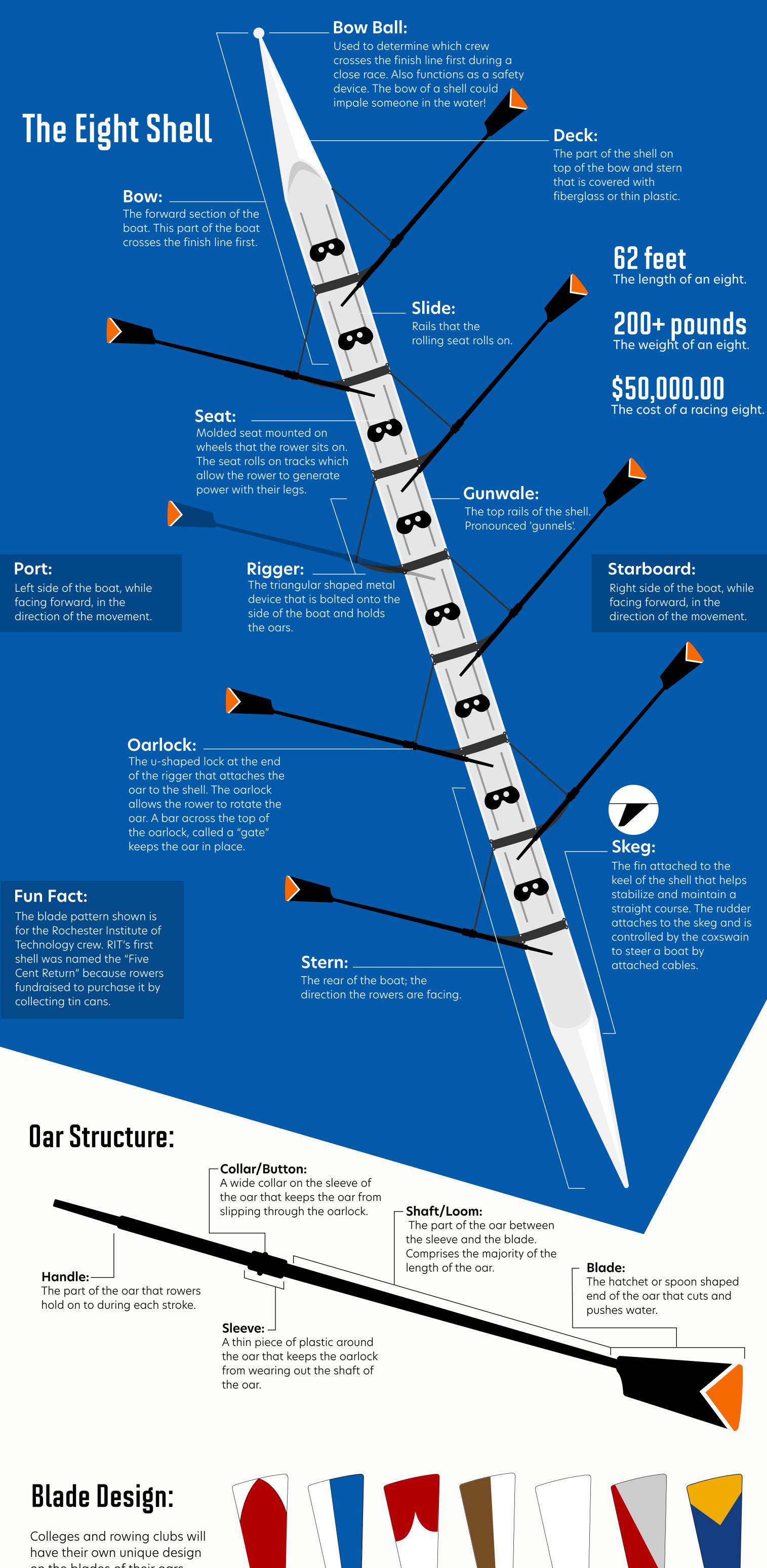
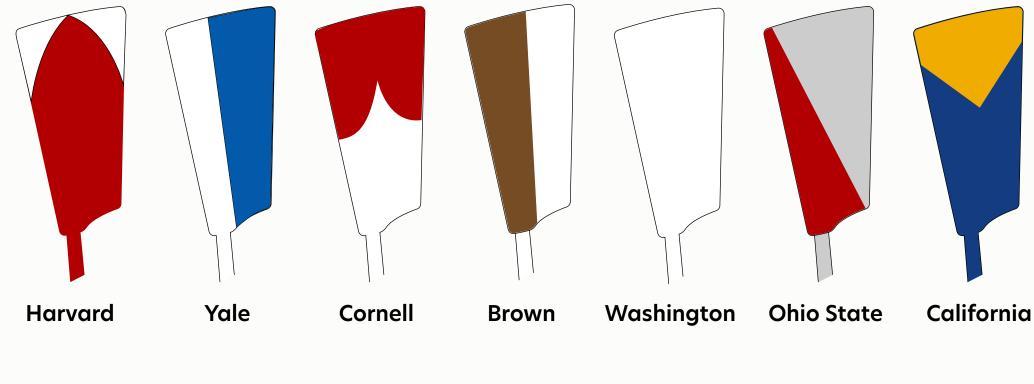
THE RUGGED SPORT OF

A Brief History of Crew:

The sport of rowing unofficially began in the 1700s when watermen would race in long barges on the river Thames in England. The sport began its modem incarnation when gentlemen created the Oxford-Cambridge race in 1829. The Henley Royal Regatta was started in 1839. The Yale-Harvard race on the Charles River marked the beginning of competitive rowing in the United States in 1852. Rowing became the first organized U.S. collegiate sport, complete with its own governing body.



on the blades of their oars. These colors are used to identify boats during a race.



Shell Positions:

Bow Pair:

Seats 1 and 2. The pair of rowers in the bow of the boat. The bow pair has the most effect on the set of the boat and are usually the most technical rowers.

Engine Room: Seats 3, 4, 5, and 6. The

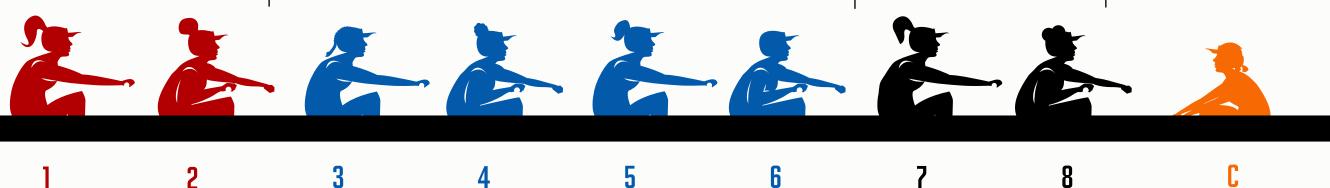
powerhouse rowers of the boat, collectively known as the "Engine Room", produce the core power that drives the boat.

Stern Pair:

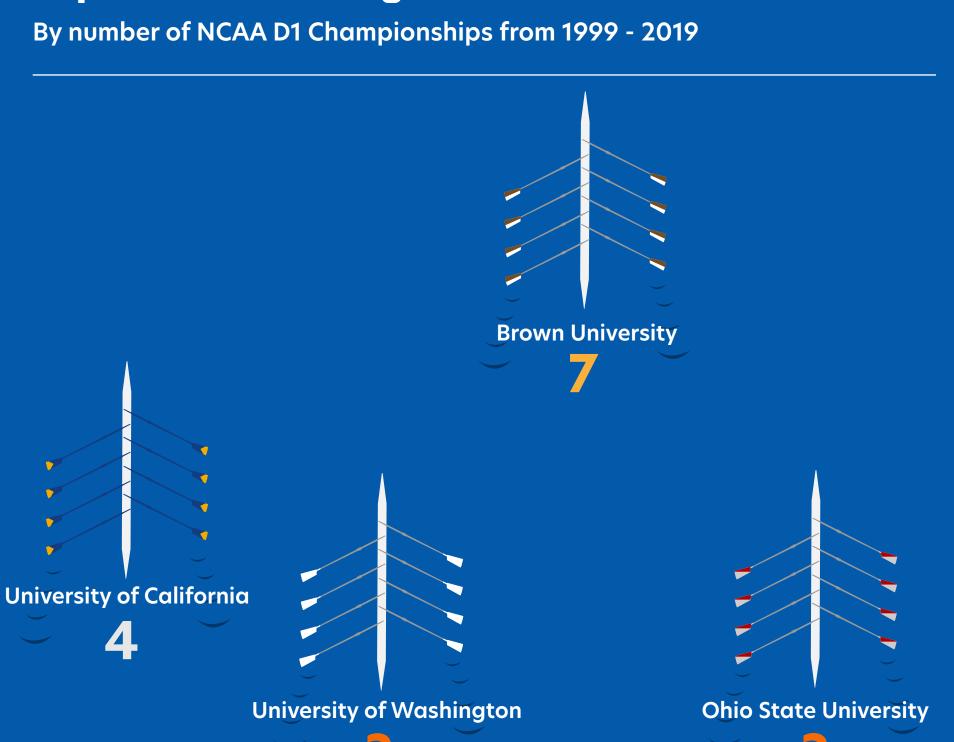
Seats 7 and 8. The stern pair is responsible for setting the rate and rhythm for the rest of the crew. Usually the most consistent rowers in the crew.

Coxswain: Steers the shell and

coaches the crew on the water using a coxbox, a portable voice amplifier with timing and stroke rate measurement.



Top Ranked College Crews:



Head Race: Type of race where crews start in a single

file line and race for time. Longer than sprint races, head races range from 4k to 10k and are usually run on rivers during the fall season.

Sprint Race: Type of race where crews race side by side in lanes over 2000 meters. In the US,

this is the standard race and the season

is the spring and summer.

Fun Fact: Men's rowing is not an NCAA sport. Only

women's rowing participates in NCAA

governing body, the Intercollegiate

Rowing Association (IRA).

competition. Men's rowing has their own