

General Introduction to the sport of Rowing:

About Rowing

Clonmel Rowing Club was formed in 1869 and is one of Clonmel's oldest sporting clubs. The main goal of the club is to promote the sport of rowing. We have our own club house based on Moore's



Island commonly known as "The ISLAND". Rowing like Rugby is a thirty two county sport so rowing competitions at the bigger events will have clubs from all parts of the country participating. This makes the events very competitive which has led over the years to higher standards and to a higher level of fitness requirement to succeed.

Rowing is a great way to get or stay in shape. Rowing is a total-body sport which builds strength in the major muscle groups of the legs and trunk. Rowing also demands (and produces) excellent cardiovascular fitness. It is a low impact sport and easy on the joints. It is a team sport and is unlike land based team sports as a crew is not allowed out on the river unless all the crew are available. This is the first lesson that any new members must learn, the discipline to turn up when expected which builds commitment to the other members of the team which in turn will develop the persons ownself discipline.

What attributes do you need for rowing:

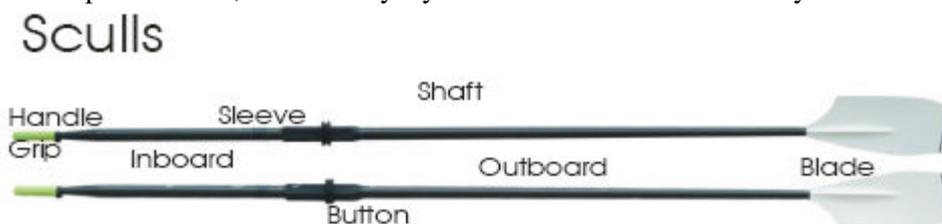
Generally youths start to row at around 13 years of age. There are no special physical attributes necessary except the willingness to learn and have a positive attitude. The youths should also be able to swim as it is nearly certain that at some stage they will fall from the boat while learning to row. Coxing is also a very important activity that does not require any fitness level. Coxing can also suit a person who may not be able to row but might want to experience the comradeship of participation. In fact you can start to row at any age and is not restricted to youths. There is a novice and masters scene also.

Types of Rowing: sweep and scull.

Sweep rowing involves one long oar, held with both hands. The minimum in a boat is two, one person rowing on each side.



In sculling boats, each rower has two smaller oars, one in each hand. Although, sculling can be done in multi-person boats, it is the only style that can be done individually.



Both rowing styles are fun. Sweep rowing has a tendency to develop one side of the body. Sculling allows a more uniform development and is what all new members will be taught first. More emphasis is put on sculling for all junior rowers.

Boats:

The below table shows all the possible boat types. A few types are expanded upon for you the reader to understand the terminology better.



- ✚ Single (1X) One rower or sculler. Singles are about 8m long and less than 0.3m wide. Racing singles can weigh as little as 13.5kg.
- ✚ Coxed Pair(2+) Two sweep rowers with a coxswain.
- ✚ Coxless Pair(2-) Two sweep rowers without a coxswain.
- ✚ Coxed Four(4+) Four sweep rowers with a coxswain.
- ✚ Coxless Four(4) Four sweep rowers without a coxswain.

Steering is usually accomplished via a rudder that is attached to a cable that is connected to one of the rower's foot stretchers (this an adjustable bracket to which the rower's feet are secured). The coxless pair has a similar type of rudder setup.

- ✚ Eight(8+/8o) Eight sweep rowers with a coxswain. Eights are(~18.5m) long and weigh about (114kg).

Number of People	Name	Symbol		Name	Symbol
8	Eight	VIII+,8+		Octuple	8x+
4	Coxed four	IV+, 4+		Coxed quad	4x+
4	Coxless four	IV-, 4-		Coxless quad	4x-
2	Coxed pair	2+		-	-
2	Coxless pair	2-		Double	2x-
1	Single	1x-		-	-
<p><i>Note:</i> + means there is a cox. - means there is no cox. x means its a scull i.e. the person has two oars.</p>					

Training for Rowing:

Rowing training is broken down into land-based and water-based training.

Land-based training:

- Running.
- Ergometer (a rowing machine that monitors the rower's performance – often referred to as an erg).
- Circuit training i.e. push ups, sit ups and general body exercises.
- Resistance training with weights. (Generally restricted until oars people are over 15 years of age.)

Water-based training:

- Technical drills in the rowing boat.
- Season-specific fitness training.

During the season, rowing is every Saturday and Sunday for everyone.

Classification of commitment:

For junior members there are two levels of commitment available.

Full or partial:

Full commitment is for oars people who want to participate and race in the season. This means they have committed to the training programme for that group which is defined as a particular number of training sessions per week.

Partial commitment is for oars people who want to row. They may be unable to commit due to being in the junior or leaving cert year cycle. This means they have committed to the training programme for that group which is defined as a particular number of training sessions per week. This is less than the fully committed group. The oars person is expected to do the full training requirement but will not do as many days.

Categories of Racing

- Junior: Junior 14 to Junior 18
- Novice: beginner level (over 18)
- Intermediate (limited to 6 category wins)
- Senior.
- Master.(30+)

The Racing Season:

During the racing season the Club competes in a range of events around the country. Details of the upcoming season's race calendar are available from the Rowing Ireland website.

Rowing is broken into two seasons – head of river races and regattas.

Head of the River races:

- 'Heads' are long distance races usually ranging from 3km (~1.5 miles) up to 10km (7 miles) against the clock.
- Crews are timed from start to finish and depart the starting area at timed intervals.
- Head season is from October until early April and complements winter training – long distance.

Regattas:

- Regattas are shorter races (500m to 2km) against other crews (2 to 6).
- Regatta Season prepares crews for the Championship distance (2km) and runs from early April until July.

The National Championships are the main focus of the season. The "Champs" are held at the Irish National Rowing Centre on Innishcarra Lake in County Cork. The National Championships are normally on the second week of July.

Ergometer races:

Competitions on indoor rowing machines range from 2k time trials for individuals to knockout competitions between teams of athletes. Competitions are regional and then national and are held from November to March. Anybody in the country can attend as the Concept II rowing machine is available in most gym's in the country.

**Training Gear Tips:**

Land training is often indoors, so shorts, t-shirt and a good pair of runners are sufficient. Land training will also involve some outdoor activity typically running so leggings and a weatherproof top are required.

Water-based training takes place in the outdoors!!

- During cold weather the best advice is to wear a lot of thin layers (thermals, fleece etc) which can be removed as the rower gets warmer.
- Ideally, gear should be close fitting (so the oars don't catch in it) but allow plenty of joint movement and not have any zips, pockets, etc. that can get in the way of oar movement. No jeans, woolly jumpers or any type of clothes that prohibit movement.
- There are specific rowing gear manufacturers who design gear suitable for rowing – these include one-pieces, wet-tops, zephyrs, gilets etc. The club have a set of designs with two manufacturers and gear is bought on a regular basis.

Rehydration is obviously an important consideration when doing exercise. Disposable water bottles have become a continuous waste problem at the club with people leaving their half filled rubbish everywhere. These bottles are prohibited. Cycling style water bottles are to be used which can be refilled, washed and more importantly be reused.



Yours in Rowing

Committee of Clonmel Rowing Club.

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