on the end of the outrigger to support the oar
Fixed seat		15. The part of the stroke where the blade is taken out of the water
Bow ball		16. Steering device attached to the stern or under the hull of a shell; rudder device includes rudder bar and rudder wires
Rowlock / oarlock		17. The end of the slide/s nearest the bow
Frontstops		18. To turn the blade parallel with the water surfaces the start of the recovery to reduce wind resistance
Washing out		19. The power phase of the stroke
Rate / Rating		20. Small flat plate perpendicular to the bottom of the boat to aid steering a straight course

B) On the diagrams below, label the parts indicated.

Parts of a Sweep Boat



C) Parts of the Oar



ASSESSMENT COMPLETED SATISFACTORILY / UNSATISFACTORILY (please circle)	
ASSESSOR NAME:	DATE: