

handbook
2016



Welcome to the Swan Creek Rowing Club [@swancreekrowing.com](http://swancreekrowing.com)

SCRC was named for the Swan Creek, a leading tributary flowing through Lambertville, New Jersey to the Delaware River. Our club was founded in 1992 by individuals interested in promoting rowing in the area. Members are from diverse backgrounds and vary from novice rowers to those who have maintained a lifelong interest in rowing. Many gained their experience in college.

Swan Creek Rowing Club is chartered to teach and promote rowing and water safety. Our basic aim is to teach rowing to anyone who wishes to learn. We provide a Rowing Program about rowing, handling equipment, and water safety for all new members. As a new member without rowing experience, you receive instruction on handling the boat, getting in and out of the boat, sculling and/or sweeping techniques, and safety on the water. Once you are checked out as qualified, you can row any time. Of course, during some unsafe weather and water conditions rowing is not permitted. The rowing season generally runs from April until November, depending on weather and river temperature.

Since the club's inception we've added a winter indoor rowing competition and a rowing program for local youth. For members interested in competition, the club attends several regattas each year as a group, and individual members compete regularly in regattas throughout the region. We provide regular coaching opportunities for members who wish to improve their skills. We are actively seeking a permanent waterfront boathouse and are developing rowing programs for local youth.



2015/2016

Officers

President: Richard Park

Vice President: Alan Albanir

Treasurer: Sue Moran

Secretary: Bonnie Snider

Board Members

Olivia Cantrell

Holly Green

Maria Michener

Ted Pytlar

Holly Sleph

Officers and board members can be contacted
via our web site @ swancreekrowing.com

Boat Handling Procedures

General

- **Check for flags, high water, wind, cold conditions.**
- Relax and Enjoy
- Ask for assistance, especially on a windy day.
- Wear tight fitting clothing and wading shoes for traction.
- Take your oars and water bottle to the shore first, then take the boat.

Launching

- Always log out, even if taking a boat that is already in the water.
- Hint: Everything faces the stern – the open side of the oarlock, the foot stretchers, and your gaze.
- If the water level is low, drag the boat into 18 inches of water.
- Tighten the oarlock gates snugly.
- Adjust the foot stretchers so that the oar handles graze your ribs when you are in the finish position, remove shoes carefully.
- For stability, bring the oar handles together with blades flat while you board.
- Paddle away from the shore with short, shallow strokes.

Returning

- Always keep your oars in the oar lock and steady until the last person in out of the boat.
- After removing the oars, close the oarlock gates to prevent damage.
- Open the drain plugs and hatch covers to ventilate the boat.
- With assistance, carry the boat, watch the skeg, please.
- With assistance, rack the boat, with the bow (ball) towards the south or central area of the boat site.
- Clean the boat, using towels and spray cleaner.
- Log in, and note any damage or trouble.
- Log miles with Concept 2 for novice status

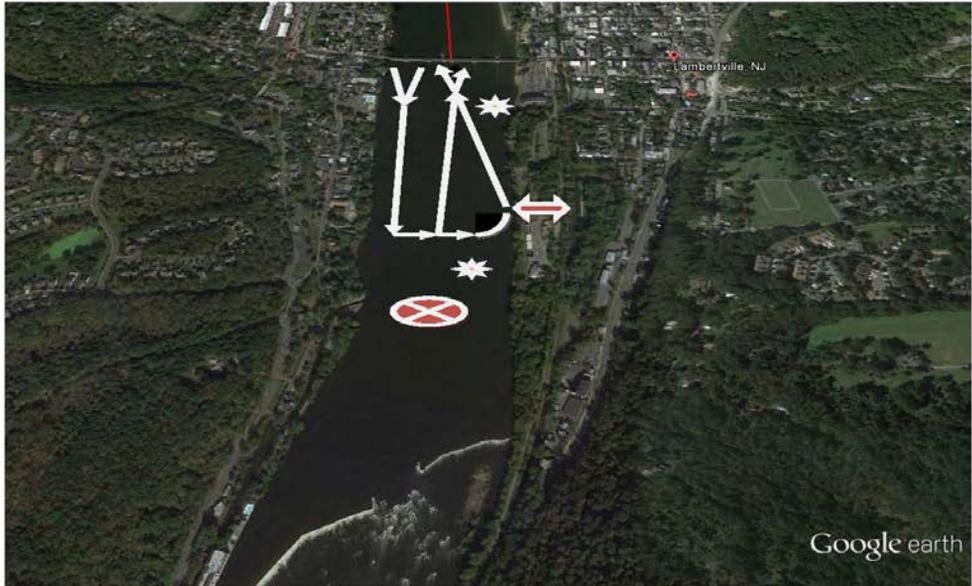


River/Boat site

- Always row “up river” on the New Jersey side; “down river” on the Pennsylvania side.
- Obey “up river” and “down river” limits. (see river maps)
- When tour boats , dragon boats are present, do not row in a way that blocks their progress.
- Bow lights must be used on all boats at dawn and dusk.
- No boats/rowers may be on the river in dense fog. Dense fog constitutes limited or no visibility of the free-bridge (New Hope-Lambertville) from the launch site.
- All SCRC members and guests will respect the public nature of the boat rack area and launch site at all times. This includes being mindful of noise, particularly in the early morning.
- Do not leave any trash on the property at any time. A recycling bin is available for plastic bottles and cans. Check launch area for water bottles and clothes left after rowing.
- Maintain a safe driving speed when approaching the boat site (not to exceed posted speed). Park only in designated parking areas.

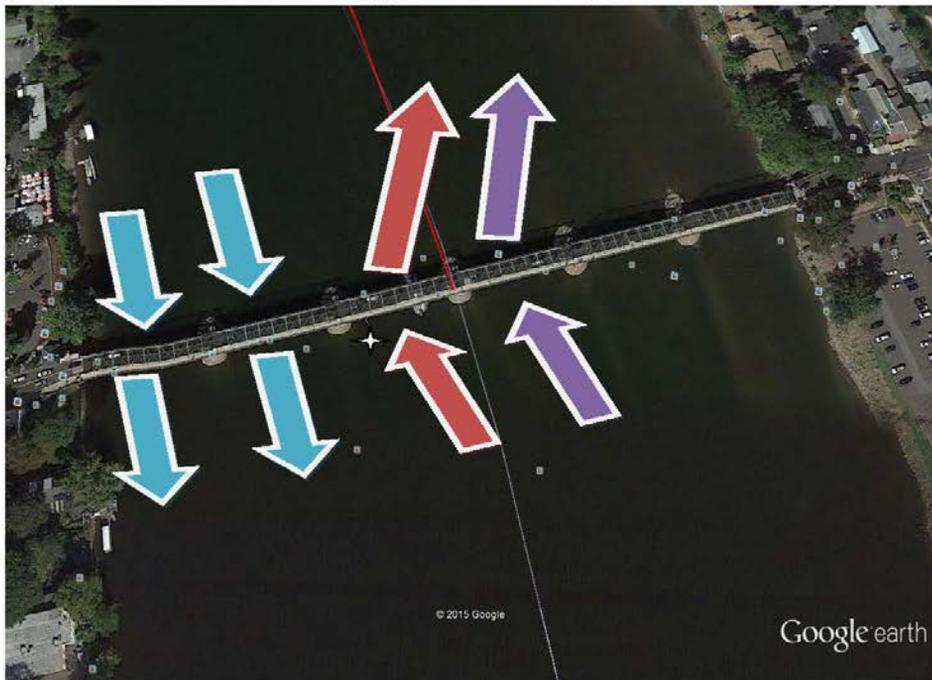
Delaware River Navigation

Safe Rowing – South of the Free Bridge



-  Shoals coming out from Swan Creek
-  Rocks straight out from Wall south of Waste Treatment Plant
-  Upriver move towards the middle two arches
-  Down river Stay close to PA.
-  No Rowing beyond Wall and Canal Outlet on PA side.
- *Note: Youth and Novice rowers do not row south of boat Launch

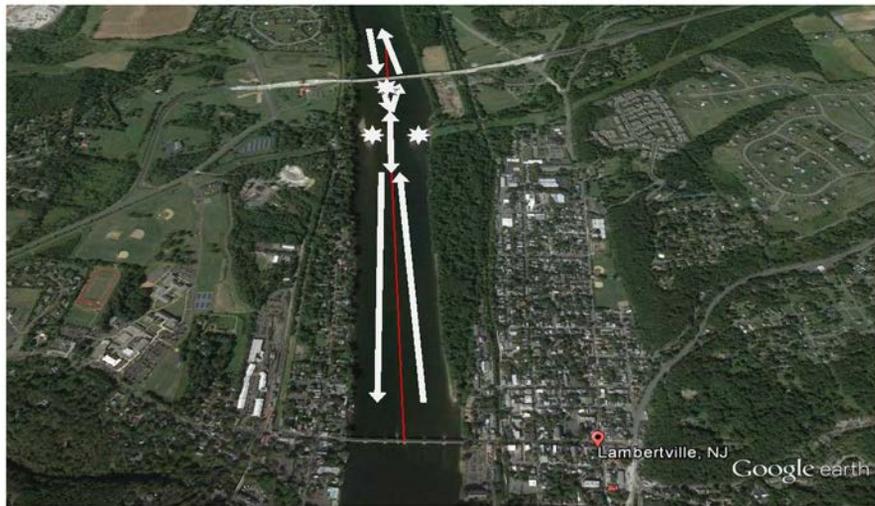
Safe Rowing - Free Bridge Arches



-  Up River Singles/Doubles
-  Up River Eights, Fours & Quads-move to right above the bridge.
-  Down River for all boats

Delaware River Navigation

Safe Rowing – Between the Bridges



**Stay to the right and towards the middle of the river.
Team boats to take inner lanes.
Singles and doubles use outer lanes.
Go single file through the shoals in low water <8.5 ft**

Safe Rowing – 202 Bridge Arches



**Below the Bridge move quickly to the middle of the river between the shoals.
Do not cut too close to the bridge - Refrigerator Rock is just south of the middle piling.
Tight two lane traffic through the shoals. Go to single file when the river < 8.5 ft.
Above the bridge gradually move towards the Pennsylvania side. But do not hug the bank.**



SCRC flags

SCRC uses a flag system to warn rowers of hazardous rowing conditions. When necessary, a flag will be posted at the boat launch site. All members must adhere to the defined flags at the boat launch site.

Flag Color	Flag Meaning	Condition	Result
Red	NO Rowing Permitted for all members	Dangerous due to water level +12ft or temperature below 45 degrees	No rowing until red flag status is downgraded by a SCRC Board Member
Yellow	Caution needed - High water / rough water conditions	Water level over 11ft or rough water conditions, such as white caps	Rowers classified as Novice (as defined in the SCRC safety procedure) are not permitted to row, Experienced Youth (as designated by the Head Coach) must be in a team boat & accompanied by coach in a launch
Blue	Cold Water	Water less than 60 degrees	Rowers classified as Novice and Youth rowers should adhere to the "Four Oars Rule." If the combined water/ambient air temperature does not total 90 degrees (F) or greater (with water temperature at least 45 degrees) a SCRC boat must use at least four oars to ensure a minimum of stability in the water
Fish Flag	Shad fishing in progress	Fishing net in river	Seasonal mid-April to mid-May
Brown Flag	Caution needed - Low water	Water level below 8.5 ft	Caution for team boats going through free bridge & shoals

Note: Water levels based upon the NOAA gauge at Trenton, water level also reported on the SCRC web site

** example- water temp = 45; air temp = 40 Total = 85 Boats with at least Four Oars may only row.

No member may remove or downgrade a flag without authorization from a board member. Any member may “upgrade” a flag from no flag to yellow or from yellow to red if he or she believes there is potential danger to club equipment or other rowers. The member must then enter the change in the site log book and immediately notify a board member.

Safety – Weather conditions

Temperature

Hot

When rowing in the heat of summer, use good sense by wearing lightweight, moisture wicking clothing, applying sunscreen and bring water or sports drink. Be aware of warnings of extreme heat index and air quality from the National Weather Service.

Cold

The river water temperature can be found on the NOAA Gauge which is noted as “gage” and linked on the Swan Creek Rowing site in the upper right in hand corner. The link is also below.

http://waterdata.usgs.gov/nj/nwis/uv?dd_cd=12&dd_cd=09&format=gif&period=7&site_no=01463500

The site quotes the temperature in Celsius and not in Fahrenheit so please check the club limits for both below.

DO NOT ROW if Water Temp is < 50 degrees F (10 degrees C) on NOAA Gauge

DO NOT ROW if Air Temp is < 40 degrees F (4 degrees C)

There will also be a Blue Flag posted over the desk to note Cold Water of < 60 degrees F (15 degrees C) which means No Novice may row by themselves.

If you do row in cooler weather, you should dress appropriately in non cotton clothing. Dress in layers, with fleece vests and wind-proof shells when necessary.

Safety – Weather conditions



Lightning

DO NOT ROW if you hear thunder or see lightning. Wait 30 minutes after the last sound of thunder before entering the water.

Get in the habit of checking the weather prior to any row. The New Hope Weather link is:
<http://www.weather.com/outlook/travel/businesstraveler/local/18938>,
or check your weather app on your phone.

Taking a look at the radar will let you know if storms are in the area. If weather conditions are questionable, stay within easy range of the boat ramp, and keep an eye on the skies for signs of approaching storms. If by chance you are far from the landing and a storm approaches, row to the nearest shore, get out of the boat and get a way from the water and to shelter if you can. Just ground the boat on shore if you can and secure if possible, but your safety is most important. If there is not an enclosed safe shelter near, just get away from the river and tall trees. You should squat low but minimize contact with ground and keep both feet together. If you are at the site and do not have a car to get to, then go in the rest room(s). Seriously, you could be struck standing just next to a building. Being inside an enclosed building is the safest place to be during a storm.

Below is a link to a NOAA information page on lightning safety.

<http://www.lightningsafety.noaa.gov/overview.htm>

Safety – Weather conditions

Fog

Sometimes changing temperatures can cause fog to develop on the river. The rule is simple—don't row if you can't see the free bridge from the launch area. There are just too many risks of what you can't see and who may not be able to see you to be rowing. Generally the fog will clear as the sun rises and you will be able to go out. If you do go out and the fog rolls in, simply slowly come in.

Darkness

Not that darkness is a “weather condition” but it is something to consider as the days are sadly getting shorter. To keep it simple and easy to remember, starting in September, if you row after 5 pm, use a bow light on your boat. There is a bin of bow lights in the shed. And use your best judgment to get off of the river at twilight.

Wind

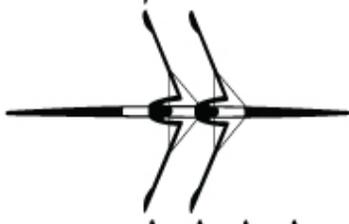
DO NOT ROW if sustained winds are forecast for 15mph or higher. This is another reason to check your weather app on your phone before you launch. Winds can develop very quickly, and can be treacherous at times by creating very rough, choppy water and pushing you off course. In particular, winds out of the south (against the current) can create very dangerous conditions! Novices, in particular, should NOT be on the water in windy conditions.

Boats categories

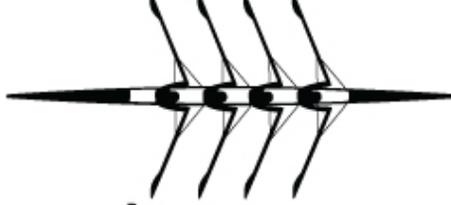


Sculling Boats

Single (1x): Approximately 26 feet long, 11 inches wide, and about 30 lbs. Rowed by one person using two oars.



Double (2x): Approximately 32 feet long, 13 inches wide, and about 60 lbs. Rowed by two people using two oars each.

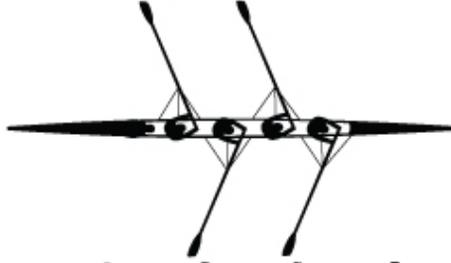


Quad(4x): Approximately 42 feet long and about 115 lbs. Rowed by four people using two oars each.



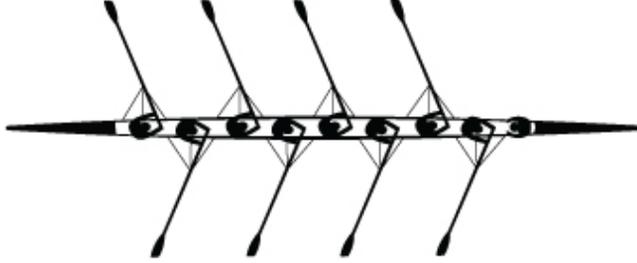
Sweep Boats

Pair (2-): Approximately 32 feet long, 13 inches wide and about 60 lbs. Rowed by two people using one oar each.



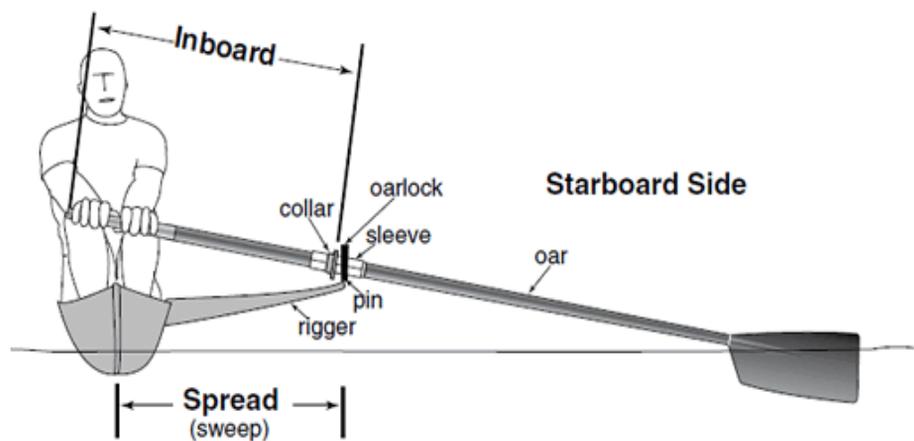
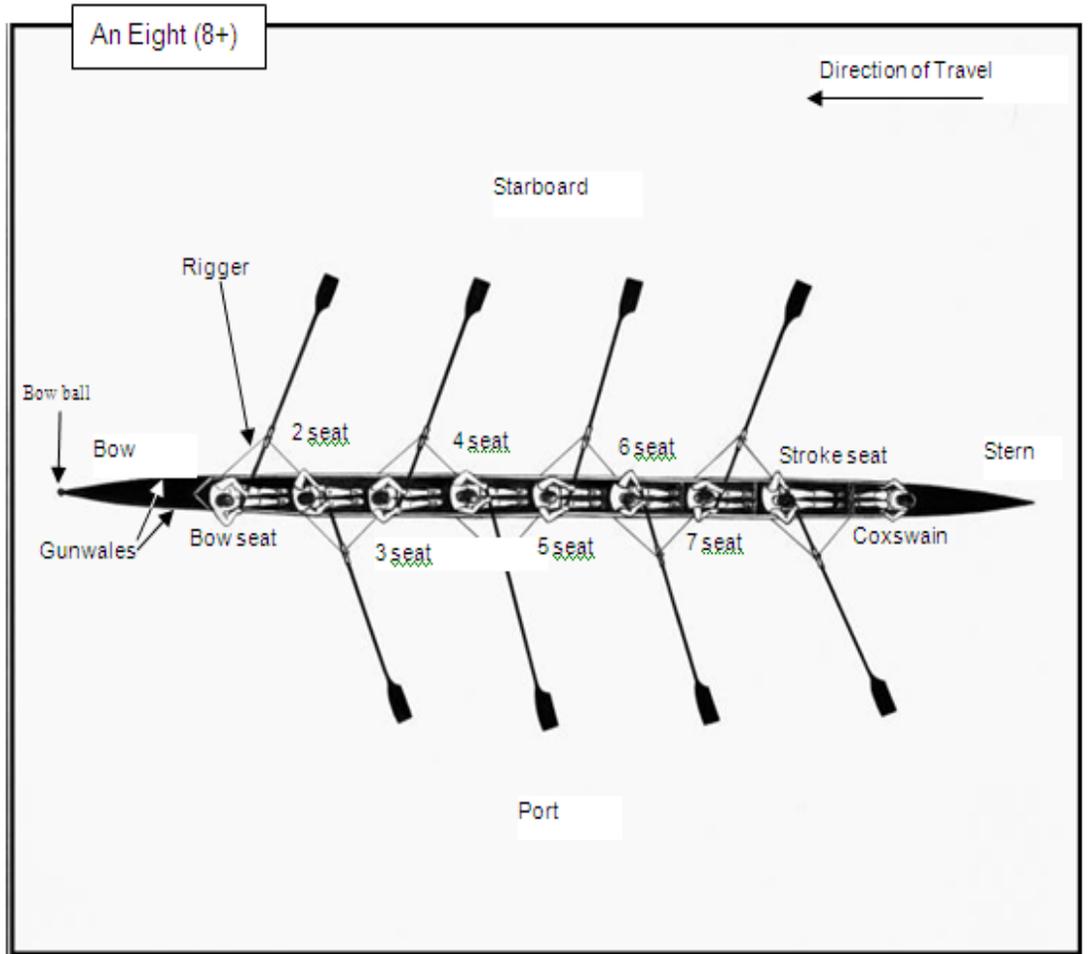
Four (4+): Approximately 42 feet long, 21 inches wide and about 112 lbs. Rowed by four people using one oar each. Coxswain can be in the bow or the stern.

A **Straight Four (4-)** is a similar boat but without a coxswain.



Eight (8): Approximately 60 feet long, 26 inches wide and about 210 lbs. Rowed by eight people using one oar each. Coxswain sits in the stern.

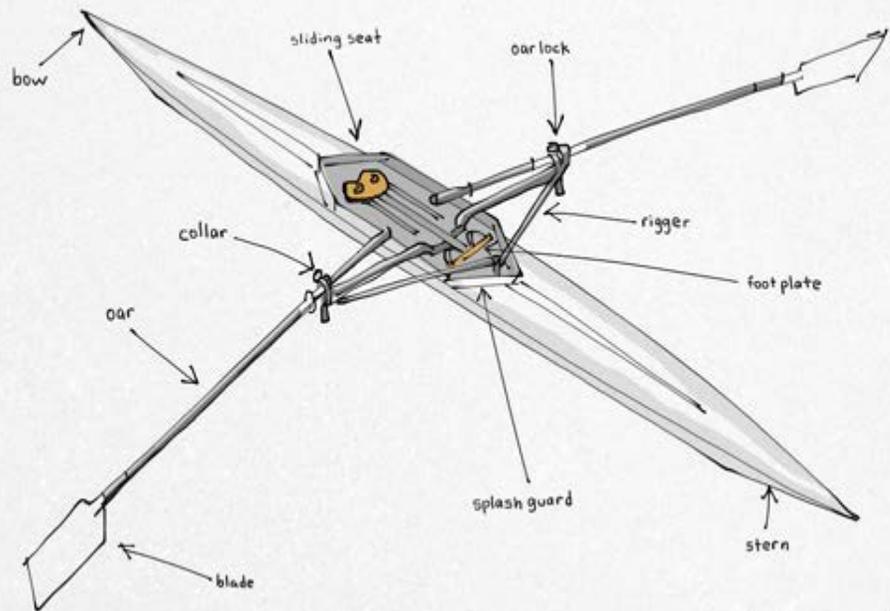
Sweep boat



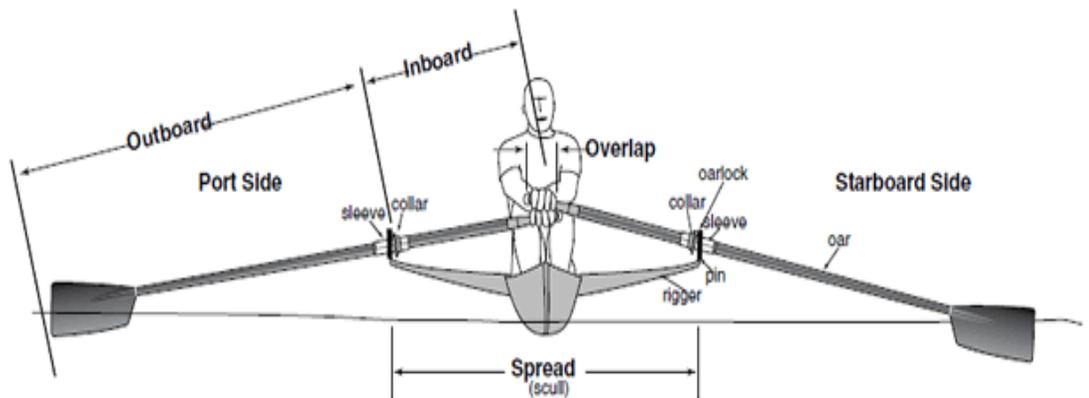
Sculling boat



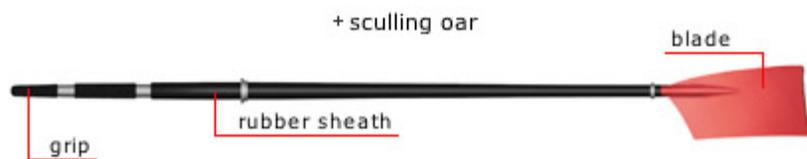
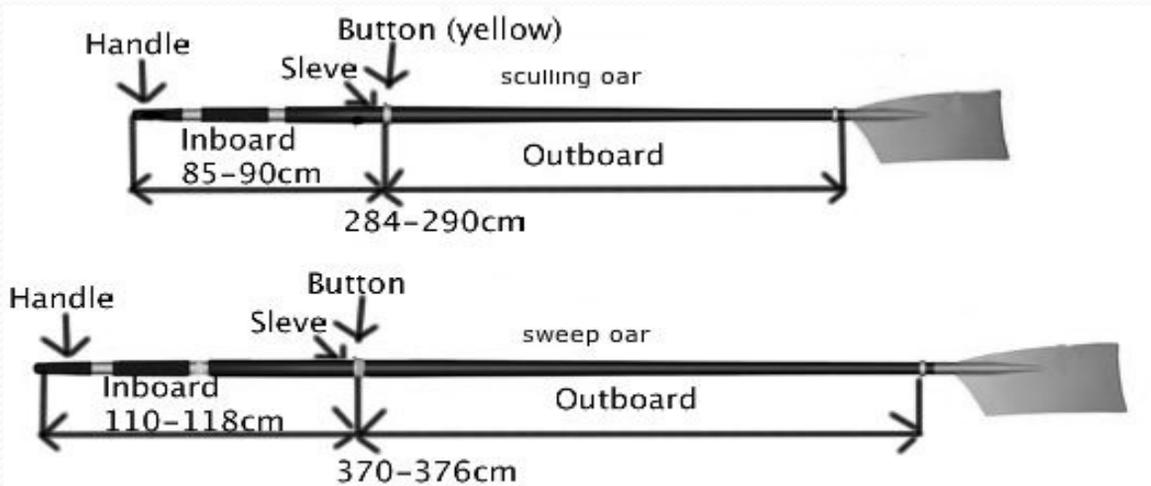
Sculling Boat



designosaur.us | al lau



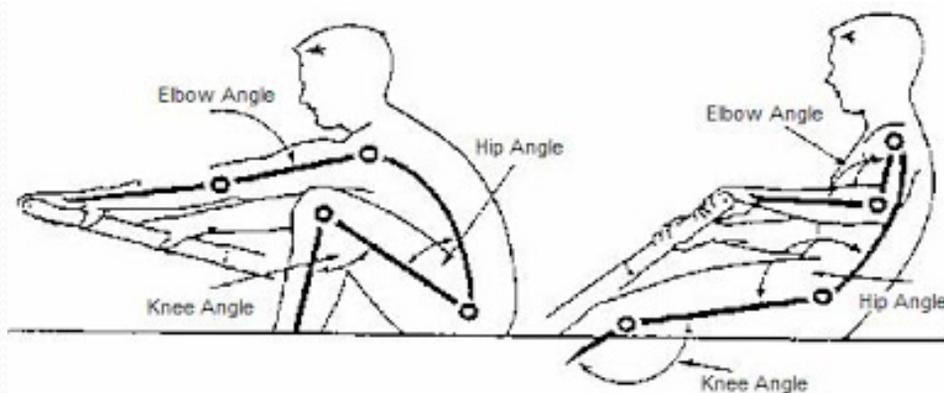
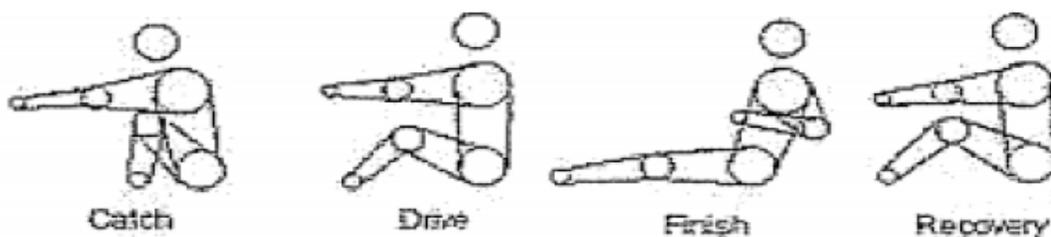
Oars



www.visualdictionaryonline.com



THE ROWING STROKE



Catch (or Entry) - The point where the blade enters the water. The legs are compressed in a 90-degree angle, the arms are stretched out, and the body is angled forward

Drive - the part of the stroke where the legs are pressing down, sending the body to the bow. Then the back and arms swing backward.

Finish (or Release) - the point at which the rower pushes down on the oar handles to pop the blades out of the water and begins to push the hands and arms out of the bow

Recovery - the time spent pulling the body back up to the catch; first the arms extend, then the body angle is set, and finally, the legs are slowly drawn up to the catch.

On the square - keeping the blades perpendicular to the water on the recovery

On the feather - keeping the blades parallel to the water on the recovery

Membership dues

Membership Categories:

Individual: anyone over the age of eighteen

Extra Family Member: anyone sharing in the economy of a single household with the holder of an Individual membership

Full Time Student: anyone age 13 or older attending school full-time

Prorated Dues Schedule for 2016:

Individual	Member	Additional Household	Student/Youth	Cox/Coach
Full Year	\$315	\$190	\$205	\$0
Partial Year 1-July to 31-Dec- 2016	\$185	\$95	\$100	\$0

Membership dues are payable on January 1 for the period of 1/1 to 12/31. If dues are not received by January 1, your membership will no longer be held in good standing, and you will not be permitted to use club equipment or store private boats.



Membership: Membership forms Wavers and US rowing membership

For all SCRC members,

- 1) Membership forms can be obtained from our website @ swancreekrowing.com
- 2) Dues are required on by 1-January of the given year

US Rowing carries SCRC Insurance, therefore all members must

- 1) Sign US Rowing waivers
- 2) Become members of the US Rowing organization (\$5.75)

Website: <http://www.usrowing.org>



Novice Rowers @ <http://www.concept2.com>

We are starting a new approach, to define the 'novice' rower at SCRC.

For all new rowers, in a given year, (SCRC 2016 LTR Team), using the web site of Concept2, a Team will be created to log your information about the miles or meters you have rowed on a daily basis.

*100 miles or 1600 meters should be rowed to advance to the next level.

Attached is a snapshot of the screen, where the team will be created.

Communication will continue on this topic....

The screenshot shows the Concept2 website interface. At the top, there's a navigation bar with the Concept2 logo and a user profile icon. Below that is a dark blue menu bar with white text for 'LOG', 'HISTORY', 'RANKINGS', 'RANKED WORKOUTS', 'CHALLENGES', 'TEAMS', and 'TRAINING PARTNERS'. The main content area is titled 'Teams' and contains the following text:

Teams

Use this area of the logbook to create or join a team to participate in one of the three team challenges (Virtual Team Challenge, World Erg Challenge, and Fall Team Challenge) held throughout the year. **Note:** Teams are separate from affiliations and are organised by a team captain.

If you need help or have any questions, check out the Team Challenge FAQs or email ranking@concept2.com.

Your Team

If you're not already a member of a team, you can join one below. If a team has open membership, you will be able to join right away, otherwise the team captain will need to confirm your membership. You can filter the list of teams by name.

Choose a Team

Create a Team

As team captain you can also add results for members who do not have an existing Logbook account.

If you have any questions or problems, please contact ranking@concept2.com

On the right side of the page, there are two challenge cards:

- Last Challenge**
World Erg Challenge
March 15–April 15
[View World Erg Challenge Team Standings](#)
[View World Erg Challenge Individual Standings](#)
- Next Challenge**
Fall Team Challenge
September 15–October 15



Team Boat Scheduling through Google Calendar

The screenshot shows a web browser window displaying the 'Team Boat Schedule' for the Swan Creek Rowing Club. The page includes a sidebar with river level and temperature information, a main calendar grid for June 16-21, and a 'Dock Funds Raised' section with a thermometer graphic and donation options.

RIVER LEVEL/TEMP
2016-06-18 11:00
River Level: 6.44ft
Water Temp: 73.00 F
BROWN FLAG (6.5ft)
Safety Flag Meanings
USGS site
River Forecast
Flags displayed at site have precedence over website.

RECENT POSTS
Swan Creek Spirit Sale
Alert: Weeds
Our Selection and Etiquette
SCRC Nike Gear Fundraiser
SPLASH Mark Twin Cruise
7/9/2016

ARCHIVES
Select Month

TEAM BOAT SCHEDULE

(see instructions below)

Day	Time	Event
Thursday, June 16	6:00pm	Men MW Vespa 4+
Friday, June 17		Men Marjor/MW Vespa 4/ Empacher on trailer
	When	Friday, Jun 17, 2016
		more details copy to my calendar
Saturday, June 18		Men Marjor/Black Vespa 4/Empacher @ SNR all day
7:30am		WQC-1 -- Swift 4x, A1-A4 quad oars
9:00am		Youth -- Kaschper, Porter and Lewis B+, Vespol, Sykes and Menges 4+
Sunday, June 19	9:00am	XGN-1 -- Swift 4x, A1-A4 quad oars
9:00am		Roberts/Beadle/Falk -- Net 2x
Monday, June 20	9:30am	WQC-1 Swift 4x Smoothie Oars
6:00pm		WGR-1 -- witech 4x, A1-A4 quad oars
Tuesday, June 21	6:30pm	WGS-1 -- Swift 4x, A1-A4 quad oars 1 launch

Events shown in time zone: Eastern Time

DOCK FUNDS RAISED

\$20,000
\$12,000

Donate via PayPal:
DRRF@Comcast.net
[Donate](#)

Donate via check:
The Delaware River
Recreation Foundation
P.O. Box 698
Lambertville, NJ 08530
[Learn More](#)

Instructions to schedule boats through Google Calendar:

- Login to Google Calendar with the user name 'scrcreservations'
- The password was sent out in a club emailing. If you do not have it, request it by sending an email request on this page on website

Once logged in:

- On the calendar grid, click on the date and time for when you would like to reserve a boat, the rest is pretty straight forward.
- Before using a team boat/2x or 2-, please check the schedule. If you're you or your team would like to schedule a boat, on a continual basis contact the Boat Scheduler – see web site.

Training websites

Safety US rowing safety -40min

https://www.youtube.com/watch?v=Rx5SUE_RdgQ

Sweep rowing technique

<https://www.youtube.com/watch?v=g4jiOSEigN8>

<https://www.youtube.com/watch?v=2Ejp-HJJ1B8>

Sculling rowing technique

<https://www.youtube.com/watch?v=o3MdSkh2s2o&app=desktop>

<https://www.youtube.com/watch?v=2Ry2O5f8qoY>

Erging machine technique

<https://www.youtube.com/watch?v=zQ82RYIFLN8>



Glossary of Rowing Terms

Bow: the front section of the shell; also used as the name of the rower sitting nearest to the bow

Buoy: A floating marker that is used to lay out a course, usually look like big red, orange or yellow balloons

Coxswain: person who steers the shell and is the on-the-water coach for the crew using a microphone system (cox box)

Crab: a stroke that goes bad. The oar blade slices the water at an angle and gets caught under the surface. Crab is also used to describe when a rower's blade jams in the water and he/she finds it impossible to get the oar out of the water at the end of the pull-through

Ergometer: often referred to as an "erg;" a rowing machine used for training and testing that closely approximates the actual rowing motion

Foot Stretcher: where the rower places their feet; consists of two foot rests with shoes bolted on

Full pressure: the top level of exertion of which a rower is capable

Gunwale: the top edge of the boat's die, pronounced "gunnel"

Head Races: typically held in the fall on a 3000 – 6000 meter racecourse with boats stagger-started and racing for the fastest time; often have turns and bends and take 15 – 25 minutes to complete

Junior: under 19 years old

Light/mid/heavy weight: refers to the rowers, with a maximum weight for each rower participating in a lightweight event

Glossary of Rowing Terms cont.

Novice: a rower with less than two seasons of experience (similar to JV) or log 100 miles.

Oarlock: a U-shaped swivel device that holds the oar at the end of the rigger

Port: the left side of the shell when looking at the bow; oars on the port side of a standard rigged boat are 2, 4, 6, and stroke (8)

Gunwale: the top edge of the boat's die, pronounced "gunnel"

Head Races: typically held in the fall on a 3000 – 6000 meter racecourse with boats stagger-started and racing for the fastest time; often have turns and bends and take 15 – 25 minutes to complete

Junior: under 19 years old

Lightweight: refers to the rowers, with a maximum weight for each rower participating in a lightweight event

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Oarlock: a U-shaped swivel device that holds the oar at the end of the rigger

Port: the left side of the shell when looking at the bow; oars on the port side of a standard rigged boat are 2, 4, 6, and stroke (8)

Power 10: a call for rowers to do 10 of their best, most powerful strokes; a strategy used to pull ahead of a competitor

Racks: tiered wood or metal structures in the boathouse used to hold the shells

Ready-All, Row: starting command for most races

Regatta: an organized series of boat races, usually named for the town or venue where the event takes place. There are three basic types of races: Head Races, Indoor Races and Sprint Races.

Rigger: metal arms/tubes that are bolted to the body of the shell, in which the oarlocks are attached; acts as the fulcrum

Glossary of Rowing Terms cont.

Rigging: attaching the riggers to the shell (a shell CANNOT be transported with the riggers attached)

Rudder: small movable piece/fin on the bottom of the shell that is used to steer

Set: the balance of the boat

Skeg: a stationary fin in the stern used for stability;

Slide: the physical rails upon which the seat, the physical rails upon which the seat rolls, and the part of the stroke when the seat is moving, both during the drive and during the recovery

Slings: collapsible/portable frames with straps upon which a shell can be placed

Sprint Races: typically held in the spring on a 2000 meter racecourse, with boats line up side- by-side in lanes. A specified number of boats from each heat will progress to the finals, with the fastest boat in the final heat being the winner

Starboard: the right side of the shell when looking at the bow; oars on the starboard side of a standard rigged boat are the Bow (1), 3, 5, & 7

Stern: the rear section of the shell

Stroke: the #4 or #8 (depending on shell size) rower who sits closest to the stern; sets the rhythm or cadence for the boat, with all rowers behind him/her following his/her cadence

Stroke rate: The number of strokes per minute; usually between 34 and 38 strokes per minute during a race

Tracks: the set of metal runners set inside the shell that accept the wheels on the bottom of each rower's seat (slide).