



HENLEY DRAGONS

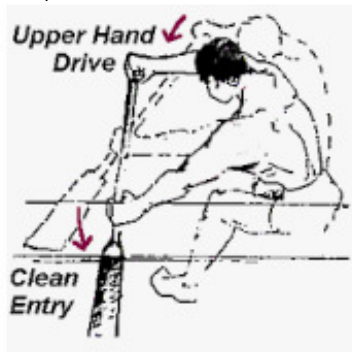
Dragon Boat Racing Team

Henley Dragons – Terms & Calls

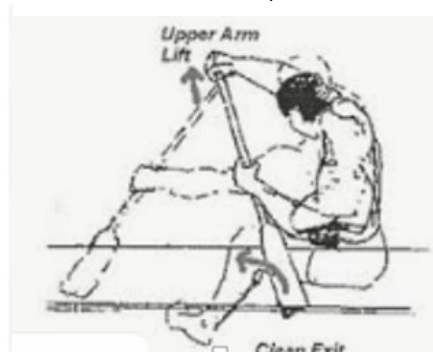
Elements of a stroke

- **SET UP** – *advanced pause, reach, rotation, straight strong outside arm, paddle close to boat*
- **CATCH** – *hand fully buried, blade connected with the water, point you apply pressure, close to boat, lean to the water*
- **POWER PHASE** – *de-rotate, apply pressure, straight arm, kick off the boat, top arm*
- **RECOVERY** – *quick return to set up, relaxed, pouncing forward, setting up for the next stroke*

Set up/ Catch



Recovery



Preparation/ warm up

- **CREW NUMBERS** (*buddy system used to number all crew, buddying them up in the event of a capsize*)
- **WARM UP 60** (*20 strokes at 90% effort, 20 strokes at 95% effort & 20 strokes at 100% effort. Same rate. Increasing the pressure each time*)
- **1 STROKE, 2 STROKE, 3 STROKE** (*practicing the three strokes of the race start. A little off the front of the stroke & the back, shorter, snappier, getting the boat up and moving*)
- **CREW, COME FORWARD FOR LIGHT PADDLING...ATTENTION...GO**
- **BRACE THE BOAT** (*paddles flat on the water, partially buried – extends the width of the boat making it more stable*)
- **DRAW LEFT/RIGHT...GO** (*paddle stroke at side, 90 degrees to the boat, blade fully buried pushing water under the boat – to move the boat sideways, not forward or backwards*)

Race Start (*it consists of 21 strokes*)

- **CREW, DOWN & READY, ATTENTION, GO** (*You will hear this as crews line up on the race line, blades are in, hand is wet, waiting for the GO*)
- **6 UP** (*The first three strokes are shorter, sharper, a little off the front and back, the aim being to get the boat up and moving. The second three of the first 6 you can lengthen as you're now grabbing moving water. At 6 up, the 6th stroke, the rate will go up*)

- **6 UP** (*You're grabbing moving water so you can put power into your stroke, pushing down with the top hand. The length of your stroke is building, the rate is quicker than the first 6, at this 6 up, the rate will increase again*)
- **2...1...REACH** (*at the last two of this final 6, you are getting ready to transition into the rate of the race piece. The rate will be quicker for sprints than longer distances*)

Race Finish (*it consists of 21 strokes*)

- **RACE START...2...1...** (*the rate will go up, reenacting the race start at the start of the race*)
- **6 UP** (*The first three strokes are shorter, sharper, a little off the front and back, the aim being to accelerate the boat. The second three of the first 6 you can lengthen as you're now grabbing moving water. At 6 up, the 6th stroke, the rate will go up*)
- **6 UP** (*The length of your stroke is building, the rate is quicker than the first 6, at this 6 up, the rate will increase again*)
- **2...1...REACH** (*at the last two of this final 6, you are getting ready to transition into the rate of the race piece. The rate will be quicker for sprints than longer distances*).

Sprint Race calls

- **CREWS, DOWN & READY, ATTENTION, GO** (*Be very familiar with these race calls*)
- **TOP HAND, NOW** (*pushing down with the top hand of your inside arm, strong on the catch of the stroke*)
- **HEAVY HEAVY, NOW** (*strong at the catch, strong through the whole stroke to the hip*)
- **ROTATE NOW** (*rotate your torso, buoyancy aids facing inside & outside the boat. Power will come when you boat is facing outside the boat & your blade is fully buried*)
- **REACH NOW** (*reach to the shoulder in front, keep the stroke long, lean to the water, pull back when you blade is fully buried & your hand is getting wet*)
- **SHOULDERS NOW** (*pushing down with the top hand of your inside arm, strong on the catch of the stroke*)
- **LEGS (KICK), NOW** (*kicking of the boat gives the boat the glide whilst your paddles are coming back in the recovery phase of the stroke*)
- **BURY THE BLADES** (*make sure your blade is fully buried before you push down & pull back – any splashing noises are created by pulling back without your blade being buried*)
- **RATE** (*this is called if the strokes are being pushed, or if the rate needs to be adjusted. The crew follow what the strokes at the front set*)
- **HEADS UP** (*heads up, oxygen can get into your lungs and you can see the timing up the boat*)
- **LOCK IT IN** (*make sure your paddling in time with the person in front of you. If out of time, you are essentially paddling 1 tonne on your own*)
- **RACE START** (*this is as an acceleration towards the line at the end of a race*)
- **30 SECONDS** (*after a race, we all observe 30 seconds silence just in case there have been any issues during the race that we need to signal to the marshals*)

Long Distance Calls

- CREWS, DOWN & READY, ATTENTION, GO
- TOP HAND, 2...1...TOP HAND
- HEAVY HEAVY, 2...1...HEAVY HEAVY
- ROTATE, 2...1.... ROTATE
- REACH, 2...1...Reach
- SHOULDERS...2...1...SHOULDERS
- LEGS....2...1...KICK
- BURY THE BLADES
- BURST (*this is a twenty stroke increase in rate to strategically accelerate the boat whether to get over another boat's wash, or catch another boat ahead of the 50m marker for a corner*)
- RATE
- HEADS UP
- LOCK IT IN
- RACE START
- 30 SECONDS
- Cornering in a long distance race: **DRAW NOW**, or **HANGING DRAW NOW** (front left 2 or 3 ONLY)

There will only be two/ three voices heard in the boat when paddling. The **HELM**, the **CAPTAIN/COACH** and the **DRUMMER**. No other voices. The **HELM** & **DRUMMER** work together and echo calls down the boat. The Captain makes strategic calls, and with the helm makes decisions during the race.