

20
23



SEHBC NOVICE HANDBOOK



TABLE OF CONTENTS



02	Table of contents
03	Fresher's week and beyond
04	Your first few sessions
06	The committee
08	A year in rowing
10	The basics: a rower's guide
11	The basics: a cox's guide
13	The basics: the boat
14	Myth buster

FRESHER'S WEEK AND BEYOND

We have lots of opportunities to meet everyone at the club and see if rowing or coxing may be something you'd like to try. All of these events are very relaxed and do not committ you to rowing! Please feel free to come and ask questions!

FRESHER'S FAIR: WEDNESDAY 0TH WEEK

TASTER SESSIONS & BBQ: SATURDAY 0TH WEEK

WELCOME DRINKS: WEDNESDAY 1ST WEEK, 7PM



YOUR FIRST FEW SESSIONS

WHO TO CONTACT

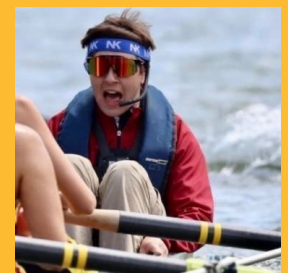
If you're interested in giving rowing a go, get in contact with the relevant captain to organise an outing!



Cyril and Lorenzo
menscaptain@sehbc.org



Alex
womenscaptain@sehbc.org



James
coxing@sehbc.org

WHAT TO EXPECT

Your first few outings will be very basic but hopefully enjoyable and give you a taste of rowing! Everything will be explained to you by the seniors or our novice coaches. You will likely first practise on an indoor rowing machine before jumping in at the deep end, getting the boat out and going for a paddle!

Lots of terms and things to remember will be chucked at you very quickly but please don't worry about that - you are not expected to remember everything!

Make sure you wear suitable active wear and bring some water with you!



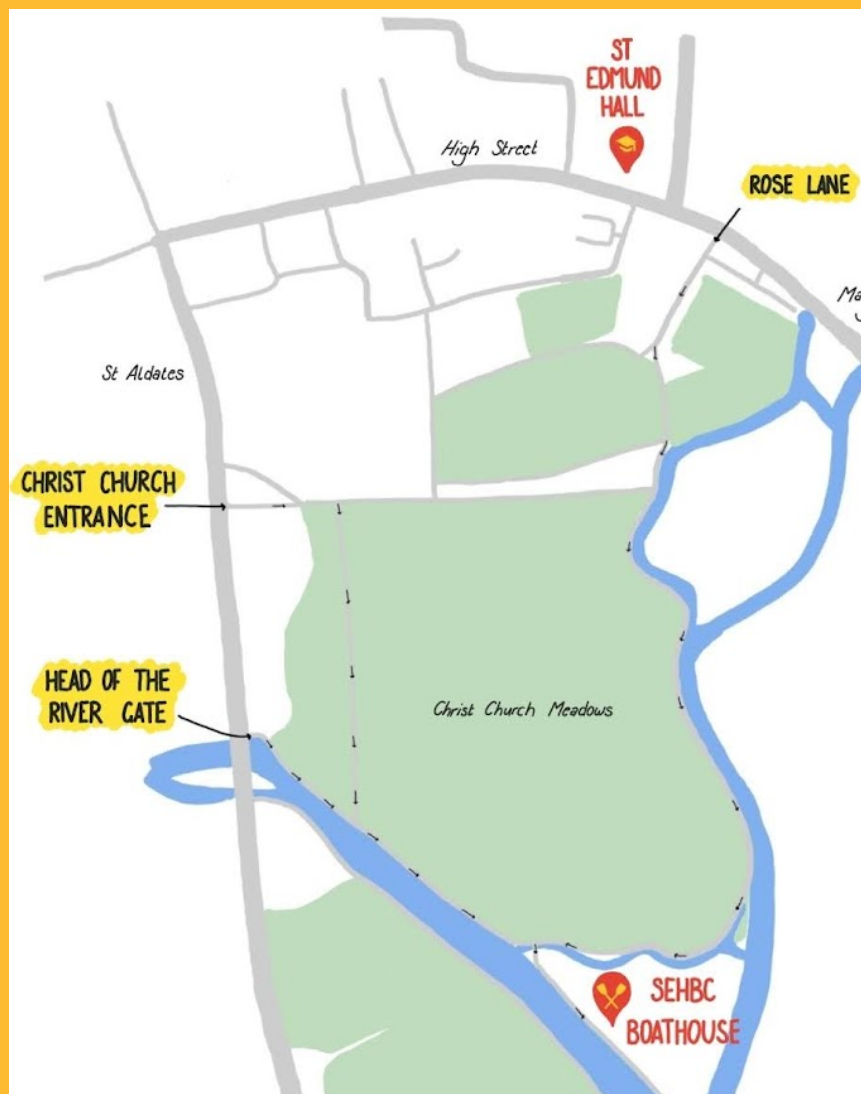
YOUR FIRST FEW SESSIONS

WHERE TO GO

Rose Lane is the closest entrance to college, and takes you through the scenic Christ Church Meadows. However this means you can't ride your bike for most of the journey, so it takes about 15-20 minutes from leaving college to arriving at our boathouse

St Aldates/Christ Church entrance involves going through the big gates near the entrance to Christ Church and down towards the river. Unlike the other two, this gate does not shut at sunset so is the best bet for early mornings or late evening sessions!

The Head of the River entrance is tucked off the road next to said pub. This gate gets you the closest you can get to Boathouse Island on bike, and then involves another 5 minute walk within Christ Church Meadows



Note: Rose Lane and Head of the River both have opening/closing times which depend on sunrise/sunset, and so vary throughout the year! Keep an eye on this so you don't have to do a long walk post outing!

(SOME OF) THE COMMITTEE

Below are some of the people you will be hearing from the most throughout your first term rowing. However there are loads more people who help the club to run – see our website for the full list!



Toby Whitehead

President

The President is in charge of the general running of the club so you may see them at the Fresher's Fair, taster session and BBQ. If you have any non-training related questions, feel free to message Toby!



Verity Black

Vice-President

The Vice-President is the main welfare role on the committee. Verity is a trained Welfare Officer so if you have any comments or concerns, please feel free to reach out to her. She also is in charge of diversity and inclusion so if you have any ideas or thoughts on how we can make the boatclub more accessible, please give Verity a message.



Alex Wood

Women's Captain

The Women's Captain is in charge of the Women's Squad at SEHBC. Alex will be on the ground organising everything from water outings to S+C and eventually crew selection and racing. If you have any questions about all of those things, Alex is the person to contact.



Lorenzo Usai

Men's Co-Captains



Cyril Schroeder

The parallel to the Women's Captain, Lorenzo and Cyril are the Men's captains for this year. They are in charge of outings, land training and racing for the Men's Squad.



Frances Hand

Women's and Men's
Vice-Captains



Matthew Filipovich

Frances and Matthew are the new Vice-Captains for the Women's and Men's Squads, respectively. They are the right hand men for the captains and help with the day to day training and running of the club. They also normally focus on the lower boats, so please message them with any questions!



James O'Neill

Captain of Coxes

The Captain of Coxes is in charge of recruiting and helping coxes at SEHBC. As coxes are part of both the Men's and Women's Squads, James is in charge of helping organise outings and support new coxes. If coxing is something you are at all interested in, give James a message!

A YEAR IN ROWING

Below is a brief summary of what the College-level rowing year looks like.

MICHAELMAS

NEW COLLEGE INDOOR REGATTA

~ WEEK 3/4

Crews of 4 people row 500m each on the erg, in an exciting and adrenaline-filled relay-style race. Both novices and senior crews take part, and it is a great way to enjoy racing without a need for prior water-rowing experience!



NEPHTHYS REGATTA

~ WEEK 6

The first on-water rowing event novices take part in. It's a chilled regatta providing a fun insight into racing as a novice



MICHAELMAS NOVICE REGATTA

~ WEEK 7

This four day knockout regatta is a chance to show everything you have learnt over the course of the term and is a great way to get more racing experience.



MICHAELMAS DINNER

~ WEEK 7/8

A highly anticipated black-tie dinner to reflect and celebrate the term's achievements - the main social event of Michaelmas! An evening out usually follows the dinner

ISIS WINTER LEAGUES

THROUGHOUT TERM

The Isis Winter Leagues are a series of time trials for all abilities which give everyone a good change to practise racing (this is the same course as Bumps)



HILARY

TORPIDS

WEEK 7

Torpids of the first of the two main races (the other being Eights). It is a set of 4 days of bumps racing where crews try and "bump" the crew in front. We enter several boats on both the mens' and women's sides and are one of the most successful colleges at the moment



TORPIDS DINNER WEEK 7

Another full club dinner where Torpids successes are celebrated. This is a great way to bring the term to a close and bring everyone together after the racing



BUCS EASTER VAC

British University and College Sports events allow us to compete against lots of other University teams. A variety of different types of boat enter to gain experience and meet a bunch of new people!

SUMMER EIGHTS ~ WEEK 5

The biggest event in inter-college sport, Summer Eights is THE rowing event for the year with thousands of spectators lining the banks to watch. This four day bumps regatta is very similar to Torpids and is a genuinely amazing thing to be a part of. Lots of Hall spirit is on show and we give everything for those precious bumps. Unforgettable can be cliché, but Eights is just that. Don't miss it.

ORIEL REGATTA ~ WEEK 7

After all the serious rowing of the year is done, Oriel Regatta is a great chance to have a laugh and a final race for the year. Crews are often spotted in crazy outfits and are often mixed gender, so this presents a fun and inclusive opportunity to meet new people and just enjoy rowing

THROUGHOUT THE YEAR:

CREW DATES

The iconic evening activity. crew dates happen between two colleges where you eat, play games and get to know another college club!

PUB BUMPS

The off the water version of bumps racing where "crews" chase each other around Oxford to try and become head of the streets

NON-DRINKING SOCIALS

Whether its Welfare Brunches, Taskmaster evenings or post-outing ming - there are loads of non-drinking socials to get involved with!

HORR/WEHORR EASTER VAC

The Head of the River Races take place on the tideway (London), and are major events that attract participants from all over the globe (WeHoRR is the largest women's rowing race in the world!). This is a great opportunity for senior crews to crew on a larger river in a longer race. It is also followed by a fun afternoon/evening out in London.



SUMMER EIGHTS DINNER ~ WEEK 5 (SATURDAY)

Can you tell we like a dinner? A final club dinner marks the end of the academic rowing year, and a final chance to enjoy an evening with all other club members



THE BASICS OF ROWING

A ROWER'S GUIDE

KEY PARTS OF THE STROKE

Catch

Shins vertical, body rocked forwards and arms straight out

Drive phase

"Legs, Body, Arms" – Push with the legs with your arms straight, then swing backwards and then bring the arms into the chest

Finish position

Legs flat, body leaned slightly back and arms into the chest. Blade comes out of the water

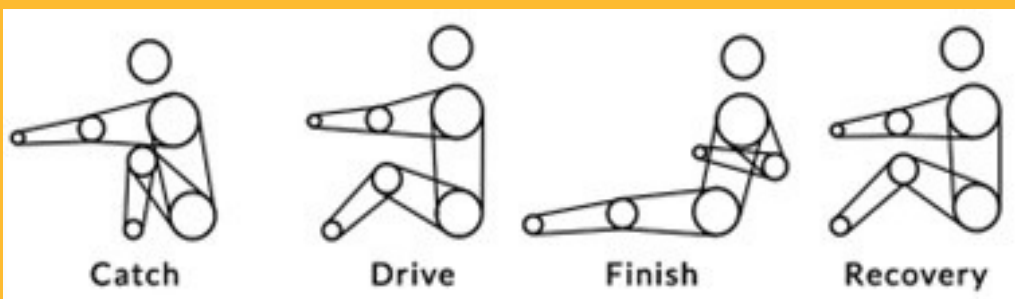
Recovery phase

"Arms, Body, Legs" – Push the blade handle away with the arms, then follow with the body leaning forwards, then hold this body position as the legs bend to move up to the catch. Rotate the handle away from you to get a square blade ready to put into the water

Repeat!

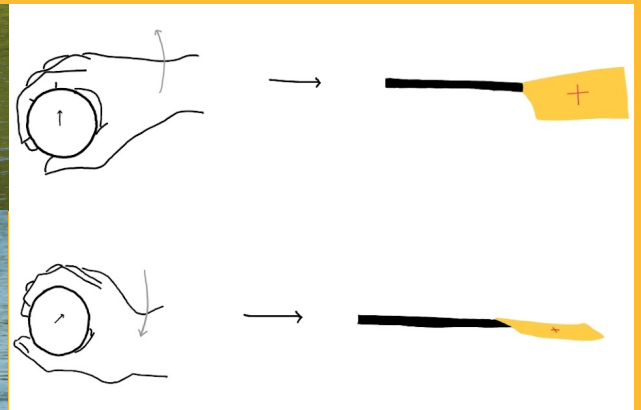
(somewhere between 20 and 40 times a minute)

For a more detailed explanation, check out this video!



KEY BLADE WORK

- **Square blades** – blade is perpendicular to the water, inside wrist is flat, in line with hand
- **Feathered blades** – blade is parallel to the water's surface, inside wrist is angled downwards



GETTING IN AND OUT OF THE BOAT

Although the shell is small, the boat is very stable if you get in and out of the boat safely!

The key things to remember are:

- The river-facing blades (from our boathouse, this is strokeside) puts there blades out, flat on the water, before getting in
- Hold the landing whilst your partner is getting in
- Only ever stand on the marked rectangle in between your slides – never stand directly in the footwell!



A COX'S GUIDE



All coxes will attend a briefing to learn about the basics – you can ask questions here or just chat to a more senior SEHBC

COX

Do not worry if you don't know how to cox – all will become clear in due course! Most of our senior coxes learnt to cox from scratch at Teddy. If you are tempted, dive straight in.

Coxes have three main roles:

1. steering
2. speech
3. safety



STEERING

You steer using a wire with handles connected to a rudder under the boat; you push forward the hand on the side you wish to turn to

SPEECH

There are certain commands you will learn to use in different situations - these are taught and you aren't expected to know them when you first start

The most important commands, however, are "easy there" to get the rowers to stop and "hold it hard" to get the rowers to put the blades into the water to reduce boat speed quickly



SAFETY

Safety is the number one priority of the cox.

You are the only person in the boat that sees where we are heading. Keep a good lookout all around you, similar to driving a car!

Nobody should ever ask you to do something unsafe but if you ever feel uneasy, speak up and do what you need to do to keep the crew safe.

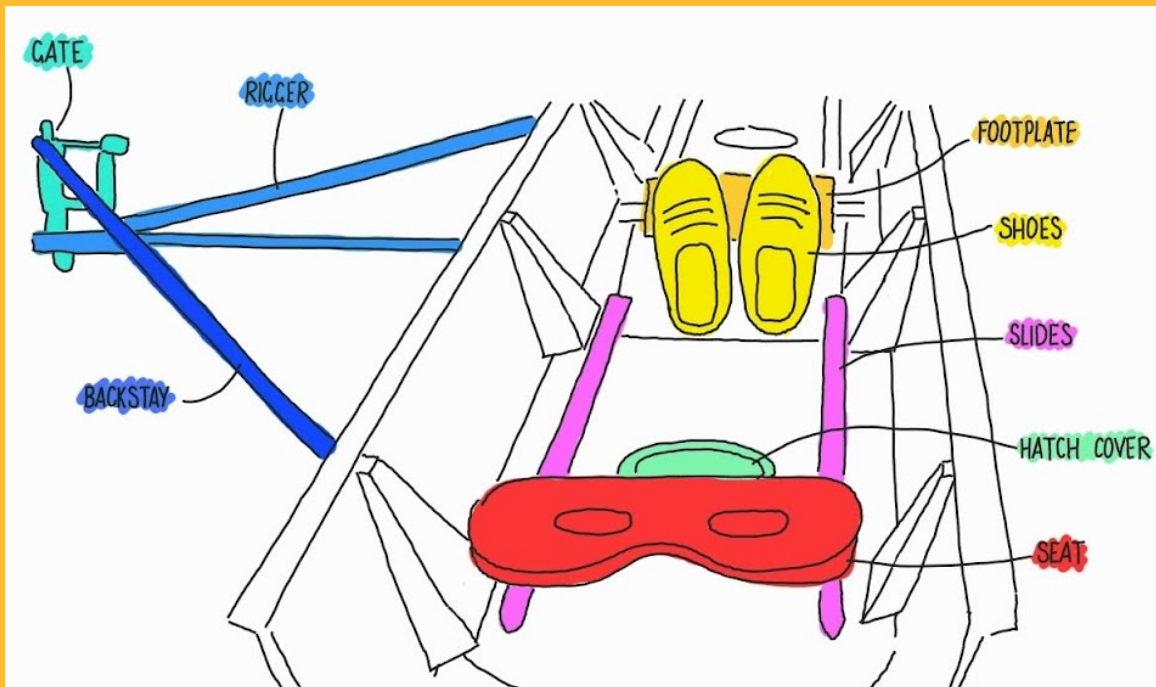
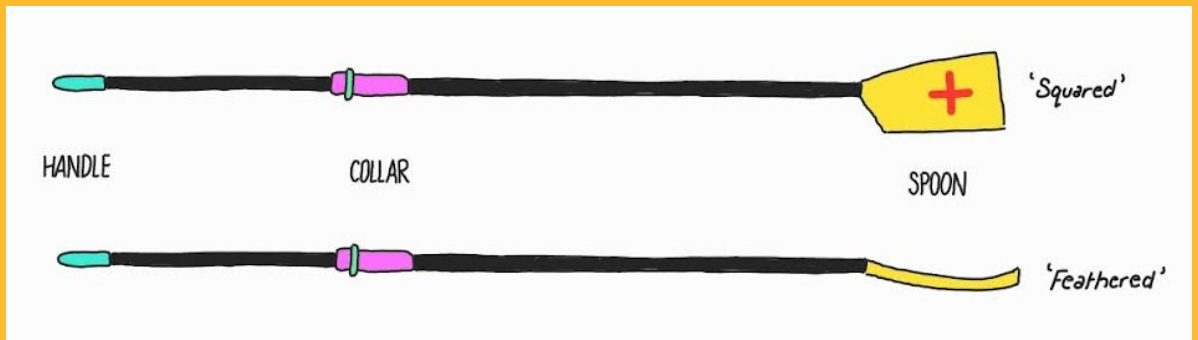
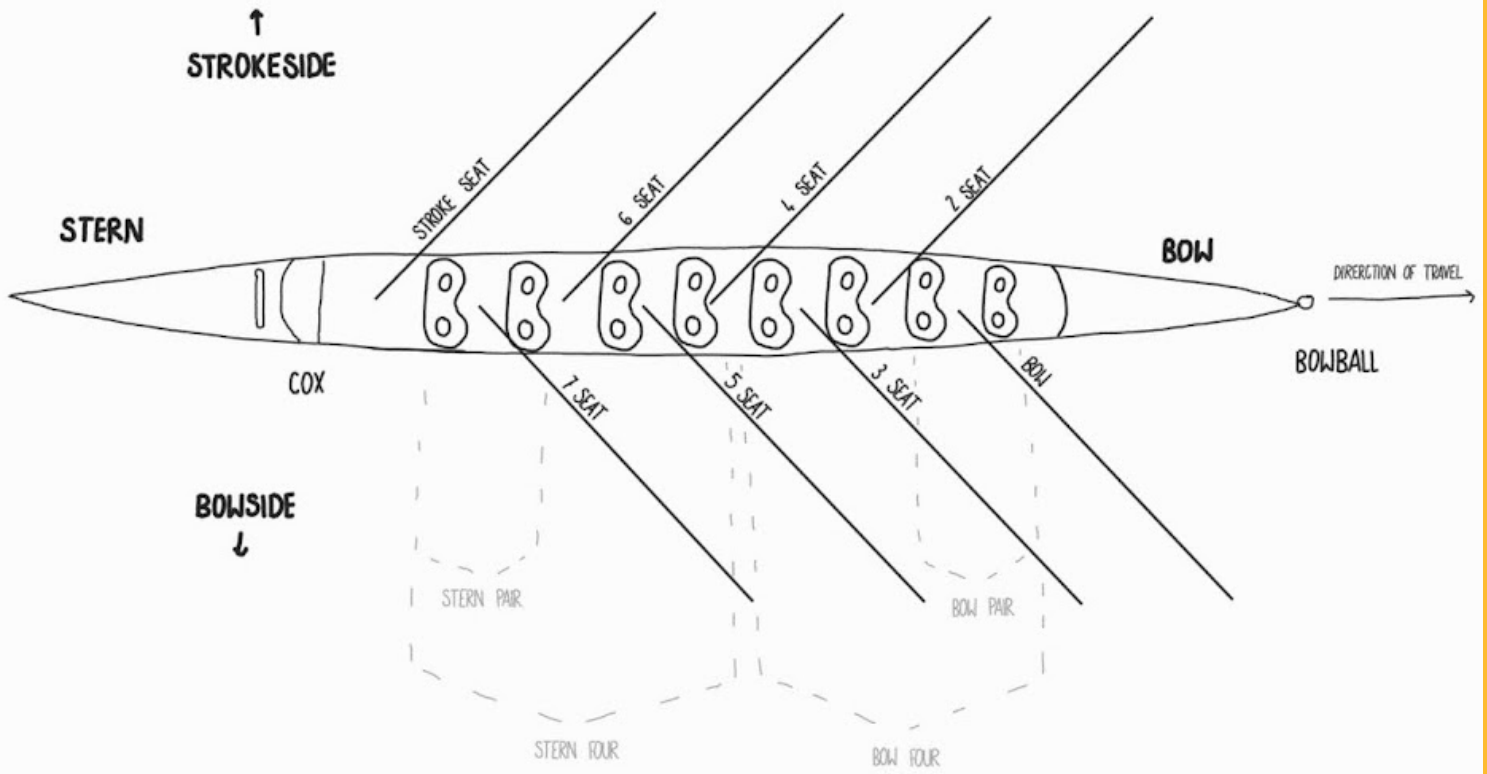


Coxing is a really fun and rewarding experience.

Size/weight does not matter!

We have a number of experienced coxes (of all shapes and sizes) on the team who are happy to answer any questions you have!

PARTS OF THE BOAT



MYTH BUSTER

"YOU HAVE TO KNOW HOW TO ROW TO JOIN THE CLUB"

"Although I was told that complete novices can join, I thought it was one of those things that a club said was true but wasn't really true. I only realised I was completely wrong after actually trying it out" – A 2021 Novice Rower

The majority of SEHBC members have never step foot in a boat before joining, and so no previous experience is require at all!

"ROWING IS A REALLY EXPENSIVE SPORT"

College rowing is comparitively extremely cheap, often costing a 1/10 of the price of city clubs.

However, if finances are at all a concern, we have a deciated Hardship Fund which can cover most rowing related costs, including termly subs. Please message Verity (Vice-President) if you have questions about this.



"YOU REGULARLY HAVE TO WAKE UP AT 6AM"

This is a really common misconception and definitely not true! We have sessions both morning and evenings and you get to choose what you sign up for, so you don't need to do lots of mornings to get stuck in with the club!!

"YOU HAVE TO BE A GOOD ROWER TO BE ACCEPTED AND GO TO SOCIALS"

The SEHBC community is open to anyone and everyone regardless of your rowing skills! You can row occasionally and not have a desire to do any races at all, but you are still more than welcome at the boathouse and social events! Everyone in our club is treated as equals.

"ROWERS ARE BORING AND YOU GET PUT ON LOADS OF DRINKING BANS"

This is thankfully far from the truth! Although we may discuss rowing like it is our whole life, SEHBC is filled with such a variety of people from all different departments and backgrounds, and so there is always someone new to talk to.

We are known for our crewdates and socials, and although drinking bans are advised close to race days, this is purely for safety.



Facebook: St Edmund Hall Boat Club

Instagram: @teddyhallbc

Twitter: @SEHBC

