

CHATTANOOGA JUNIOR ROWING

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CHATTANOOGA JUNIOR ROWING

General Information

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Introduction

Welcome to Chattanooga Junior Rowing and our rowing program. We are pleased that you and your child have decided to participate in this challenging sport. This handbook is intended to provide you with some information and help answer some of the questions you have about us and our sport. We hope that the information here will help prepare you for the upcoming season and the years to follow. We have attempted to include information on practices, races, transportation, and expenses among other things. Your involvement is vital to the success of your child and this program.

Chattanooga Junior Rowing: A Brief History

Junior rowing began in Chattanooga about 1987 with five students from the Chattanooga School for the Arts and Sciences (CSAS). They used equipment supplied by Lookout Rowing Club. For three years, crews were only made up of CSAS students.

Chattanooga Rowing, a public charity, was formed in 1989, in part, to sponsor junior rowing. This group began to actively sponsor Chattanooga Junior Rowing and membership was opened to any interested person of high school age. Sponsorship included providing a rowing facility and rowing equipment.

During its early years, Chattanooga Junior Rowing was managed by a parent organization. Now, Chattanooga Rowing manages the program as well as sponsoring it. Parents are needed to help support the effort.

CJR rows out of the William G. Raoul Boathouse which is part of the Chattanooga Rowing Center.

The Chattanooga Rowing Center

The Chattanooga Rowing Center is one of the premier rowing facilities in the Southeastern United States. It was completed and began operation in 1993. The facility consists of the William G. Raoul Boathouse on the lower level and exercise rooms, showers and locker rooms on the upper level.

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The facility is on a tract of land leased from the State of Tennessee. The land not adjacent to the facility is sub-leased to the City of Chattanooga and Hamilton County to be used as part of the RiverWalk. The tract lies between the Tennessee River and Riverside Drive and runs from Citico Creek to approximately half of the parking lot at the Boathouse Grill.

Chattanooga Rowing (CR) owns three eight-man shells, numerous four-man shells, and one two-man shell. In addition, they enjoy the use of several private boats. Along with the boats, CR owns oars for the boats, exercise machines, and ergometers. Members of CJR are allowed to use all equipment under the supervision of a coach.

Boathouse Etiquette

The nature of the sport of rowing and the interrelation of the various organizations that use the facility require some special behavior. Safety is our first concern. Naturally we spend a lot of time on water. This fact requires that all rowers are comfortable around the medium. Since we are rowing in all seasons of the year, special attention must be paid to heavy exercise in both extremes of heat and cold.

Although the Rowing Center is private property, it is open to casual entry by users of the RiverWalk. Because of the possibility of uninvited entry by the general public to the facilities on the upper floor, the doors lock automatically when closed. We ask that doors not be left open when a room is unoccupied. Locker room doors should not be blocked open at any time.

The equipment we use is very expensive and can be easily damaged when not used properly. All equipment in the Rowing Center is not owned by Chattanooga Rowing. Some of the equipment is owned either by individuals or other rowing clubs. We require only equipment designated by a coach or instructor should be used and it should be used only under the supervision of a coach or instructor.

In order to meet these requirements we have instituted the following rules:

Do not leave doors on the upper floor open.

Locker Rooms should never be blocked open.

Personal effects should be placed in the Erg Room during practice.

No horseplay of any kind is permitted.

Running is not permitted, especially on the lower level.

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Sitting on the handrail of the upper level is prohibited.

All equipment must be respected.

Pick up all trash wherever it is found.

Information for Rowers

Practice gear:

Proper clothing. The best attire for rowing is clothing that fits close to the body, able to be layered for warmth in cooler weather and able to wick perspiration away in hot weather. Clothing made with Spandex, Polypro, CoolMax, or Drywick is ideal. Do not wear anything that you don't want ruined by stains, grease, or dirt. You can find suitable shorts and t-shirts at Walmart. Oversized, baggy clothing will get caught in the wheels of the seat. Avoid basketball style shorts and large, loose-fitting t-shirts. Wear socks. You will not be permitted in a boat without socks.

Water. Rowing is a strenuous exercise and athletes participating in the sport are expected to hydrate themselves. Periodic halts for rest and hydration are part of any practice. Rowers are expected to have water with them at all times. You will not be permitted in a boat without water.

Good running shoes. Land workouts consisting of running, weight training, and calisthenics are a part of our conditioning program. We require that you have good, substantial shoes for these activities. You will not be permitted to participate in them without adequate footwear.

Change of dry, warm clothing. Rowing is an outdoor sport. Rain, by itself, will not curtail practice. You will find yourself in wet clothing after practice. Common sense dictates that you have a change of clothes available after practice. A change of clothing is required during the winter.

Absences and Tardiness: Rowers are expected to attend scheduled practices. Normal practice times are from 4:20 – 6:00 PM, Monday through Friday. If absence is unavoidable, this should be communicated with as much prior notice as is possible. One of the calendars on the website is designated for this purpose. Instructions on the use of the calendar are available from any coach (contact information provided above). In an emergency, messages may be left on the boathouse voice mail system (423-622-6846).

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We also need you to give the information to the coach verbally. Attendance will be a factor in the placement of rowers in crews.

Nutrition: Proper fueling and adequate nutrition are essential to a rower's performance and overall health. Coaches will provide advice on caloric intake and optimal food consumption when requested. On a daily basis, rowers may benefit from the intake of approximately 200 calories of carbohydrates within a half hour of practice. Below are some suggested snacks:

- Fresh fruit (apple, banana, orange)
- Small whole wheat bagel
- 2 graham cracker sheets
- 4 fig newtons
- Animal crackers
- Gatorade

Issues dealing with nutrition and weight management for lightweight rowers and coxswains are a vital concern of the coaching staff. Rowers in these classifications can expect to have extra information provided.

Good hydration is as important as good nutrition. We suggest that water intake be continuous during the day. Water is required in the boat during practice.

Discipline. Rowing is highly team oriented, there is little tolerance for unsafe, disruptive, discourteous, or unsportsmanlike behavior. We practice a progressive approach to discipline in most situations.

- 1st a verbal correction to effect the desired action or behavior from the rower.
- 2nd a verbal warning to the rower and discussion between the coach and program director.
- 3rd a meeting between rower, coach, and the program director in which the offending behavior and the need to correct it are discussed with the rower. Based on the outcome of this meeting, a decision is made to 1) allow the rower to continue to practice or 2) the rower is sent home until the parents certify that the desired behavior will occur.
- 4th the rower is removed from the program.

Serious breaches of safety rules or unacceptable behavior (use of drugs or alcohol) necessitate special action by the program director. The steps outlined above may not apply in those cases.

Regattas:

Racing uniforms: All rowers will need a standard uniform. The uniform for novice rowers is a tank top (provided by CJR) with black Spandex shorts and white t-shirt

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(during cooler weather) provided by the rower. Varsity rowers purchase the team Unisuit. Orders are placed in the Fall to take advantage of possible quantity discounts.

Travel: ROWERS MAY NOT DRIVE TO, FROM, OR DURING AN OUT-OF-TOWN REGATTA. The only exception to this rule is that a rower may provide relief for a parent provided no other rowers are in the car. Violation of this rule will result in dismissal from the program.

Rowers are expected to arrive at regattas early enough to unload the trailer, set up the team tent, and rig boats. They are expected to help load the trailer after racing is completed. Leaving early is permitted only after discussion between parents and coaches.

Information for Parents

Rowing calendar: The rowing year is divided into four seasons beginning with Summer. The seasons are listed below with a general description of activities that occur and their approximate length. The CJR website will contain current, specific information about activities which are scheduled.

Summer (six weeks): Generally, this season begins the last full week in June and continues for six weeks. This is the least competitive season and is devoted to improving rowing skills rather than conditioning. There is a two or three week break to let the rowers get acclimated to their schools before the Fall season begins.

Fall (eleven weeks): This season is used to build an aerobic base for the remaining seasons of the year. Regattas, during this period, are races of 5,000 meters in length on run-of-river courses. The season usually concludes with the Head of the Chattahoochee Regatta on the first weekend in November.

Winter (six weeks): After a break of two weeks to allow rowers to catch up on school work, we begin Winter season. During the Winter season, we concentrate on conditioning for the Spring season. Practice is usually indoors on rowing machines (ergs), but may be on the water or running as dictated by need and weather. The season concludes with the TN Indoor Regatta in late January or early February.

Spring (twelve weeks): Spring season begins after a short break following the TN Indoor Regatta. Spring season consists of preparation for and attending a series of regattas raced on 2,000 meter courses. The season concludes with the Southeastern Youth Championship Regatta during the second weekend in May. Varsity boats finishing in the top three positions of certain races qualify for bids to the USRowing National Youth Championship Regatta.

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Fees: Fees are assessed on a per rower basis to cover the costs incurred during each season. Over the past several years, the total cost has been approximately \$700. The fees cover regatta expenses, including rower's rooms, entry fees, shell transportation, and food for rowers during the regatta, coaching costs, launch fuels, USRowing organizational memberships, and equipment insurance.

The fee for a season is due after the beginning of the second week of the season. Generally, there is no refund granted if the rower does not complete a season.

The ability to pay the fee is not a condition for belonging to CJR. Chattanooga Rowing, as a matter of long standing policy, will provide stipends for rowers if there is financial need. Work, in lieu of payment, may be arranged. Also, payment schedules during a season are permitted. Special arrangements may be made with the Program Director.

Injuries: Rowers are seldom exposed to skeletal and joint injuries caused by collisions with other athletes or static objects or violent exertion as is the case in sports such as football, basketball, or soccer. They are subject to overuse injuries of large-muscle groups and certain joints. Coaches are aware of this, but rowers may disguise the injuries or not report them. As a parent, you must be aware that injuries may be present and report them to the rower's coach when they are suspected.

Usually, the symptoms (soreness and inflammation) can be relieved with analgesics and rest, in more severe cases. Coaches do not dispense aspirin, ibuprofen, or naproxen. Occasionally, Tylenol is available, but will not be given unless its use is noted on the Medical Information Sheet supplied by each rower.

Coaches will notify you if they believe a chronic injury is present and may suggest that your rower see a medical professional. It is important that injuries be addressed promptly because the rowers are young and protracted recovery times may be required if allowed to go untreated.

We have the services of a massage therapist available for sports massage and evaluation of complaints.

Novice rowers often develop blisters on their hands. They are caused by an improper grip on the oar handle and most rowers correct this quickly. The blisters are a potential problem if they are not treated promptly and carefully. If your rower develops them, consult a coach if you are unsure of how to treat them.

Social Functions: The team holds several social functions each year. These include season appropriate parties, movie parties, and lockins. They are not "official" CJR functions even though they are organized by the team captains and members of the

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coaching staff may attend. We require that at least one parent also attend and be responsible. If your rower asks, please consider being the chaperon.

Regattas:

Regattas are generally all day events. Come prepared because rowers are required to be at the site from the time the trailer is unloaded until the boats are loaded after the completion of racing. Until you have been at a few, you won't know what is happening. Don't be hesitant to ask coaches or other parents – they all started just like you did.

Exact dates and locations of regattas are posted on the website for each season. Detailed directions to regatta sites are also available from the website. Almost all organizers use one website for handling the paperwork associated with staging the regatta (www.regattacentral.com). The site is available to you. From it you can get a package that describes the dates, location, and managing personnel. You can also get the race schedule and entries for our team as well as competing teams. CJR usually makes its entries one month to two weeks before the event.

There are several sports photography companies who work at the larger regattas. They are good places to get excellent shots of your rower in action. One of the most popular is Sports Graphics (www.sports-graphics.com).

Travel: ROWERS MAY NOT DRIVE TO, FROM, OR DURING AN OUT-OF-TOWN REGATTA. The only exception to this rule is that a rower may provide relief for a parent provided no other rowers are in the car. Violation of this rule will result in dismissal from the program. There is no appeal.

Rowers are responsible for their transportation. They must ride with a parent or a coach. The coaches ascertain the travel arrangements of each rower the week of a regatta. If you are driving and have extra seats in your vehicle, please advise a coach.

Some things to make the experience more comfortable:

- Portable chair
- Binoculars
- Warm clothes
- Rain gear
- Light weight clothing
- Sunglasses
- Sunscreen, if BullFrog isn't for you
- Blanket or sleeping bag for your rower

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Food and shelter: CJR provides a tent for shelter. Parents usually set the tent up and dismantle it at the end of racing. Ask anyone what you can do to help and don't be afraid to ask (one day you will be in charge of some part of the operation).

CJR also provides food and water at the regatta site. This consists of breakfast, lunch, and snacks. Fees cover the food expected to be consumed by the rowers. Donations of money to help cover the cost of feeding others are welcome. Parents usually prepare and serve the food. Volunteer. Ask someone to give you a job.

The Language of Rowing

The sport of rowing has been around for a long time and has developed its own peculiar terminology. Here is a glossary to help you understand what your rower is saying.

2- Symbol for a "pair" (2 rowers, sweep, no cox).

2+ Symbol for a "coxed pair" (2 rowers, sweep, cox).

2x Symbol for a double scull or "double" (2 rowers, sculling).

4- Symbol for a "straight four" or four without (4 rowers, sweep, no cox).

4+ Symbol for a "four" or four with (4 rowers, sweep, cox).

4x Symbol for a quadruple scull or "quad" (4 rowers, sculling, no cox).

4x+ Symbol for a "coxed quad" (4 rowers, sculling, cox).

8+ Symbol for an "eight" (8 rowers, sweep, cox).

8x Symbol for an octuple scull (8 rowers, sculling, no cox). This boat is not seen often.

Body angle The forward angle of the body from the hips that is achieved during the first part of the recovery. Also called "body prep."

Bow The front of the boat. Also the term used for the person rowing in "1 seat."

Bow ball A soft ball on the bow, used to protect the boat and rowers in case of a collision.

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Bow coxed boat A shell in which the cox is in the bow of the boat. This placement of the cox helps to reduce wind resistance and puts weight lower in the boat.

Button/Collar A wide ring on the oar that keeps it from slipping through the oarlock.

Catch The entry of the blade into the water at the beginning of the stroke; the point at which the oar is placed in the water.

Cox box Amplification system with a headset, microphone, and speakers that allows the coxswain to convey instructions to the entire crew.

Coxswain/Cox'n/Cox [kok-suh n] The coxswain commands the crew, steers the boat, and is responsible for the safety of the crew and the boat. During a regatta, the coxswain is responsible for implementing the race plan established by the Coach. Experienced coxswains are valued as Assistant Coaches, and the coxswain is the only one other than the Coach to tell the oarsmen what to do.

Crab Being unable to take your blade out of the water at the release. This action destroys the rhythm, set, run, and momentum of the boat and is often referred to as "catching a crab."

Drive Power portion of the stroke. When the blades are in the water, the boat is in the 'drive' phase of the stroke cycle.

Ergometer/Erg The Concept II rowing ergometer. This machine is used to build and measure the endurance and level of fitness of the athlete. The average speed (called the split) in which a rower covers an equivalent 2,000 meters may be used to determine a rower's placement in a particular boat line-up. Ergs use wind resistance to replicate the sensation of water resistance felt while rowing.

Erg Score The time to complete an erg piece of a predetermined distance, usually either 2,000 or 6,000 meters.

Feather The action of rotating the blade so that it parallels the water on the recovery. This minimizes resistance to air and water.

Finish/Release End of the drive during which the blade comes out of the water in preparation for the recovery.

Gunwale [guh-n-l] The sides of the boat, the edge of the shell's cockpit. When rowers carry a shell to the dock, the gunwales rest on the rower's shoulders.

Hold Water/Hold The action of squaring the blade in the water to stop the forward motion of the shell.

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Inside Hand On sweep boats the hand that is closest to the oarlock (right for ports, left for starboards). This hand is used principally in squaring and feathering an oar.

Lightweight A term referring to the rowers, not the boats. There is a maximum weight for each rower in a lightweight event.

Masters Rowers over the age of 27 (21 at some regattas).

Novices First year rowers. Novice designation lasts for one calendar academic year from the time the rower begins competing in regattas.

Oar (sweep) Used in pairs, fours, and eights. Each rower uses one oar. Just over 12 feet in length, oars are made of carbon fiber. They are generally painted with the team's colors.

Oarlock Device that holds the oar and is the fulcrum for the oar. The lock consists of the pin and the gate. The gate is held closed by a threaded nut that is loosened to allow the rower to open the gate and insert an oar into the oarlock. The gate is then closed, and the nut is hand tightened.

Port Left side of the boat, facing the direction of travel (the bow). Red is the color that corresponds with port side.

Power 10 (20) A call for rowers to do 10 (or 20) of their best, most powerful strokes. A strategy used to pull ahead of a competitor or to focus the rowers' attention.

Puddle The disturbance left in the water by the blade as it is removed from the water. Puddles are visible during the recovery and help to gauge the 'run' of a boat.

Recovery This is the time from the release of one stroke to the catch of the next stroke; the time the blade is out of the water. During the recovery, the rower moves his or her body and seat into position to prepare for the next catch.

Rigger/Outrigger The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Rudder About the size of a credit card, the rudder is part of the skeg that swivels to steer the boat. Sometimes, the rudder is separate from the skeg.

Run The glide that occurs during the recovery, or the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Scull Oar used in singles, doubles, and quads. Sculls are 9½ feet long and are made of carbon fiber. Sculls have a smaller handle than a sweep oar, but the parts are the same as a sweep oar.

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Sculling One of the two disciplines of rowing. Each person has two oars. The boat is steered using the oars rather than a rudder.

Set Set is the stability of the boat side to side, and its ability to ride level without leaning to the starboard or port. A boat is "set" by the rowers.

Shell Term used interchangeably with 'boat'

Single A shell with one rower (a sculler) who uses 2 oars to propel the boat.

Skeg A fin attached to the bottom of the boat immediately in front of the rudder that helps keep the boat on course.

Slide Ratio The ratio of time spent during the drive versus the recovery. The goal is to spend longer on the recovery than the drive. This maximizes the run of the boat as well as the amount of rest the oarsperson gets during the recovery phase of the stroke.

Split The time required to row 500 meters or the equivalent on an erg. Any rower will be able to recite his personal best on a 2000m (2k) test. This is the prime factor in ranking rowers.

Starboard The right side of the boat when facing the direction of travel (the bow). Green is the color associated with Starboard.

Stern The rear of the boat; the direction the rowers are facing.

Stretcher/Foot Stretcher Where the rowers' feet go. Shoes may be permanently attached to the boat or adjustable straps hold rowers' own shoes to the footboard. Footstretchers adjust to accommodate rowers' height/leg length.

Stroke The cycle of the oar during rowing. One stroke consists of the catch, drive, finish, and recovery.

Stroke Seat/Stroke The rower who sits closest to the stern. The stroke sets the stroke rate and rhythm for the boat.

Stroke Rate The cadence of strokes per minute.

Sweep Rowing/Sweep One of the two disciplines of rowing where rowers use only one oar.

Swing The elusive feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

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USRowing/USRA United States Rowing Association, governing body for rowing in the United States. <http://www.usrowing.org>

Weigh Enough A command given by Coaches and coxswains to stop an action.

10 Facts Every Rowing Parent Should Know

1) Rowing is usually mistaken as an upper body sport. While rowing does use all major muscle groups, the main thrust of power comes from the legs. It is a great aerobic workout and is a low-impact sport on the joints.

2) Rowers haven't been called the world's most physically fit athletes for nothing. Though a well practiced crew looks smooth and graceful as they glide across the water, rowing demands endurance, strength, balance, mental discipline, and the ability to continue on when your body is demanding that you stop.

3) There are two types of rowing, "sweep" and "sculling." In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars.

4) There are many different ways that the rowers can be combined in boats. Sculling can be done solo in a "single" (1x), a "double" (2x), or a "quad" (4x). Only a quad may at times have a coxswain. In sweep rowing, the "eight" (8+) is the biggest boat, eight rowers plus a coxswain. Then there is a "four" (4+), which also has a coxswain, but without one is called a "straight four" (4-). Finally, there is a "pair" (2-), which is usually coxless, but sometimes there are "coxed pairs" (2+).

5) For racing, rowers are classified by gender, age, weight, and experience. Events are offered for men and women, as well as for mixed crews containing an equal number of men and women. There are junior events for rowers 18 or under who are in high school, and there are masters events for rowers 21 and older. There are two weight categories: lightweight and open weight. Rowers with less than one year of racing experience are classified as novices; others are varsity or junior varsity.

6) Rowing boats are called shells, and they're made of lightweight carbon fiber and Kevlar. The smallest boat on the water is the single scull, which is only 26-27 feet long, a foot wide, and approximately 30 pounds. Eights are the largest boats at just under 60 feet and a little over 200 pounds. From a monetary perspective, a new eight costs \$35,000, a four \$20,000, and a pair \$12,000. Rowers use oars to propel their shells (not paddles). Sweep oars can be made with carbon fiber shafts and rubber or wooden grips. Sculling oars are nearly identical to sweep oars, but are smaller and lighter. Both sweep and sculling blades can have either 'spoon' or 'hatchet' blade design. All crews have a unique design painted on their blades using team colors. A single set of new sculling

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Oars cost \$450.

7) Athletes are identified by their position in the boat. In an 8+, starting from the bow of the boat, the seats are numbered 1- 8. “1 seat” is also referred to as “bow” and “8 seat” is called “stroke.” It is the stroke seat along with the coxswain who determines the cadence or “stroke rate” of the boat. Seven and eight seats make up stern pair and set the rhythm that the other rowers must follow. Seats 3-6 are known as the “engine room” and are typically the stronger, heavier athletes in the boat. Finally, 1 and 2 seats are known as “bow pair” and are usually the most technically sound rowers.

8) Rowers speak in terms of strokes per minute (SPM) and splits, literally the number of strokes the boat completes in a minutes time and the time to row 500 meters. The stroke rate can vary considerably during a race. At the start, when crews are pulling away from the line, rates can top 50 SPM. The “body” of the race is when the crew settles to a more manageable rate, usually in the mid-30’s. The goal is to let the boat “run” between the strokes. Near the end of a race, crews will sprint, taking the rate up once again. Coxswains may call for a “Power 10” (or 20) during the race – a demand for the crew’s most intense 10 strokes. Stroke rate and split are related; the higher the stroke rate, the lower the split. Difference in split between boats is a measure of efficiency (more run between strokes and power (force applied by the rowers to the oars)).

9) The crew that looks most relaxed is likely the one doing the best job. While watching a race look for a continuous, fluid motion from the rowers, synchronization in the boat, and clean catches, and spacing between strokes.

10) Rowing has been called the “Ultimate Team Sport.” In contrast to sports like basketball, rowers don’t pass a ball to one another to set up their star player to make a winning shot. The object is for each rower in his/her own seat to perform at their maximum capacity for the duration of a race, doing exactly the same thing as everyone else in the boat. There is no physical contact between rowers, but each person in the boat must be mentally connected to each other and the feel of the boat. This sense of unity is challenging, but ultimately rewarding when it is felt by the entire crew.

The Oars of Chattanooga

Each club has a unique pattern to mark its oars for easy identification. Here examples of the Chattanooga area.

McCallie and GPS use the same pattern because they often enter regattas as a single club.