

<u>Term</u>	<u>Definition</u>
accelerate the boat	apply power to propel the boat more quickly through the water
acceleration	the rate of speed at which an object moves (boat, blade)
aerobic	uses oxygen
anaerobic	does not use oxygen
AYF	"as you feel" or "as you fancy"
back of the stroke	the last third of the stroke
belly of the stroke	middle third of the stroke
bending the bottom arm during the power phase	bottom arm does not remain straight during the power phase (see power circles)
bending the top arm during the power phase	top arm is bent during the power phase (see power circles)
blending	synchronous catch, pull, power, and release of the crew while paddling
boat feel	sensation of the movement of the boat while paddling
bob	moving the body up and down, or forward and back while paddling. Creates the sensation of the boat moving up and down.
body on the blade	alignment of the blade with the body during the stroke that allows efficient movement of power through the stroke and propels the boat forward. Application of ones core strength to the blade.
body structure	having the body, arms, legs, back, etc., in a position so that tensegrity is applied - there is no part of the body that is unsupported, no place where the energy can escape
bounce	see also "bob"; the sensation of the boat moving up and down while paddling
burying the blade	insertion of the full blade face in the water at the catch and during the stroke
catch	the moment at which the blade enters the water and is planted or "locked" in the water.
choking up on the blade	moving the position of the bottom hand up the shaft of the paddle
compression	the reduction of the volume or mass of something by applying pressure
digging in the back	power is applied at the back of the stroke rather than throughout the stroke
dolphin	channel marker?
don't bob	do not move your upper body up and down while paddling
downstream	in the same direction that the current is moving
drag	an object, action, situation, or combination of those that prevents efficient forward movement of the canoe
dragging the paddle	allowing the paddle to remain the water without stroke power applied, creates a braking effect.
draw	reaching out to the side of the boat with the paddle, and moving the water under the hull of the boat with the paddle.
eddy	a pool of calmer water out of the main current of a stream or river
even boats	selection of crews that distributes power and strength evenly between boats so that there can be a competitive workout
even boats	so that there can be a competitive workout
exit	the moment the paddle leaves the water
false start	when one or more boats take off too early

<u>Term</u>	<u>Definition</u>
fast through the water	acceleration of the paddle during the power phase of the stroke. The paddle moves at a greater speed while in the water as compared to while in the air (during the recovery)
feeling the boat	allowing yourself to feel the sensation of the way a paddler or crew of paddlers moves a canoe through the water.
flat water	lake water or a slow moving river current with no rapids
front of the stroke	the first third of the stroke. the catch and initiation of the power phase
glide	condition where the canoe moves freely through the water during the recovery phase of the stroke - while no power is being applied by the paddlers to propell the boat forward
grab	plant the blade fully into the water prior to application of power
gunwale	the upper edge of a canoe's side (pronounced "gunnel")
hand away from the face at the start of the stroke	top arm straight at the start of the stroke; not locked straight but not changing curvature through the stroke
heat	the early divisions of a competition, with top finishers advancing to the finals or semi finals
high intensity	high degree of exertion during the power phase; heart rate in the red zone
hoe pi	"paddles up"
humping the boat	bending the spine forward and back to push the boat forward with the hips - inefficient way to move the boat
imua	"power" or "take it away"
in the water - out of the water together	when each member of the crew catches and exits in time with one another
intensity	degree of exertion during the power phase of the stroke
interval	a period of time between one event and the next
j stroke	a paddle stroke that ends with a rudder manoeuvre
kahi	to pry the water away from the canone with the paddle
keel	the ridge running the length of a canoe on the bottom
length of the stroke	the distance between the catch and exit
line	the path through the water that the steersperson chooses to take
low intensity	lower level of exertion/effort during the power phase
LSD	Long Steady Distance piece. A longer training piece where a crew uses the same amount of effort throughtout the session without stopping.
moderate intesity	medium level of exertion during the power phase
more body	using one's entire body during the stroke, especially the core of the body
more hips	using ones hips to initiate each part of the stroke and at the recovery
over the top	when the top hand moves forward of the bottom hand. Doing this too fast causes a short, ineffective power phase
paddle drag	created when ones paddle is in the water when no power is being applied, or when the stroke is beginning to move forward in the recovery phase
paddles up	hold paddles in ready position, out of the water
pivot point	the point that remains in the same position (constant) in a power circle

<u>Term</u>	<u>Definition</u>
plant the blade	place the blade fully in the water creating compression behind the blade prior to pulling the paddle back
poke	steering
porpoising	the movement of the boat where the stern and bow seesaw - inefficient boat run - is caused by 1 or 2 bobbing, or 5 or 6 bobbing, or both
power	exertion during the pulling phase
power application	the consistency at which power is applied throughout the pulling phase of the stroke
power application together	each member of the crew applies power consistently throughout the stroke synchronously with each other
power circle	flow of energy through parts of the body and blade during the stroke
power phase	the pulling phase of the stroke
pull	the period of time during the stroke that the blade is moving through the water with power applied by the paddler
pulling back too far	when the pulling phase is too long and the exit and recovery begin later than is effective for forward movement of the canoe. This is hull speed dependant
put the paddle in the water before pulling back	see also "plant the blade" When the blade is placed in the water prior to the beginning of counter rotation
race intensity	the crew paddles at a level of intensity that is most efficient in race conditions and can be sustained throughout a particular race.
rate	frequency at which the catch occurs
reach	created by forward rotation of the body torso which allows the paddler to place their blade in the water farther forward than is possible if the body remains erect; the paddler remains structurally sound
reach it out	rotate the body to a greater degree than is currently occurring
recovery	the relaxed phase of the stroke where the blade is out of the water and is moving forward toward the beginning of the next stroke.
relax	to make or become less tense
release	when the power/pulling phase of the stroke is completed and the paddler removes the blade from the water without creating drag
release the boat	see "release." When each member of the crew completes the power/pulling phase of the stroke by removing their blade from the water without creating drag
rhythm	a regularly occurring pattern
rotate	movement of the torso around its central axis. One shoulder and hip move forward, the opposite shoulder and hip move backwards, often not around the spine but around an imaginary "pole" through the body
rotation	see "rotate"
rudder	1. To drag the paddle to create resistance, causing the stern of a canoe to turn in the direction of the rudder side when performed by the steersperson. 2. A board or plate of wood or other material hinged vertically at the stern of the canoe to be used as a means of steering the boat
run	One trip on the course
seat five responsibilities	finesse seat, paddler assists the steersperson when called upon to do so by the steersperson

<u>Term</u>	<u>Definition</u>
seat four responsibilities	power seat
seat one responsibilities	paddler that sets the stroke rate for the crew
seat six responsibilities	steersperson
seat three responsibilities	power seat. The person in this seat usually calls the changes
seat two responsibilities	finesse seat. This paddler assists the seat one paddler in setting the stroke rate
set-up	the body in a position to support the load of the upcoming catch
shaft	the part of the canoe paddle between the blade and the grip
smooth	even application of power throughout the pulling phase of the stroke. Also applied to recovery, change over, and canoe movement. Sometimes heard as "moo" during MHCC practices.
smooth change over	consistent boat speed during change overs