TERMINOLOGY AND COMMANDS

General

1. GET READY/SIT READY/PADDLERS SIT READY/PADDLES ON THE GUNNEL:
Lean forward. Place paddle across lap with paddle blade over the gunnel which is the upper edge of a boat's side. This is the command given before “paddles up”. Used when caller or tiller wants to get team’s attention. Also used any time you are not paddling and sitting in the boat waiting for instruction. You should always be “READY in the boat”. Accidents happen when people aren't ready.
2. PADDLES UP/READY POSITION: Non race command. Get in the ready position/set-up position. Hold your paddle blade above the surface of the water, fully rotate and ready to take a stroke.
3. TAKE IT AWAY: Begin paddling. Used during practice and in between racing. The coach or caller will use this command to relinquish control of the boat to lead paddlers/strokes. PADDLES UP, then TAKE IT AWAY. are used on practice days. tTo train for a race day start, use a start cadence explained in #15.
4. LET IT RIDE/LET IT RUN: Stop paddling and let boat cruise.
5. REACH/DIG/RACE PACE: Paddle at the pace that is set for the majority of the rest of the race except for the start cadence explained in #15.
6. POWER 10: A set of 10 strokes that are harder (NOT faster) to help the boat speed up. 150% effort!
7. HOLD THE BOAT : Hold paddle straight up and down at the side of the boat, lean forward and fully submerge your blade. Bring the boat to a stop with the paddles. Keep your paddles submerged and the blade perpendicular to the side of the boat.
8. BRACE THE BOAT: Called by the tiller. This is used to stabilize the boat. Hold blades out to the side. Keep your paddles out and flat on the surface of the water to absorb the motion and keep the boat steady. Blade is almost parallel to water and resting on the surface of the water; you should be comfortable enough to hold for a length of time. Its purpose is to create floatation along with a wider base for boat with pressure on the water. If the paddle is in the right place on the water, the water will help hold the paddle.
9. DRAW RIGHT OR DRAW LEFT: Called by the tiller. Draw water on left side or right side of the boat in toward the boat by leaning out and turning the face of your paddle toward the side of the boat. This creates a motion that is not forward or backward moving. Efficient paddlers lean out into the draw working with the movement of the boat. (i.e. bury the paddle and pull the side of boat toward paddle). Reach out only as far as you can and keep the whole paddle buried as you draw. You should feel a lot of resistance on the paddle. Done at a slow speed. Everyone pulling in unison is the Priority. While one side draws the other may “brace and lean” or you may have a two side draw.

10. BACK PADDLE: Paddling backwards. This is not a big power stroke, may need to be fairly fast in a race ready situation. Paddlers have to be in sync. Thus the caller or lead paddlers need to know the most effective speed of their team.
11. HOLD FOR DRIFT: Called by the tiller. Typically used when back paddling when on a windy day or when current is strong to hold the boat from moving sideways. Tiller will call who to perform this. Normally it is the first two rows. When called, sit straight and fully submerge your blade. Keep your paddles submerged and the blade parallel and close to the side of the boat.

Race Day Commands

12. PADDLERS PREPARE TO START/WE HAVE ALIGNMENT Called from **announcer** on race day. This is when all the boats are aligned, ready to go. It is followed by **ATTENTION PLEASE** quickly. When heard, fully reach forward close to the side of boat, fully rotated. Some teams also bury the paddle at this point.
13. ATTENTION PLEASE: Called from **announcer** on race day. When heard, fully bury your blade, fully reach forward close to the side of boat, fully rotated. Only used for starting. This is a speed command! Attention means the horn will blow almost immediately. “BURY YOUR PADDLES” will be called by the caller.
14. BURY YOUR PADDLES: Caller shouts immediately or simultaneously when hearing ATTENTION PLEASE. Race command in a start situation for paddles to be placed in position for the first stroke. Blade is fully submerged. Your hand is touching the water.
15. HORN/Start Cadence: Once the horn blows, team will start with powerful but slow strokes to get the boat stationary, followed by two sets of sprint strokes that accelerate the boat to top speed. Then drop down to the sustainable race cadence that can last through the race. Common cadences used are 6/6/6, 6/8/8, 5/10/10.
When switching from slow start to sprint strokes, caller uses 2 or 3 UP commands to remind the team of the pace change. Caller uses REACH after the sprint stroke phase to remind team to drop down to RACE PACE. For race day start training, before the start, caller must let team know what start cadence is used.
For example,
We are doing 6, 6, 6
GET READY
ATTENTION PLEASE
GO -, 2–, 3–, 4–,5–, 6– and
UP UP 3 4 5 6, UP UP 3 4 5 6 and
REACH, REACH, 3, 4, 1, 2, 3, 4

Drills

Half boat paddling: Caller tells the whole boat which rows to paddle and which rows to rest. Typical command:
Even row only in 3, 2, 1
Odd row only in 3, 2, 1

Front half in 3, 2, 1
Back half in 3, 2, 1
The specified half should start at 1. And the rest stop at 1.