

<b>Term</b>	<b>Description</b>
<b>Cox</b>	Steers the boat and is the skipper. He/She issues the commands and the crew must follow them.
<b>Stroke</b>	Oarsman nearest to the Cox sets rhythm for the rest of the boat to follow. Traditionally the stroke rows with his blade on his right hand side, so that his left hand is at the end of the blade (ie oar). However, depending on conditions, or on the crew members, the boat can be rigged the opposite way, as it was last night, with the blade to the left of stroke.
<b>3</b>	In a four, i.e. a boat like ours with four oarsmen, three is the oarsman behind stroke;
<b>2</b>	Is the oarsman behind 3;
<b>Bow</b>	Is the oarsman at the back, furthest from the Cox Traditionally bow rows with the blade to his left hand: (see Stroke) but, as above, the boat can be rigged the opposite way.
<b>Catch</b>	Point at which blade enters the water at the start of the stroke, after which it is pulled through the water, levering the boat forward.
<b>Finish</b>	Point at which the blade leaves the water, having levered the boat forward. Also, we speak of a stroke as being a single pull of the oar from catch to finish. The Cox will exhort the crew to be crisp at the catch, finish etc- the more the catch/finish is carried out by the crew at the same time, the more efficient and hence least tiring will be the movement of the boat.
<b>Feather</b>	After the finish, the blade is rolled over so that as it moves back for the next catch, its surface is parallel with the water; in the St. Ayles skiff, do not feather unless told to beforehand.
<b>Take a stroke</b>	Command by the Cox asking for the crewman named to take

<b>bow/2/3/stroke</b>	one stroke: usually before the start, to get the boat pointing in the right direction. Usually bow or 2 are asked to do this, as from their position a stroke has the most effect on the direction of the boat.
<b>Back it up bow/2 etc</b>	The opposite command to the above, but with the same purpose, to point the boat in the right direction. Start with the blade close to the body and use it to push against the water, rather than pulling on the blade.
<b>Pressure</b>	Refers to the amount of strength being used to pull the blade in the water: coxes will ask for half pressure, three quarter pressure; full pressure is maximum effort. "light" is a command to row with just a little pressure
<b>Rating</b>	The frequency of strokes in the water. Rowing with a low rating means that fewer strokes are being taken, but often means that the blades will be spending more time in the water, moving it forward- it can be more controlled and hence more efficient. As a crew becomes more experienced, it will be rowing at whatever rating is appropriate for the conditions or the stage in the race.
<b>Come forward to row</b>	Prior to the start: the crew leans forward, arms outstretched, with the blades poised above the water for the first stroke.
<b>Easy/easy oars</b>	<p>Stop rowing.</p> <p>The Cox will often count down the number of strokes before a change in the pressure, or before topping, eg. half pressure in five strokes, four, three, twos, one, then the crew will increase/decrease to half pressure from whatever they were doing before.</p> <p>Particularly in training, or in longer races, the cox may call on the crew to build for ten, i.e. over the course of ten strokes, on the Cox's signal, to increase pressure gradually until at the end of</p>

the ten the crew is rowing at whatever the Cox wants, half, three-quarter, full pressure.

**Starboard**

As the Cox looks forward from his seat, Starboard is the side of the boat to his right. A command may be given to "Starboard Oars" to give a pull or back water. The Starboard Oarsman has his oar to his left. (referred to confusingly as "Bowside" in river craft)

**Port**

As the Cox looks forward from his seat, the port side of the boat is to his left. Commands to "port oars" should be obeyed by rowers whose oar is out to their right. (referred to confusingly as "stroke side" in river rowing boats).