

A Sprint Paddling Dictionary

BIB/BACK NUMBER: Number worn to distinguish lanes during a competition. The person at the back of a crew boat wears it.

'DUSEN/VANDUSEN: A top of the line high performance honeycomb carbon fiber kayak.

BLOCK: Contoured foam block on which a sprint canoer kneels.

BUN: Small cork filled cloth sac used for kneeling on in a C-4 and a War Canoe.

BUNGEE: Elasticized rope used to secure boats for transport.

BURGEE: What you win at a paddling championship typically in the shape of a nautical flag.

C-BOATS: The Canadian - Specially designed flat water canoes designed to be paddled in an upright position. They come in the C-1 (single person boat), C-2 (two person boat), C-4 (four person boat), and the C-15 (also known as the War Canoe).

CHIEF OFFICIAL: The top official at a regatta. He/she is the Chair of the Competition Committee.

COMMODORE: The chief executive officer of the canoe club and the Canadian Canoe Association (CanoeKayak Canada).

COMPETITION COMMITTEE: The Competition Committee is made up of the Chief Official, Chief Finish Line Judge and the Competition Secretary. Between them they will receive and resolve any protests filed at the competition, approve all crew substitutions and make decisions with regards to the competition should it be influenced by such things as inclement weather or unsafe conditions.

COX: Steersperson and captain in the War Canoe.

DECK NUMBER: A number placed on the deck of the boat indicating the lane drawn by the competitor or crew for a race.

DIVING: Submerging the nose of the boat with each stroke.

DNF: Did not finish the race.

DNS: Did not start the race.

FLAT BLADE: Easy to use kayak paddle for beginners.

FOOTBOARD/FOOTREST: An apparatus in a kayak used to push off for greater stroke strength.

HACK: To chop at the boat with the paddle while paddling thus damaging the boat.

K-BOATS: Specially designed flat water kayak. They come in the K-1 (one person boat), K-2 (two person boat), and the K-4 (four person boat).

POGIES: Specially designed outerwear to cover the hands while allowing the paddler to paddle without hindrance in cold conditions. There are canoe pogies and kayak pogies.

RACK/FLOORBOARD: A wooden apparatus used in sprint canoes to raise the paddler to provide a flat surface to paddle on and distribute the body weight throughout the hull.

REFEREE: An “on water” official who follows a race down the course. He/she has the power to judge the race, stop the race, caution or disqualify any crew or competitor failing to race within the rules.

REGATTA: A competition in sprint canoe/kayaking. A competitor may typically enter a maximum of 8 races at each regatta.

RIDING WASH/SURFING: Using the wash of another boat to propel forward a boat-like paddling downhill.

RIDING YOUR KNEE: In a sprint canoe, using the front leg instead of the shoulder to push your body back straight thus causing “diving” in a sprint canoe.

ROTATION: Using predominately the muscles of the torso and lower body for the forward acceleration of the boat.

RUDDER: An object, which hangs off the back of a kayak, used to steer with. It is controlled from the front of the boat.

SHOOT THE BOAT: On the last stroke of the race throwing yourself to the back of the boat to shoot the boat forward an extra foot or two. After the “shoot” the boat will come to a stop.

SINGLETS: Approved racing shirts to be worn by a competitor to identify the club to which he/she belongs.

SOCK A BOAT: To put a tube-like protective fabric cover over the boat to help protect it while it is in transit.

SPINNING: Paddling faster than your boat’s moving. This is an inefficient stroke.

SPRAY SKIRT: A fabric, usually water repellent cover that fits snugly around the paddler and over the cock pit of a kayak while paddling.

SPRINT: Short high-tempo, high intensity burst of high speed.

START: A series of strokes used to accelerate the boat from a stationary position to top speed.

STARTER: An “on water” official who starts the race. The objective is to give all competitors a dead, even start on the start line. A starter can stop a race and/or disqualify a competitor.

STEADY WATER: Long continuous paddle. Generally about 10km and 15km for the older paddlers. This type of paddle is used to work on technique and to build endurance.

STRETCHERS/RACKS: Sawhorse like apparatus used to place boats on when not in the boathouse.

STROKE RATE: The number of strokes a paddler takes per minute.

TECHNIQUE: Proper application of physiological principals to most efficiently propel the boat.

THE "BLACK": The legendary Junior Men's C-4 cup raced annually at Nationals.

THE "J-STROKE": A steering stroke used to maintain a straight line in the sprint canoe.

THE STROKE: Person in the front of the boat that controls the pace of the crew during the race.

WASH: Waves that come off the back of a boat.