



Craftsbury

SCULLING CENTER

Hosmer Community Rowing



Craftsbury

SCULLING CENTER

Welcome

Thanks for choosing Craftsbury! We've been sculling on Great Hosmer Pond since 1976, and have been a non-profit since 2008. The mission of the non-profit Craftsbury Outdoor Center reads:

- 1) to support and promote participation and excellence in lifelong sports with a special focus on rowing, running and nordic skiing;
- 2) to use and teach sustainable practices; and
- 3) to protect and manage the surrounding land, lake and trails.

The following pages offer information designed to help you get the most out of your experience. More information is available online at www.craftsbury.com.

Please don't hesitate to ask questions of anyone at any time, and we always welcome your feedback and suggestions.

See you on the water,

-the Coaches and Staff of the Craftsbury Sculling Center

BEFORE YOUR FIRST ROW

What to Wear

- Wear comfortable clothes that are not baggy or long. Avoid sweatshirts with front pockets that may catch your oar handles, and baggy shorts that may get caught in the seat wheels.
- If it is cold or raining, dress warmly. Extra layers can be removed while on the water and stored in the boat.
- If it is hot and sunny, wear a hat or visor, sunglasses, and sunscreen while on the water.

What to Bring

- Bring a plastic or padded water bottle (metal bottles scratch the cockpit). Hydration is very important and it can rest in the bottom of your boat when not in use.

Around the Boathouse and Boat Handling

Please observe the following when taking care of your equipment during camp.

- Take care of the equipment as though it was your own.
- Remember to carry your oars to the dock before fetching your boat.
- Carry your oars with blades in front of you.
- Avoid getting the grips or sleeves sandy or dirty. If they get dirty, rinse them off before using them.
- Carry your boat with a partner.
- Report breakage or boat damage to the fleet manager or Troy in the boathouse. Stuff happens, but we need to know about it to ensure the boat is safe to use and fixed as soon as possible.
- When taking the boat in and out of the water, take care that the fin on the bottom of the boat does not hit the dock. DO NOT set a boat on the dock.
- When putting sculls into oarlocks, confirm that the oar number matches the set you were assigned. Before launching, please double-check that you are not taking anyone else's blades and that they are a matched set.
- Avoid tracking sand into the boat as it damages tracks and wheels. **Please remove your shoes before stepping into the shells and leave them on the dock. Please wear socks in boats equipped with shoes**
- Boats go back into the boathouse stern first.
- Clean your boat thoroughly after each row. Wipe the entire hull after every row, paying special attention to the cockpit and decks.

Bow Markers

Other rowers will be on the lake at the same time as CommRow. Make sure you leave with a colored bow marker to distinguish your preference:

Green - lots of coaching, Yellow - some coaching, Red - no coaching.

Safety on the Lake

The lake is an hourglass shape, 2 miles/3000 meters long, with the "narrows" half way down. Keep to the left side of the lake, as you sit in your boat looking backwards. Travel in a counter-clockwise direction around the lake. (See following page for map of traffic pattern).

- When launching from the docks, stay outside of the orange buoys for the first 300 meters, away from the shore and summer cottages.
- **It is of utmost importance that you watch your steering and follow the traffic pattern to avoid collisions and injury.**
 - Do NOT stop or take race pace strokes in the narrows.
 - Follow the shoreline through the narrows to avoid getting on the wrong side and into the path of scullers coming from the opposite direction.
- Remember to turn your head frequently, to both sides, to be sure your course is clear. The lake shore has a tendency to "come out and get you" if you don't pay attention.
- If you see another boat coming toward you and in danger of colliding with you, call out to them loudly in case they don't see you! Do not worry about seeming polite!
- If you see another boat about to hit the shore or another sculler, call out to them loudly! Do NOT worry about seeming polite!

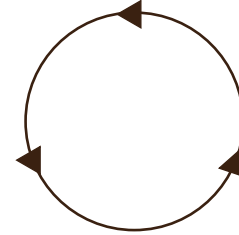
- If you hear thunder or see lightning tell a coach immediately. Attempt to get off the water as soon as possible. If you cannot get to the Center's dock in time, seek shelter on land from a dock nearest you on the lake. Much of the lakeshore is soft so climbing up the shore is not always an option.
- When returning to the docks, do not go past them; stay out of the small cove at the end of the lake as summer residents swim there. This is marked with red-orange buoys.

10 Things to know

1. **How to determine your optimal footstretcher setting quickly and easily in any sculling boat.** This should be covered both when you launch for the first row of the camp and more thoroughly during the first small group session on the second day. This is the most basic and vital rigging adjustment for scullers and should be one of the first things you learn.
2. **The extent of your ability to self-rescue if you capsize.** With this knowledge, you can better assess when and under what conditions you can safely row, and whether solo or accompanied. The "Flip Experience" on the first day of camp addresses this.
3. **Proper hand placement.** And the respective roles of the fingers and wrists. This is a more nuanced topic than you might think. For the sake of keeping the list short, let's include knowing how much handle overlap is appropriate in this topic as well.
4. **How to back, turn in place, and maneuver safely in tight quarters.** For most groups, this should be the primary topic covered during the first small group row.
5. **Why the traffic pattern is vital to everyone's safety,** and how to stay in it.
6. **How to steer using a stern point, pressure, and when/how to turn and look over your shoulder.** Most scullers master these skills in theory long before they do in practice, and good scullers make it look easy. It is the project of months and years, but you should leave camp better at it than you were when you arrived.
7. **How to carry a shell properly** (and why a shell and a scull are not synonyms)
8. **What is meant by stroke rate, rhythm, and ratio and how these apply to your current sculling ability.**
9. **The Parts of the Stroke including how to perform each well** – in theory if not in practice - and how they relate to one another.
10. **What good sculling looks like** and which parts of your own sculling conform to it (the good), which aspects need improvement (the bad), and which aspects are superfluous and/or don't look like sculling at all (the ugly).

SCULLING TRAFFIC PATTERN

Big Hosmer Pond



To ensure safety of campers and equipment, TRAFFIC MUST MOVE COUNTER CLOCKWISE around the perimeter of the lake, or keeping the shore closer to starboard at all times.

→ Traffic pattern

