

## **Calls**

### **Stopping the Boat**

“Next stroke, Easy there.” = The whole crew stops rowing and sits with their blades off the water. This will stop the boat in good time, with ease.

“Drop blades” = let your blades sit flat on the water.

“take the run off” = The whole crew angles their blades at 45 degrees to the water with the lower edge of the spoon in the water and raise the blade handle. This is like the brake of the boat.

HOLD IT UP = The whole boat digs their blades square in the water square to stop the boat moving, it is an emergency stop.

### **Changing Pressures**

For these, I will call “GO” at the finish (after you have taken a stroke):

e.g. Half pressure, next stroke, GO.

e.g. Paddle hard, next stroke, GO.

### **Types of pressure**

Firm pressure

Even pressure (Normal pressure/Steady state)

Light pressure

### **Changing Rowers**

For these I will call “GO” at the catch (the catch is the moment you blades enter the water):

e.g. Bow pair out, Stern pair in, next stroke, GO (at the Catch).

e.g. 3 and 4 out, 5 and 6 in, next stroke, GO (at the Catch).

### **Other calls:**

“Take a stroke” = Take a full stroke.

“Take a tap” = Take a half stroke.

“Back it down” = sit at backstops, turn your blade so that spoon (the curved face of your blade) faces the bow, bury the spoon and move up the slide, moving the boat backwards.

### **Command Structure**

Commands are generally structured as follows:

1. Who
2. Where to start from
3. What
4. Warning
5. Command

Examples: Who, Where, What, Warning, Command

#### **1. Who**

All 8

Bow/Stroke 4

Bow Pair/ Stroke pair

3,4,5,6

Bowside/strokeside

#### **1. 2. Where**

Backstops

### **3. What**

Light/ Strong/ Even Pressure

Rowing square blades

Sit the boat

Take a stroke

Take a tap

Back it down

To head

To shoulders

Racks out

### **4. Warning**

Ready

Next stroke

### **5. Command**

GO

On 3... 1, 2, 3!