

## Noank Rowing Club Shells – Sweep Shells

**Eights, Fours & Pair** (sweep rowing shells with one oar per person & may or may not have coxswain)

### Vespoli (manufacture name)

Our 'Vepos' so happen to be heavier hulls for bigger people or racers. Thus these hulls are good to row in heavy wind.



**'Emerson' Eight (8+)**



Many manufactures place their name near the cox'n seat



**'Vespoli Four' (no name 4+)**

### Pocock (mfr)

Our Pocock hulls so happen to be lighter thus for lighter people & good for learners who find the other hulls heavy. Because the hull is light, yet has great surface area, be cautious when taking her out in strong wind.



**'Liza Dalrymple' 8+**



**'Pocock Four' (no name 4+)**



Sample of 'Pocock Pair Without' (2-)

### A bit about Coxswains

**'Coxswain:** (cox'n, or coxie abbreviation) Originally the "boatswain" or "boatsman", they are the person who steers the shell and is the on-the-water coach for the crew. Cox'ns are included in three Olympic events; pair with (cox'n), four with, and eight. Traditionally a megaphone and today an electronic speaker system is used by the cox'n to communicate the length of the shell.' (excerpt from NRC *Insights to the Sport of Rowing*)

In NRC, any person who enjoys people, has good humor, possess common sense & is able to learn to maneuver the shell may be a coxswain. In a racing situation, a cox'n is preferred to be lighter and must be clever. In our club, some of our tallest people have been know to cox!

## NRC Sweep Oar/Blade Options

**Hatchets** (square not bi-lateral blade) are for more experienced or stronger rowers. This oar does *not* 'give' during the pull thru, so it creates a greater strain on the rower's back. This blade requires less technique to row properly.

**Hatchets** are for a more experienced rowers who:

1. Possess stronger backs that are used to rowing
2. Demonstrates good rowing technique



Shorter set for experienced crews or racing 8+, 4+ or 2-

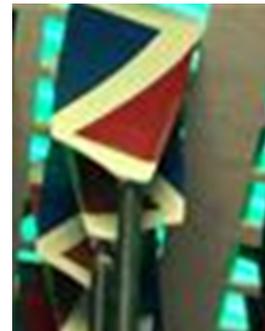


Longer set for learning 8+, 4+ or 2-

There are three sets of oars that are available to be used in fours (4+) & pairs(2-):



1. brown & silver tape (370 cm)
2. blue & yellow tape (370 cm)
3. bright blue & silver tape (374 cm)



Btw: blue & yellow tape set of 4+ oars have dual (two) rubber grips per oar.

**Tulips** (slightly curved bi-lateral blade) are for novice (young or older) rowers. This oar *does* 'give' during the pull thru, so it creates less strain on the rower's back. This blade requires more technique to row properly, thus is a better blade for learners, and/or persons developing back strength.

**Tulips** are for novice, younger & older rowers whose:

1. back is not used to rowing, thus is not as strong.
2. learning proper rowing technique



Criss-Cross set of 8.



Feather set of 8. Only 4 out at this time

Both sets are appropriate for an eight (8+), four (4+), or pair (2-)

## Noank Rowing Club Shells – Sculling Shells and Sculls/Blades

### Single Shells

### Sculls for the Singles



**Pocock (mfr) 1x** ('Harvard Lt Wt' no name) *Winged Rigger* Light Weight Single (145 pounds and under) for a fairly experienced sculler.



**Pocock (mfr) 1x** ('Harvard Heavy Wt' no name) *Traditional tube Rigger* Heavy Weight Single (150 pounds and up) for a fairly experienced sculler.



**Maas Winged 1x** (no name) is designed primarily as a club racer for midsize to smaller scullers. The Maas Single is exceptionally stable, stiff construction, light weight and durable.

Either Hatchet or Tulip sculls are appropriate for this single. (same as above). 298 or 296cm length.

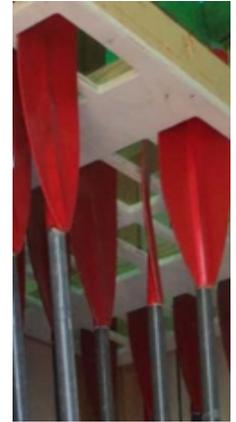
#### NOTE:

Most of our **TULIP** sculls are 298cm in length unless otherwise marked on **Orange Tape** (**300cm** for bigger or **296cm** for smaller scullers). Different length oars can be used when rowing in a 1x or a 2x (eg one set 296, one set 300).

**300 cm** are very 'big' blades and will be rowed by one or two overtly strong people.

**Why 296cm Blades?** These are great for smaller rowers, who find the (more common) 298cm blades "heavy" in the water. An example of a good time to use them; in the Maas 1x or when your double partner is decisively stronger than you. These 'lighter geared blades' enable you to move thru the water (more quickly) thus at the same speed as your stronger partner.

Either Hatchet or Tulip sculls are appropriate for this single. Use the tulips, until comfortable with sculling. Once proficient, move to the hatchets



example tulip sculls



example hatchet sculls



example 300cm label



example 296cm label

## Noank Rowing Club Shells – Sculling Shells and Sculls/Blades (cont'd)

### Double Shells



Pocock (mnf) convertible pair/double “**NRC 2x**” with a red/blue hull. She is a great shell to learn sculling with one other rower. A heavier, wider hull, thus more stable than all the other doubles.



Vespoli (mnf) “**Lowe’s Chomet 2x**” is a heavy weight double, therefore a bit more stable than a Van Dusen 2x. Good for the next level of rowing after the ‘NRC 2x’.



Van Dusen (mnf) “**Grey Matter 2x**” is a grey hull, light weight double, and requires good technique, yet with an experienced crew whose average is 150 pounds in weight (or less) – she flies!



Van Dusen (mnf) “**RANrun**” 2x is a white hull mid weight double with red & blue accents. Like Grey Matter, she requires excellent technique, is light & delicate, but when rowed very well – she flies too!

### Sculls for the Doubles

Either Hatchet or Tulip sculls are appropriate for this double. Usually we use the tulip sculls, as all the hatchet sculls are designated for other shells.



Blue tape labeled “**Lowes Chomet 2x**”



Green tape labeled “**Grey Matter 2x**”

**RANrun** does not have designated set at this time.

Either Hatchet or Tulip sculls are appropriate for this double.

If you are planning to use hatchets, please check to make certain they are not in use by their designated shell.

## Noank Rowing Club Shells – Sculling Shells and Sculls/Blades (cont'd)

### Quad Shells

### Sculls for the Quads



Empacher (mfr) '**NOanker**' 4x is our yellow hulled racing quad. Technique should be very proficient. The bow seat sculler must 'toe' or steer the shell via rudder attached by cable to the bow foot stretcher. We do have (large) size 14 & (smaller) 10.5 foot stretchers for her crews with different foot sizes.

Sculls: **Hatchets** labeled on yellow tape "**Empacher 4x**"



Schoenbrod (mfr) "**Hob KNOB**" 4x is great shell to teach a group of scullers. She has a coxswain position for coach, cox'n or steering person. A heavier hull, so request 1-3 *additional* rowers to assist carrying her to the dock

The Schoenbrod Quad is also great for teaching the basics of sculling while the shell is held on the dock!



Sculls: **Tulips** labeled with red tape "**Hob KNOB 4x**"