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ROWING

Pre-text exercises

Text A

1. Read and learn the following words.

- | | |
|-------------------------------|---------------------------|
| • refer, <i>v</i> | - посилатися, відноситися |
| • crew, <i>n</i> | - суднова команда |
| • propel a boat | - приводити в рух човен |
| • oar, <i>n</i> | - весло |
| • tough, <i>adj</i> | - міцний |
| • coxswain, <i>n</i> | - старшина плюнки |
| • responsible for, <i>adj</i> | - відповідальний за |
| • governance, <i>n</i> | - управління |
| • involve, <i>v</i> | - залучати |
| • arrival, <i>n</i> | - досягнення |
| • competition, <i>n</i> | - змагання |
| • strain, <i>n</i> | - напруга |
| • amateur, <i>adj</i> | - любительський |
| • due to | - завдяки, через |
| • take place | - відбуватися |
| • dominant, <i>adj</i> | - правлячий |
| • exist, <i>v</i> | - існувати |
| • core balance | - основний баланс |
| • consistent, <i>adj</i> | - послідовний |
| • endurance, <i>n</i> | - витривалість |
| • requirement, <i>n</i> | - вимога |
| • restriction, <i>n</i> | - обмеження |
| • sweep-oar, <i>v</i> | - розмахувати |
| • depend on | - залежати від |
| • flexibility, <i>n</i> | - гнучкість |

2. Translate without using a dictionary.

sport, boat, fitness, athletes, body, intense, competitive, international, popularity, annually, include, stern, rowing club, at the same time, towards, river, lake, physical strength, throughout, equipment, development, generally, starboard, without, port.

3. Read and translate the text.

Rowing, sometimes referred to as crew in the United States, is a sport whose origins reach back to Ancient Egyptian times. It involves propelling a boat (racing shell) on water using oars. By pushing against the water with an oar, a force is generated to move the boat. The sport can be either recreational for enjoyment or fitness, or competitive, when athletes race against each other in boats. The training and physical strain on the body required to be a successful rower is intense. A very tough mind and body is needed to succeed. There are a number of different boat classes in which athletes compete, ranging from an individual shell (called a single scull) to an eight-person shell with a coxswain (called a coxed eight).

Modern rowing as a competitive sport can be traced to the early 17th century when races (regattas) were held between professional watermen on the River Thames in London, United Kingdom. Often prizes were offered by the London Guilds and Livery Companies. Amateur competition began towards the end of the 18th century with the arrival of "boat clubs" at the British public schools of Eton College, Shrewsbury School, Durham School, and Westminster School. Similarly, clubs were formed at the University of Oxford, with a race held between Brasenose College and Jesus College in 1815. At the University of Cambridge the first recorded races were in 1827. Public rowing clubs were beginning at the same time; in England Leander Club was founded in 1818, in Germany Der Hamburger und Germania Ruder Club was founded in 1836 and in the United States Narragansett Boat Club was founded in 1838 and Detroit Boat Club was founded in 1839. In 1843, the first American college rowing club was formed at Yale University.

The International Rowing Federation (French: *Fédération Internationale des Sociétés d'Aviron*, abbreviated FISA), responsible for international governance of rowing, was founded in 1892 to provide regulation at a time when the sport was gaining popularity. Across six continents, 150 countries now have rowing federations that participate in the sport.

Rowing is one of the oldest Olympic sports. Though it was on the programme for the 1896 games, racing did not take place due to bad weather. Male rowers have competed

since the 1900 Summer Olympics. Women's rowing was added to the Olympic programme in 1976. Today, there are fourteen boat classes which race at the Olympics. Each year the World Rowing Championships are staged by FISA with 22 boat classes that race. In Olympic years, only the non-Olympic boat classes are raced at the World Championships. The European Rowing Championships are held annually, along with three World Rowing Cups in which each event earns a number of points for a country towards the World Cup title. Since 2008, rowing has also been competed at the Paralympic Games.

Major domestic competitions take place in dominant rowing nations and include The Boat Race and Henley Royal Regatta in the United Kingdom, the Australian Rowing Championships in Australia, the Harvard–Yale Regatta and Head of the Charles Regatta in the United States, and Royal Canadian Henley Regatta in Canada. Many other competitions often exist for racing between clubs, schools, and universities in each nation.

While rowing, the athlete sits in the boat facing toward the stern, and uses the oars which are held in place by the oarlocks to propel the boat forward (towards the bow). This may be done on a canal, river, lake, sea, or other large bodies of water. The sport requires strong core balance, physical strength, flexibility, and cardiovascular endurance.

Whilst the action of rowing and equipment used remains fairly consistent throughout the world, there are many different types of competition. These include endurance races, time trials, stake racing, bumps racing, and the side-by-side format used in the Olympic games. The many different formats are a result of the long history of the sport, its development in different regions of the world, and specific local requirements and restrictions.

There are two forms of rowing:

- In *sweep* or *sweep-oar* rowing, each rower has one oar, held with both hands. This is generally done in pairs, fours, and eights. In some regions of the world, each rower in a sweep boat is referred to either as *port* or *starboard*, depending on which side of the boat the rower's oar extends to. In other regions, the port side is referred to as stroke side, and the starboard side as bow side; this applies even if the stroke oarsman is rowing on bow side and/or the bow oarsman on stroke side.
- In *sculling* each rower has two oars (or *sculls*), one in each hand. Sculling is usually done without a coxswain, in quads, doubles or singles. The oar in the sculler's right hand extends to port, and the oar in the left hand extends to starboard.

Post-text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|---|-------------------------------|
| 1) refer to as | 6) Amateur competition |
| 2) racing shell | 7) to propel the boat forward |
| 3) can be traced | 8) core balance |
| 4) the training and physical strain on the body | 9) cardiovascular endurance |
| 5) non-Olympic boat | 10) fairly consistent |

2. Match the definitions to the following notions.

- | | |
|------------------------|--|
| 1) crew | a) difficult to do or deal with |
| 2) tough | b) to move, drive, or push something forward |
| 3) oar | c) all the people who work on a ship or plane |
| 4) stern | d) a long pole with a wide flat blade at one end, used for rowing a boat |
| 5) oarlock | e) the back of a ship |
| 6) side-by-side format | f) if people work side by side, they work together to achieve a. something |
| 7) starboard | g) the side of a ship or aircraft that is on your right when you are facing forwards |
| 8) propel | h) a rowing boat used in the sport of competitive rowing. |

9) quad scull

i) always behaving in the same way or having the same attitudes, standards etc

10) consistent

j) usually used to show approval.

3. Combine the following words and translate them.

1) to push

a) racing

2) strain

b) bodies of water

3) responsible

c) annually

4) to hold

d) against the water with an oar

5) to take

e) for international governance of rowing

6) large

f) place

7) physical

g) on the body

8) cardiovascular

h) endurance

9) skate

i) format

10) side-by-side

j) strength

4. Insert the prepositions where necessary.

In (2), from, on, towards, by (2), of, with, between, toward

1. It involves propelling a boat (racing shell) water using oars.
2. There are a number of different boat classes which athletes compete, ranging an individual shell (called a single scull) to an eight-person shell a coxswain (called a coxed eight).
3. Often prizes were offered the London Guilds and Livery Companies.
4. Amateur competition began the end ... the 18th century with the arrival of "boat clubs" at the British public schools of Eton College, Shrewsbury School,

Durham School, and Westminster School. Similarly, clubs were formed at the University of Oxford, with a race held Brasenose College and Jesus College in 1815.

5. While rowing, the athlete sits the boat facing the stern, and uses the oars which are held in place the oarlocks to propel the boat forward (towards the bow).

5. Match two parts of the sentences.

- | | |
|---|--|
| 1. There are a number of different boat classes in which athletes compete... | a) ... at the Paralympic Games. |
| 2. The sport can be either recreational for enjoyment or fitness, or competitive,... | b) ... that participate in the sport. |
| 3. Across six continents, 150 countries now have rowing federations... | c) ... its development in different regions of the world, and specific local requirements and restrictions. |
| 4. Often prizes were offered | d) ... ranging from an individual shell (called a single scull) to an eight-person shell with a coxswain (called a coxed eight). |
| 5. Each year the World Rowing Championships are staged | e) ... depending on which side of the boat the rower's oar extends to. |
| 6. The European Rowing Championships are held annually, along with three World Rowing Cups in which each event earns a number of points for a country towards | f) ... the World Cup title. |
| 7. The European Rowing Championships are held annually, along with three World Rowing | g) ... when athletes race against each other in boats. |

Cups in which each event earns a number of points for a country towards

8. Since 2008, rowing has also been competed
- h) ... by FISA with 22 boat classes that race.
9. The many different formats are a result of the long history of the sport,
- i) ... by the London Guilds and Livery Companies.
10. In some regions of the world, each rower in a sweep boat is referred to either as *port* or *starboard*,
- j) ... and the oar in the left hand extends to starboard.

6. Answer the following questions.

1. What is the object of the game?
2. Is rowing only competitive sport?
3. Where were professional watermen held?
4. When did amateur competition begin?
5. Where were "boat clubs" formed?
6. How many are boat classes which race at the Olympics?
7. What does athlete do while rowing?
8. What do different types of competition include?
9. What does mean sweep rowing?
10. What does mean sculling?

7. Finish the following sentences.

1. Rowing is a sport
2. Modern rowing as a competitive sport can be traced to the early 17th century when races (regattas)
3. The training and physical strain on the body required

4. Rowing is one
5. Male rowers have competed
6. Many other competitions often exist for racing between
7. In sweep or sweep-oar rowing, each rower has
8. The sport requires strong core
9. In 1843, the first American college rowing club
10. Sculling is usually done without

Text B

1. Read the text to find the information about:

- 1) **Athlete of the century**
- 2) **Rowing Clubs**
- 3) **Rowing Equipment**

Rowing was first used as a means of transport in ancient Egypt, Greece and Rome. As a sport, it probably began in England in the 17th and early 18th centuries, with the Oxford-Cambridge university boat race, which was inaugurated in 1828. By the 19th century, rowing was popular in Europe and had been exported to America. The races are divided into sculling and sweep oar. Sculling events use two oars, whilst in sweep the rower holds one. The eight-person crews have a coxswain, who steers the boat and directs the crew, but in all other boats one rower steers by controlling a small rudder with a foot pedal. Sir Steve Redgrave of Great Britain is widely hailed as the greatest rower ever. A six-time World Champion, he won gold medals at five Olympic Games and has been loosely crowned Athlete of the Century because of the extreme physical demands of rowing. His female counterpart on the gold medal count is Elisabeta Lipa of Romania, who also won five Olympic gold medals between 1984 and 2004. Rowing has been staged at all the editions of the Olympic Games, except in 1896 in Athens. It was, however, on the programme, but a stormy sea compelled the organisers to cancel the events. Women made their debut at the Games in 1976 in Montreal. They competed in a smaller programme. The Olympic Games in 1996 in Atlanta marked the introduction of the lightweight events. Up to the 1960s, the USA dominated Olympic rowing. Then it was the turn of the Soviet Union, which in turn gave up its place in the 1970s-80s to the all powerful GDR (East Germany). These days, the reunified German team is among the best in the world. The Detroit Boat Club, founded in 1839, bears the distinction of being the first rowing club to appear in the United States. But the sport quickly gained traction among other segments of the nation. Yale University was the site of the first rowing club designed for students, starting in 1843, and the enthusiasm for rowing clubs spread among colleges, universities, and high

schools. Rowing gained such popularity that it became one of the first sports in which colleges competed against each other for a title. Today, rowing clubs can be found in all but seven of the 50 states and organizations exist for rowers of all stripes of life, from children to seasoned professionals.

2. Are the sentences true or false? Correct any false statements.

1. The races are divided into sculling and sweep oar.
2. The Olympic Games in 1998 in Atlanta marked the introduction of the lightweight events.
3. By the 19th century, rowing was popular in America and had been exported to Europe.
4. Sir Steve Redgrave of Great Britain is widely hailed as the greatest rower ever.
5. The Detroit Boat Club, founded in 1840, bears the distinction of being the first rowing club to appear in the United States.
6. As a sport, it probably began in England in the 17th and early 18th centuries.
7. Rowing has been staged at all the editions of the Olympic Games, except in 1896 in Athens.
8. Rowing gained such popularity that it became one of the first sports in which colleges competed against each other for a title.
9. Yale University was the site of the second rowing club designed for students, starting in 1843.
10. Rowing was first used as a means of transport in ancient Egypt, Greece and Rome.

3. Divide the text into paragraphs. Give headings to them.

4. Ask 10 questions to the text and answer them.

5. Title the text and write an abstract of it.

I. Read the text. Translate it in written form.

Olympic Rowing Rules

All Olympic Rowing races are 2000 meters long. This is roughly equivalent to 1.25 miles. There are 6 lanes that are marked with buoys every 500 meters. Contrary to conventional thought, the boats in a rowing competition can change lanes as long as they do not interfere with other crews.

The boats are held and aligned at the start of the race to prevent a false start. Crews are allowed 1 false start each while 2 false starts for a single crew warrants a disqualification. Although rare, a race can be restarted if an equipment failure occurs at the outset of the race.

Depending on the number of teams in an event, boats compete in a number of different heats. Winners advance to the semi-finals. While the losers of the first round of heats do race again for a seat in the semi-finals. The gold, silver, and bronze medals are awarded to the top three finishing crews of the 6 boat final race.

To say that the terminology to refer to the Olympic Rowing Events can be confusing is an understatement. This is primarily due to the multiple ways that each event can be phrased yet mean the same thing. Basically, each event name contains 5 parts that tells you about how the shells (boats) are paddled.

- The Number of People in the Shell: The first thing to look for in each event name is the number of people actually rowing the boat. It may say “double” or it may say “pair” but in either case it means 2 people in the boat.
- The Difference Between Sculling and Sweep Events: Secondly, each title tells you how the boat is being paddled. In a “Scull,” each oarsman has an oar in each hand. If the word “Scull” is not in the name, then each person only uses 1 oar, which is known as a “Sweep” event.
- Coxswain or Coxless: The third thing to look for is the word “coxswain” or “cox.” A coxswain is in the boat directing the rowers and steering the boat. So “Eight with Coxswain” means there are actually 9 people in the boat, eight with paddles and a separate person steering the boat and coaching the crew.
- Men or Women: The last part of the event name tells us whether it is men or women rowing the boat.
- Weight Classification: Lightweight signifies that male rowers must be under 72.5 kg (159 lbs) while the crew average must be 70 kg or less. Lightweight for female rowers means that no rower can be over 59 kg (130 lb) and the average of the crew must be 57 kg or less. There is yet another way to distinguish what type of race is being contested through its name. You will notice that each race is distinguished with a number and a symbol in parenthesis such as (2x) or (4-). Very simply, the number

refers to how many people are rowing the boat and the symbol tells you what type of race it is:

“x”: A “Scul” Race. Each rower has two oars.

“-”: A “Sweep” race without coxswain (coxless). Each rower has 1 oar.

“+”: A “Sweep” race with coxswain. Each rower has 1 oar and there is an extra person to steer and direct the boat and the rowers.

Scoring and winning. There is no point scoring involved in rowing. It is merely a case of working alongside teammates to function as a unit and propel the boat through the water at the highest speed possible in order to reach the finish line in the quickest time. The winner of a rowing race is the individual or team that reaches the finish line first. In the modern Olympics, all races are held over 2000 metres, including men’s and women’s events. In order to win a rowing competition outright, an athlete/team must advance through a series of “heats” in order to progress through the tournament. The first three boats to cross the finish line in the final will receive the gold, silver and bronze medals.

8. Compile a vocabulary of rowing items

9. Make up a presentation of rowing

Types of sliding seat rowing boats

River – Fine Boats

The fine boat, also known as the Olympic class boat, is the familiar sliding seat racing shell that you will see rowed or sculled at inland competitions. In ‘sweep’ boats, each rower has one oar (or blade). In ‘sculling’ boats the sculler uses two oars (or blades). The fine boats generally have one, two, four or eight seats/rowers. The eights will always have a coxswain (cox) to steer and direct the crew, whereas a four may be coxed or coxless depending on the type of boat used.

River – Stable Boats

Stable boats are very similar to fine boats but are wider than a traditional racing boat. This makes it easier for beginners to learn in and for recreational rowers to use for longer tours or recreational rowing on the river without having to worry as much about balance. Stable boats are usually rowed with two oars (sculling) but can be rowed with one (sweep rowing).

Coastal Boats

Coastal sliding seat boats can mainly be found along the south coast of England with clubs based largely in one of two associations. The Coastal Amateur Rowing Association (covering Kent and Sussex) and the Hants and Dorset Amateur Rowing Association. The boat design used by the two associations is largely similar to fine boats but is slightly wider and shorter. Some of the older boats even have staggered seats but most are now inline. These boats are suited to rowing and racing close to the shore and on wide estuaries.

Offshore

The FISA standard coastal boats are significantly wider than fine boats and even the coastal boats used by clubs on the south coast. These boats are designed to withstand rougher sea conditions which give this form of rowing a more extreme challenge than that of its river cousins. Many clubs and rowers based in the South West of England and Channel Islands are adopting the FISA standard sliding seat boats. The boat categories include singles, doubles and quads. The standardisation of the boats has allowed a resurgence in competition on coastal waters around the world

Ocean

Ocean rowing boats are specifically designed to be rowed across oceans by crews between one and sixteen individuals. More commonly they are rowed in the single, double or quad formats. These boats have crossed major oceans including the Atlantic, Pacific and Indian oceans and have also been used in the Arctic and for rowers circumnavigating Great Britain. The boats carry equipment necessary for long journeys including safety, communication and electrical equipment and also have space for sleeping quarters on board as rowers may be on board for days, weeks or even months.

Types of Rowing Events

Rowing events take many forms. From local fun competitions such as Scratch Regattas all the way up to the international multi-lane regattas at the Olympic and Paralympic Games.

Head racing (Time Trials)

Head racing takes the form of time trials held over longer courses than that of regattas. Head racing initially started as a way for crews to keep a focus on their training during the colder and darker period over winter. Crews set off one at a time and are timed from start to finish. The largest of this form of event in the UK is the Annual Head of the River Race, first held in 1925, regularly attracting up to 420 men's eights from the UK and Internationally.

Touring/Recreational rowing

Touring and Recreational rowing is offered by many clubs across the country as a great alternative to competitive rowing. Both offer the opportunity to get a group of people out on the water to explore a new area by boat and is generally done in more stable boats. Tours can be of any length, from a few hours to a few days, or even a week. For touring, you need to have some rowing experience and a good level of fitness, particularly if you are covering longer distances. The beauty of touring is that everyone gets a chance to row and to cox on scenic stretches of water.

Challenge Events

These type of events can be easily described as events that challenge the rower. Events are generally held over much longer courses and are unique in their concept. The Boston Marathon, for example, is held over 50km and is unique in that crews must carry their boat over a lock at a certain point of the course. Other events focus more on the fun and frivolity of the event and can be compared to mass participation running events. Events such as this include the Great River Race held on the Thames or the Great Tyne Row held over 25km of the River Tyne.

Fun events

Usually held with minimal structure and with committee boats (boats provided by the host). These events have grown in popularity since the growth of stable boats in clubs. Many clubs now host scratch regattas where rowers are drawn in random crews to race each other or clubs enter a team to take part in multiple rounds over a much shorter distance. Some events are timed and can include skill stations around the course where crews have to perform a skill to progress.

8 Amazing rowing facts

In the rowing world, Oak Ridge is known for having one of the country's best training waterways available. Our race courses and venues offer visiting teams a challenging and fun spring training experience. For many Oak Ridgers, this means that rowing is associated with busy grocery stores, packed restaurants, and full hotels. However, there's so much more to rowing than just a few new faces around town.

Having been involved in the sport of rowing as an athlete and coach for over 20 years, I wanted to share some fun facts about rowing that may surprise you. Rowing has a long history in Oak Ridge as the Oak Ridge Rowing Association was founded in 1978 with a mission to promote the sport of rowing in Oak Ridge and East Tennessee. Rowing dates back to the inception of the modern Olympic Games. In fact, the founder of the modern Olympics, Baron Pierre de Coubertin, was a rower.

Here are eight additional facts that you may not know about rowing:

1. Rowing for Sport Began in 1828

The Universities of Oxford and Cambridge ran the first 'boat race' and it's become an annual tradition that continues to this day.

2. Rowing Was the First Intercollegiate Sport Held in the U.S.

Harvard and Yale competed in the first rowing race in 1858. The race was originally held on Lake Winnepesaukee in New Hampshire, but it has since moved to the Thames River, near New London, CT.

3. Rowers are the Third Largest US Delegation in the Olympic Games

Athletics contributed 125 athletes, swimming contributed 49 athletes, and rowing contributed 44 athletes in the 2012 games. The next largest delegation was volleyball, which sent 32 athletes.

4. Equipment by the Numbers

8-oared shells are about 60-feet long, carry more than 1,750 pounds and weigh as little as 200 pounds. Singles may be as narrow as 10 inches across, weigh only 23 pounds, and stretch nearly 27-feet long.

5. Physiologically Superior



Rowers are superb examples of physical conditioning. Cross-country skiers and long distance speed skaters are comparable in terms of the physical demands the sport places on the athletes. Physiologists claim that rowing a 2,000-meter race – equivalent to 1.25 miles and done in about six minutes – is equal, physiologically speaking, to playing back-to-back basketball games.

6. Celebrities that Rowed

Anderson Cooper (Yale), Stephen Hawking (Oxford), Edward Norton (Yale), Gregory Peck (Cal Berkeley), Teddy Roosevelt (Harvard), Capt. Alan B. Shepard (Navy), Dr. Benjamin Spock (Yale/US Gold medal 1924), Bradley Cooper (Georgetown), Hugh Laurie (Cambridge), Winkelvoss Twins (Harvard) to name a few.

7. The Firsts

Founded in 1818, the Leander Club in England is the world's oldest public rowing club. The first rowing club in the US was the Detroit Boat Club, founded in 1839. The first amateur sport organization was a rowing club – Philadelphia Schuylkill Navy, founded in 1858. The first national governing body for a sport in the United States was for rowing. It was founded as the National Association for Amateur oarsmen in 1872. Its name was changed in 1982 to the United States Rowing Association.

8. Rowers on the Podium

In 1999, the US men's eight won its third consecutive gold medal at the world championships, a first in US history. In 2004, the US men's eight won gold at the Olympic Games. In 2015, at the World Rowing Championships, the US women's eight won gold and extended its streak of ten consecutive world or Olympic titles.

Air stroke - To take a stroke without the blade having been placed in the water, resulting in a complete lack of power.

Bumps racing - a form of rowing race in which a number of boats chase each other in single file, each crew attempting to catch and 'bump' the boat in front without being caught by the boat behind.

Buoy - a floating device that can have many purposes. It can be anchored (stationary) or allowed to drift with ocean currents. The etymology of the word is disputed.

Coastal boats - These boats were expected to have a high speed, making use of the lightweight and powerful petrol engines then available.

Counterpart - someone or something that has the same job or purpose as someone or something else in a different place

Cox - someone who controls the direction of a rowing boat, especially in races

Debut - the first public appearance of an entertainer, sports player etc or of something new and important

Inland - in a direction away from the coast and towards the centre of a country

Oar - a long pole with a wide flat blade at one end, used for rowing a boat

Oarlock - one of the small pieces of metal on a rowing boat that holds the oars

Ocean rowing boat - the boat rowing across oceans

Paddle - a tool used for pushing against liquids, either as a form of propulsion of a boat (paddling) or as an implement for mixing.

Parenthesis - if you say something in parenthesis, you say it while you are talking about something else in order to add information or explain something

Port - the left side of a ship or aircraft when you are looking towards the front

Quad - a square open area with buildings all around it

Race - a competition in which people or animals compete to run, drive etc fastest and finish first

Racing shell - an extremely narrow, and often comparatively long, rowing boat specifically designed for racing or exercise

Rower - a person who rows a boat, especially as a member of a racing team

Rudder - a flat part at the back of a ship or aircraft that can be turned in order to control the direction in which it moves

Scenic - surrounded by views of beautiful countryside

Scratch - a scratch team or group of people has been put together in a hurry, using anyone that is available

Scull - one of a pair of oars that you use to move along in a small light boat

Set-The balance of the boat. Affected by handle heights, rowers leaning, and timing, all of which affect the boat's balance, after which the coxswain tells rowers to "set the boat".

Starboard - The right side of the boat when facing forward.

Starboard rigged- A boat where the stroke rower is a starboard rower.

Steer - to control the direction a boat is going

Stern - The rear section of a shell.

Sweep - A style of rowing in which each rower uses one oar.

Swing- A feeling in the boat when the rowers are driving and finishing their strokes strongly and getting good layback.

Toe-In some boats without a coxswain, a rower may be able to control the rudder and steer the boat by changing the direction his foot points. This is called "toeing a boat." And the mechanism is called a "toe."

Waterman - a person who participates in multiple water sports

Reference List

1. IOC site [Электронный ресурс]. – Режим доступу: <https://www.olympic.org/>
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3. The Oxford Dictionary and Thesaurus / [ed. By S. Tulloch]. – Oxford: OUP, 1993.
4. Fitrated site [Электронный ресурс]. – Режим доступу: <https://www.fitrated.com/history-of-rowing/>