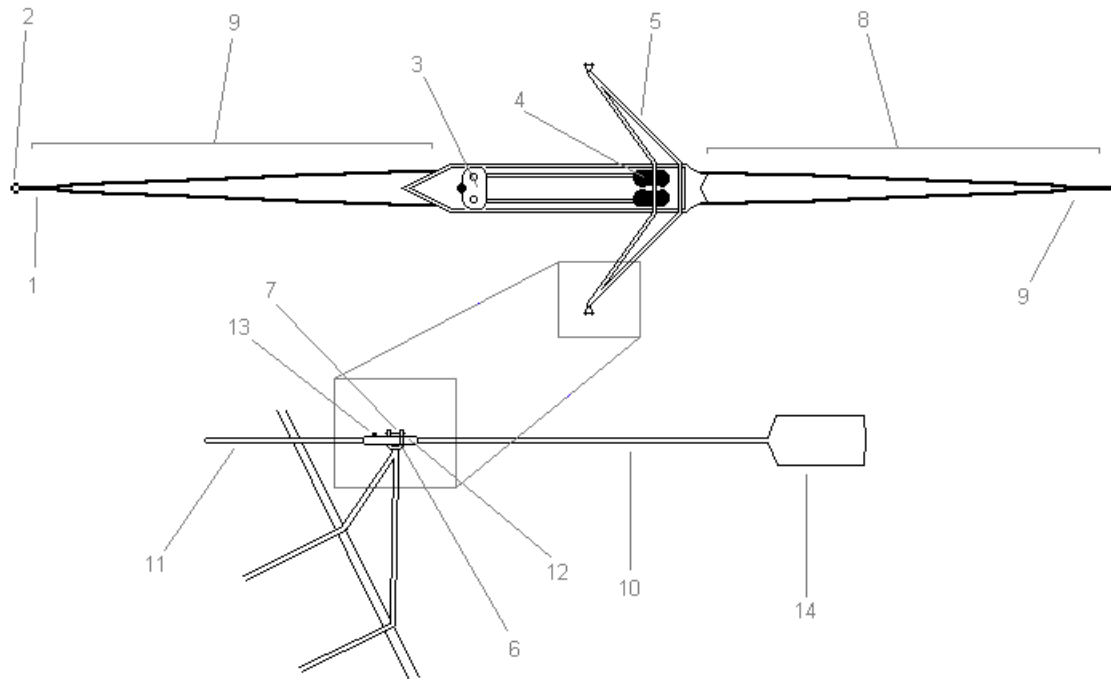


## Diagram of a Rowing Shell



1. **Bow** - The forward section of a boat.
2. **Bowball** - A rubber ball attached to the bow tip of a shell to protect against damage and injury in case of a collision.
3. **Seat** - The sliding seat that the rower sits on.
4. **Foot Stretcher** – An adjustable bracket in a shell that the rower's feet are secured into a type of shoe.
5. **Rigger** - A framework attached to the shell and used to support the oarlock; also called an "outrigger".
6. **Oarlock** - A U-shaped device on a boat's gunwale where the oar rests and swings; also called a "rowlock".
7. **Gate** -A bar across the oarlock to prevent the oar from popping out.
8. **Deck** - The areas of a shell at the bow and stern.
9. **Stern** - The back part of a boat.
10. **Oar** - A lever used to propel and steer a boat through water, consisting of a long shaft of wood with a blade at one end.
11. **Handle** - The part of an oar held by an oarsman.
12. **Sleeve** - The plastic jacket on the shaft of the oar upon which is mounted a button, used to secure the blade to the oarlock.
13. **Button** - A collar around the shaft of the oar that keeps the oar from slipping through the oarlock and can be adjusted up and down the oar to increase or decrease leverage.
14. **Blade** - The flattened, or spoon-shaped, part of an oar that touches the water during rowing.