

Boat Positions

Each seat in the boat is numbered according to its position going from bow (front of the boat) to stern (back of the boat). In an eight the seats would be 1 to 8 and the cox.

Two seats, however, are more commonly given a different name. The #1 seat, that closest to the bow, is called “bow seat.” The rowing seat closest to the stern is called “stroke.”

Rowers are often called by their seat number, both by the coach and the coxswain.

Cox (coxswain): The coxswain is usually seated at the stern of the shell looking at and beyond all rowers. The coxswain steers, motivates, and coordinates all the rowers in addition to executing race strategies during competition. The only person facing the direction of travel.

The stroke: is closest to the cox and is responsible for setting the rate for the other rowers to follow.

Which side of the boat do you row?

The stroke and all even numbered seat positions, row on the port side) and the bow and all odd numbered seat positions row on the starboard side. Very occasionally, the stroke seat will be rigged on the starboard side.

