



A NOVICE GUIDE

OCBC *Handbook* 2021-22





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The Committee

The boat club is organised and run by a committee of 2nd years and above. You can contact any of us if you have any questions about rowing, but the Vice Captains are responsible for novice rowing so might be your best bet.

You can get in touch with us on Facebook or via email! All our emails can be found by hovering over our pictures on the OCBC website (<https://www.orielrowing.org/>).



Jake Swann
Men's Captain



Cassie Hoeft
Women's Captain



Will Burrow
Men's Vice-Captain



Bee Evans
Women's Vice-Captain



Rob Wainwright
Senior Member



Tom Lister
Boatswain



Leah Wynn
Secretary



James Halsall
Treasurer



Jack Delaney
Men's Social Sec



Hannah Goode
Women's Social Sec



Jan Ernst
Rower Development



Ben Gilmore
Kit Secretary



How Can I Get Involved?

At Oriel there's rowing for everyone, whether you want to train seriously or just row socially and enjoy the events off the water. Most people learn to row while at Oriel so don't worry if you don't have any previous experience! There is also no fee to join OCBC so you can come give it a try at any point throughout the year.

Weekly Training Schedule

Generally, the top men's and women's boat will each train daily, with an off day each week. For example, a typical weekly schedule might look something like...



Monday -- Evening erg/weights

Tuesday -- Morning row

Wednesday -- Evening erg/weights

Thursday -- Morning row

Friday -- OFF

Saturday -- Row

Sunday -- Row

This is by no means a schedule that everyone who rows will follow! Novices and lower boats will typically train 1-4 times per week, depending on the commitment level you want to choose.

MYTH: You have to be tall to row

...at the Olympics, maybe, but at the college level there are successful rowers of all sizes. Coxing is another way to get involved, too, as coxswains are often small!

MYTH: You have to wake up at 5AM every day

The top boats do have a couple early morning outings per week, but other crews train at other times so how many early mornings you want to do is entirely up to you.

To get involved at any point during the year, contact the captains or vice-captains!



Basics of Rowing

By far the best way to learn how to row is by getting in a boat and picking it up on the go, but it can be helpful to have some general knowledge of the boat and rowing stroke before your first session.

The Boat & Crew



The Rowing Stroke



There is a 3 step sequence to get from the catch position to the finish position--this is called **the drive**:

1. straighten your legs while keeping the same angle with your upper body
2. tilt your body back from an 11AM clock position to a 1PM clock position
3. pull your arms into your chest

Reverse this process to get from the finish back to the catch--this is called **the recovery**.



Racing

College rowing is centered around two main racing events: **Torpids**, which takes place during 7th week of Hilary Term and **Summer Eights**, which takes place during the 5th week of Trinity Term. Both events are hugely popular for both rowers and non-rowers alike, with hundreds of spectators gathering by the boathouses to watch the races and enjoy a BBQ and drinks. There are four days of racing for each (Wed-Sat) and on the final day rowers are invited to a tradition-filled dinner in Hall to celebrate the week's racing.



Head of the River celebrations



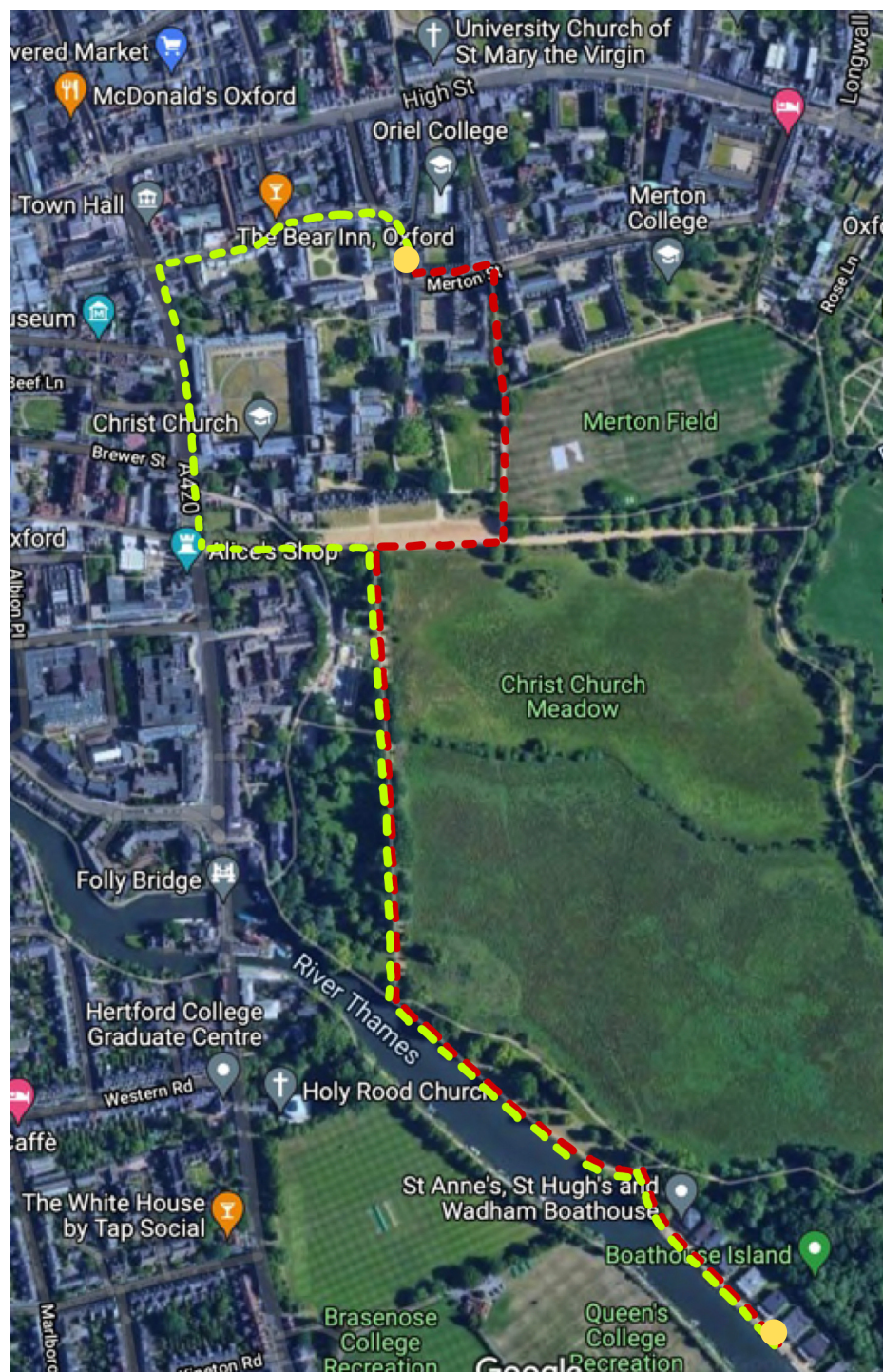
Bumps

Torpids and Summer Eights are both bumps style races, meaning that boats race in a single file line as opposed to side by side. Crews line up along the river with 1.5 boat-lengths of water in between each boat and a cannon firing signals the start of the race. The aim is to catch up to, or physically 'bump' the boat in front of you without getting caught by the boat behind. The crew that ends up first in Division I by the end of the four days of racing wins 'headship' and earns the title 'Head of the River' (a feat which Oriel has managed a number of times in recent years)!



Map to the Boathouse

The boathouse is about a 15 minute walk away from the main college site. There will be people around to help walk you down for your first few outings so you don't get lost, but these are the directions for reference.



If Christchurch Meadow Gates are open (RED LINE):

1. Turn left out of the lodge, then left onto Merton street
2. Turn right onto Merton Grove and pass through the gate into Christchurch Meadow
3. Continue straight on and then turn right, keeping Christchurch on your right
4. Turn left onto Poplar Walk
5. Turn left at the river, along Christchurch Meadow Walk
6. Turn right and go over the bridge onto Boathouse Island
7. Oriel Boathouse is the 6th boathouse, on the left

If Christchurch Meadow Gates are shut (GREEN LINE):

1. Head straight out of the lodge and along Bear Lane
2. Turn left onto St Aldate's, passing Tom Tower
3. Turn left into Christchurch Meadow via the St Aldate's gate
4. Turn right onto Poplar walk and follow from step 5 above



Calendar

Below is a rough guide to the main rowing and social events each term (some dates are subject to change).

Michaelmas Term (MT)

- 0th Week** Freshers Week! Lookout for freshers events
- 1st/2nd Week** Coxswain briefings
- 4th Week** Wyndhams
- 7th Week** Christ Church Regatta (Novices)
Tortoise Dinner
- 8th Week** Fairbairns Cup, Cambridge (typically for 1st Boats)

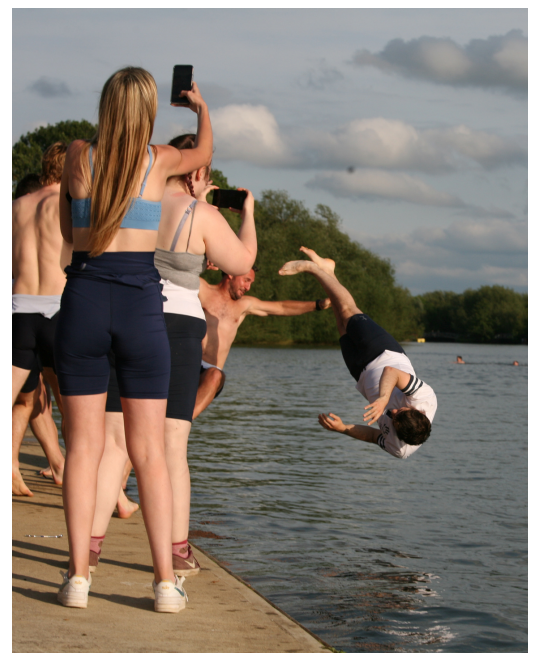


Hilary Term (HT)

- 1st Week** Training Camp (for committed members)
- 4th Week** Coxing and Marshalling briefings
- 7th Week** **TORPIDS!!**
- 9th Week** Head of the River Race (HoRR) (typically for 1st Boats)

Trinity Term (TT)

- 3rd Week** Oxford-Cambridge Boat Race (London)
- 1st Week** Training Camp (for committed members)
Next Year's Captaincy Applications
- 5th Week** **SUMMER EIGHTS!!**
Elis White Trophy awarded to the "Most Improved Novice"
- 6th Week** Next Year's Committee Applications
- 7th Week** ORIEL REGATTA
- 10th Week** Henley Royal Regatta (HRR)



OURCs Rules

In order to keep our rivers safe, the guiding committee of OURCs (Oxford University Rowing Clubs) have rules on when rowing is allowed and who is allowed to row - it will come in handy to know the following.

Red Flag

NO ROWING - The Isis is closed to all University and College rowers.

Amber Flag

The river is closed to all College crews except Senior crews (These are crews with a senior status cox and at least 4 experienced rowers)

Blue Flag

Experienced (crew with an Experienced Status cox) and Senior status crews

Green Flag

No additional restrictions in force. Ideal for Novices!

Grey Flag

No one is monitoring the river conditions, so rowers must make an assessment themselves!

Capsize Drills

Only those rowers who have taken an OURCs capsize drill, or can prove that they have taken a similar one elsewhere, may use singles, pairs or doubles (small boats) on the water.

Swim Tests

All rowers and coxes should be swim tested at the first available opportunity and must have had one by their sixth water session (these swim tests last six years).

Which side?

Row on the correct side of the river! (stick to the bank on your left when facing backwards in a rowing seat)

Sunset/Sunrise

Don't row in twilight hours! (1 hour before sunrise and 1 hour after sunset)

Senior Status (S) Coxes

A cox with 6 full terms coxing

Experienced (X) Status Coxes

A cox with 3 full terms coxing

Novice Status Coxes

A cox with minimal/no previous experience (very common)



Glossary

Rowing jargon can sometimes seem like its own foreign language – hopefully this list should cover most unfamiliar words!

<i>1.1 / 2.1</i>	<i>The locations of the men's / women's captain rooms respectively</i>
<i>Backing down</i>	<i>Movement used to reverse the boat – blade it inserted into the water and pushed away from the rower</i>
<i>Backstops</i>	<i>The end of the slide furthest from your feet – when 'sitting at backstops' your legs are fully extended</i>
<i>Beer Boat</i>	<i>A crew who enters into Bumps races with little or no preparation just looking to have some fun. They are typically placed in the lowest division with all the other Beer Boats!</i>
<i>Blade</i>	<i>The paddle you row with</i>
<i>Blades</i>	<i>A crew wins blades if they manage to bump the crew in front of them on all four days of Torpids or Summer Eights</i>
<i>Blue Boat</i>	<i>The top university women's/men's crews</i>
<i>Boat Race</i>	<i>Famous annual race in late March/early April between Oxford and Cambridge on the River Thames in London. OCBC spectators gather in Fulham to support Oxford and any Oriel rowers in the Blue Boat!</i>
<i>Bow</i>	<i>The front of the boat OR the person sat closest to the front of the boat</i>
<i>Bowside</i>	<i>To the left (looking towards the rear of the boat)</i>



<i>Bumps Racing</i>	<i>The style of racing used in Torpids & Summer Eights - crews line up single file with 1.5 boat lengths between them and aim to catch the boat in front of them without getting caught by the boat behind.</i>
<i>Catch</i>	<i>The front of the rowing stroke, when your legs are bent and you are leaning forwards (blade going into water)</i>
<i>Cox</i>	<i>The person sat at the rear of the boat, who steers and instructs the rowers</i>
<i>Crewdate</i>	<i>Social event between two college's boat clubs, involving games and rules, generally in a curry house</i>
<i>Easy there</i>	<i>Call made by a cox that means stop rowing and hold your blade out of the water</i>
<i>Ergometer (erg)</i>	<i>Indoor rowing machine</i>
<i>Feathered</i>	<i>The spoon of the blade is flat to the water</i>
<i>Finish</i>	<i>The back of the rowing stroke, when your legs are straight and arms are bent (blade coming out of water)</i>
<i>Frontstops</i>	<i>The end of the slide nearest your feet – when your seat is at front stops, legs are bent</i>
<i>Head of the River</i>	<i>The crew that is 1st in Division I at the end of the last day of Torpids or Summer Eights</i>
<i>Head race</i>	<i>Race where crews are timed over a given distance, and are set off at regular intervals</i>
<i>Hold it up</i>	<i>Call made by a cox to stop the boat immediately - place your blade into the water with the spoon perpendicular to the surface to act as a brake</i>



<i>ITL</i>	<i>Common abbreviation for "In The Lodge"</i>
<i>The Isis</i>	<i>The river used by colleges in Oxford, in Christ Church Meadows</i>
<i>M1/W1, M2/W2, etc</i>	<i>Men's/Women's 1st Boat, 2nd Boat, etc</i>
<i>Oriel Regatta</i>	<i>Oriel's own racing event held in 7th week of Trinity Term - Oriel rowers organize/run the event and other colleges enter crews to race</i>
<i>OURCs</i>	<i>Oxford University Rowing Clubs – confederation of college and university boat clubs, with authority over all college boat clubs and the organization of inter-collegiate competitions</i>
<i>Rigger</i>	<i>The metal bar/gate that holds your blade</i>
<i>Rigging/derigging</i>	<i>Removing and replacing/rearranging the riggers on the boat</i>
<i>Shell</i>	<i>The hull of the boat</i>
<i>Spoon</i>	<i>The part of the blade that enters the water</i>
<i>Spoons</i>	<i>A crew earns spoons if they get bumped by another crew on all four days of Torpids or Summer Eights</i>
<i>Squared</i>	<i>The spoon of the blade is perpendicular to the water</i>
<i>Stroke</i>	<i>The person sat closest to the rear of the boat (can only see the cox)</i>
<i>Strokeside</i>	<i>To the right (looking towards the rear of the boat)</i>



Tank

Indoor rowing facility at Iffley Sports Centre, used for learning technique and simulating rowing off the river

Tap down

Slight movement of the hands downwards at the finish to remove the spoon from the water

Trestles

Portable stands used to support the boat out of water for cleaning, rigging etc

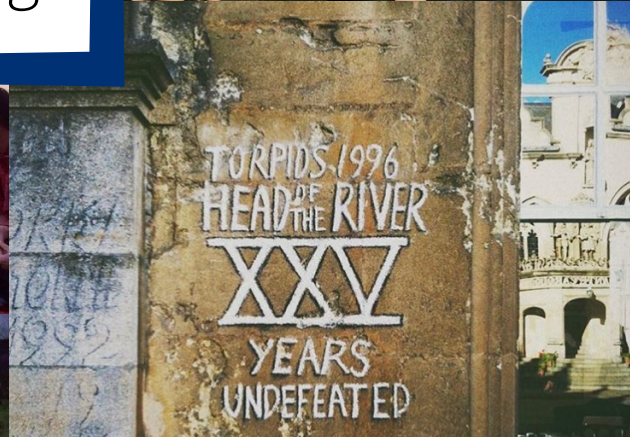
Tortoise

A person is a Tortoise if they have ever raced in an Oriel 1st Eight for a bumps event

Wyndhams

Wyndhams is an intraclub regatta at Oriel typically held in Michaelmas term to see how the novices are progressing with some racing against each other





@orielcrew



OCBC Page

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