

NAUTICAL SPORTS

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Foreign Language & Sport Terminology

ME0153

Canoe-Kayak

Flatwater Racing

Canoe and kayaks were invented more than 6,000 years ago by indigenous people (ιθαγενείς) in Canada and Greenland.

They were used as a means of transportation on the rivers, lakes and polar waters of these vast (απέραντες) lands.

The 1st canoe club (λέσχη) was established in London in 1865.

In 1936, at the Olympics in Berlin, it became an official event.

Both men and women can compete.



The competition



- Flatwater (ήρεμα νερά) racing in a canoe or kayak is a test of speed against the clock.
- In the Olympics, races are over distances of 500 and 1,000m for men and 500m for women.
- The boats must be immobile (ακίνητα) at the starting jetty and all the fore stems must be aligned (ευθυγραμμισμένα) on the start line.
- If a competitor breaks her paddle (κουπί) within the 25m start zone, the race is recalled (ακυρώνεται).

Tactics – Equipment

- In 500 and 1,000m races, quick starts (γρήγορες εκκινήσεις) are important as is maintaining (διατηρώ) a rhythm and sprinting capacity (ταχύτητα).
- Travelling in a straight line (ευθεία) is fastest.
- The different types of canoes and kayaks are usually designated by their 1st letter, followed by a number indicating the number of passengers. Thus, K2 designates a pairs kayak, C1 a singles canoe and so on.



Canoe - Kayak

- It is used for all race distances – 200, 500 and 1,000m – depending on the host country's facilities.
- There are 9 lanes (διαδρομές) marked by buoys (σημαδούρες) that are white for the beginning of the course and red for the last 200m.
- The race ends when the boats reach the end of the red buoys.



Profile of canoe & kayak racers

- It requires excellent aerobic capacity (αερόβια ικανότητα) and muscular endurance (μυϊκή αντοχή).
- The arm, shoulder and back muscles are the most used.
- It requires power, agility (ευλυγισία), coordination (συντονισμός), motivation and competitive spirit.
- Training over at least 10 years is needed to become competitive internationally.



Ocean Surfing



- In his account of his trip to Hawaii in 1778, Captain Cook mentioned swimmers who went out into the ocean and returned to shore riding the waves on planks of wood (ξύλινες σανίδες).
- The International Surfing Association (ISA)'s World Surfing Games, open to professionals since 1998, has competitions for national teams and individuals.
- There are 4 events: *longboard*, *shortboard*, *bodyboard* and *kneeboard*.
- The Big Waves World Championship takes place on waves between 9 and 18m high in the shortboard category. It includes 50 events on 5 continents.

Competition

- The competitors try to stay on the waves as long as possible and exploit their potential by performing manoeuvres (μανούβρες).
- The top 2 surfers in each heat go to the next round (γύρο), while the last 2 are eliminated (αποκλείονται).
- The finals last 20 to 30 minutes, depending on wave conditions.



Judges

They are evaluated on 4 criteria:

- quality of manoeuvre (ποιότητα μανούβρας)
- placement on the wave (τοποθέτηση πάνω στο κύμα)
- level of difficulty of the wave chosen and
- duration of position on the wave (διάρκεια παραμονής)





Rowing - Κωπηλασία

- In rowing, one or more rowers in a specially designed shell (σκάφος), try to row (κωπηλατώ) as quickly as possible across a body of water.
- In the Olympic Games, there are 8 events for men and 6 for women.
- The International Rowing Federation (FISA) was founded in 1892 and in 1896, rowing made its debut at the modern Olympic Games.



Competition

- The course runs in a straight line and is divided into 6 to 8 lanes (διαδρομές).
- Races also take place on rivers and cover distances of 4 to 6 Km.
- Depending on the number of competitors, the qualifying rounds consist of trials (προκριματικούς), quarterfinals (ημιτελικούς) and semifinals (ημιτελικούς).
- Those with the best time in the semifinals are given the privilege of starting in the centre lane in the finals, giving them a better view (αντίληψη) of their opponents' progress (πρόοδος αντιπάλων).

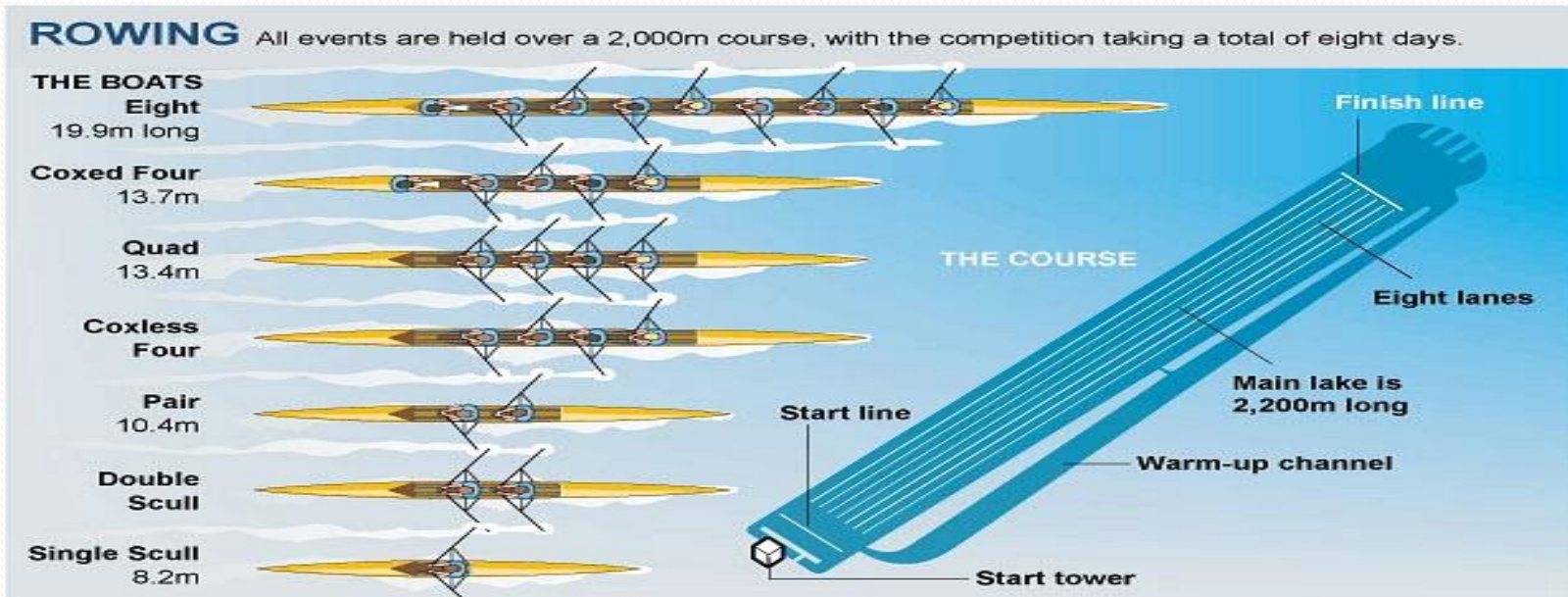
Sculling Techniques

- Catch (as the rower leans forward with knees bent and arms stretched out, the oar blade enters the water and propels/ κινώ, σπρώχνω the shell forward).
- Drive (at the beginning, the upper body remains in place and the legs do all the work. Once the legs start pushing against the foot stretchers, the rower slides (γλιστρώ) backwards, keeping the arms and back straight. Then, once the hands pass the knees, the arms are quickly pulled in towards the trunk to give the shell its speed).
- Feathering (the oar/κουπί handle is lowered, raising the blade/πτερύγιο out of the water. Once the blade clears the water, the rower turns the handle to position the blade parallel to the water).
- Recovery (with the blade out of the water, the rower begins the recovery by stretching the hands forward beyond the knees. As the body follows the hands, the seat slides forward and the rower is ready to start a new stroke)



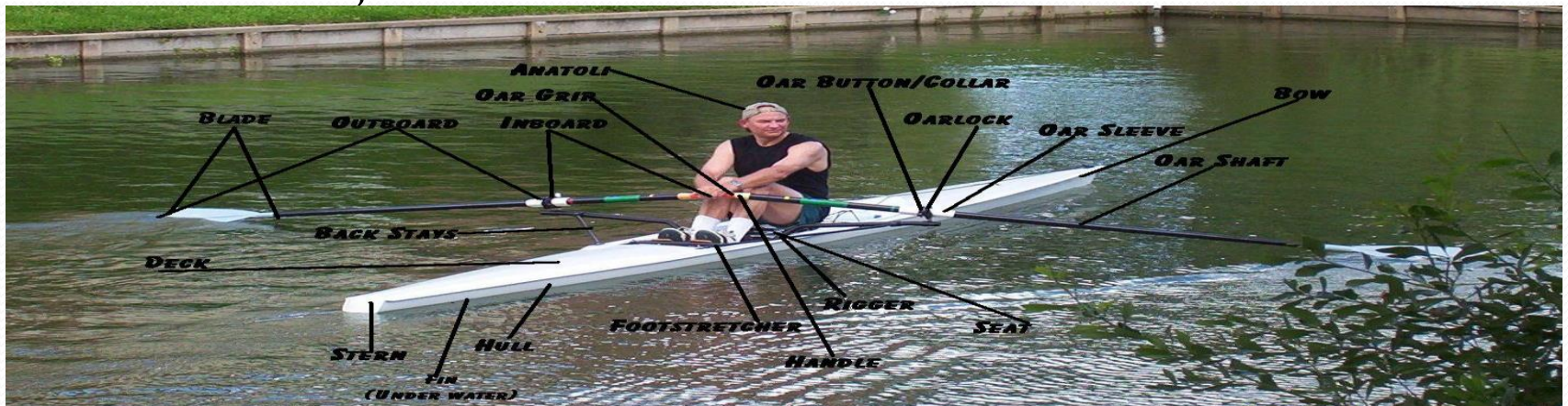
Types of shells

- In sweep boats, each rower has only one oar.
- In sculls, each rower has two oars or “skulls” (one in each hand).
- Except for skiffs, which are rowed with a single person, shells have between 2 and 8 rowers, with or without a coxwain (πηδαλιούχος).
- Shells are made of wood but are usually made of carbon fibre (ανθρακόνημα).



Equipment

- Foot stretchers: attached to the bottom of the shell, they hold the rower's feet in place. Normally, the rower's shoes are bolted (στερεώνω) to the foot stretcher.
- Seat: the seat slides on two rails to facilitate the rower's movements and to increase the length and power of the strokes.
- Shorts and Jersey: the jersey is in the tower's national, federation or club colors.
- Oars: originally made of wood with a symmetrical blade, oars are now made of carbon fibre and have assymetrical blades to improve their catch in the water. Sweep oars are longer and have a wider blade, as the force comes from the rower's arms.



Rower's Profile

- The ability to row 2,000m in approximately 6 minutes requires tremendous (φοβερή) aerobic capacity. (αερόβια ικανότητα).
- Leg, back and shoulder muscles do most of the work.
- As a team sport, good timing, balance, skill, strength and physical fitness are essential, both individually and collectively.
- It also demands concentration, motivation and aggressiveness.



Sailing - Ιστιοπλοΐα

- There are many kinds of sailing competition involving different classes of boats, on every ocean and under all weather conditions.
- Competitions are run and governed by the International Sailing Federation (ISAF).
- There are 3 general categories of sailing competition: regattas (on Olympic type courses), ocean races and match or head-to-head races.
- Although the boats and courses differ, the objective is the same in all races; to finish ahead of the competition.



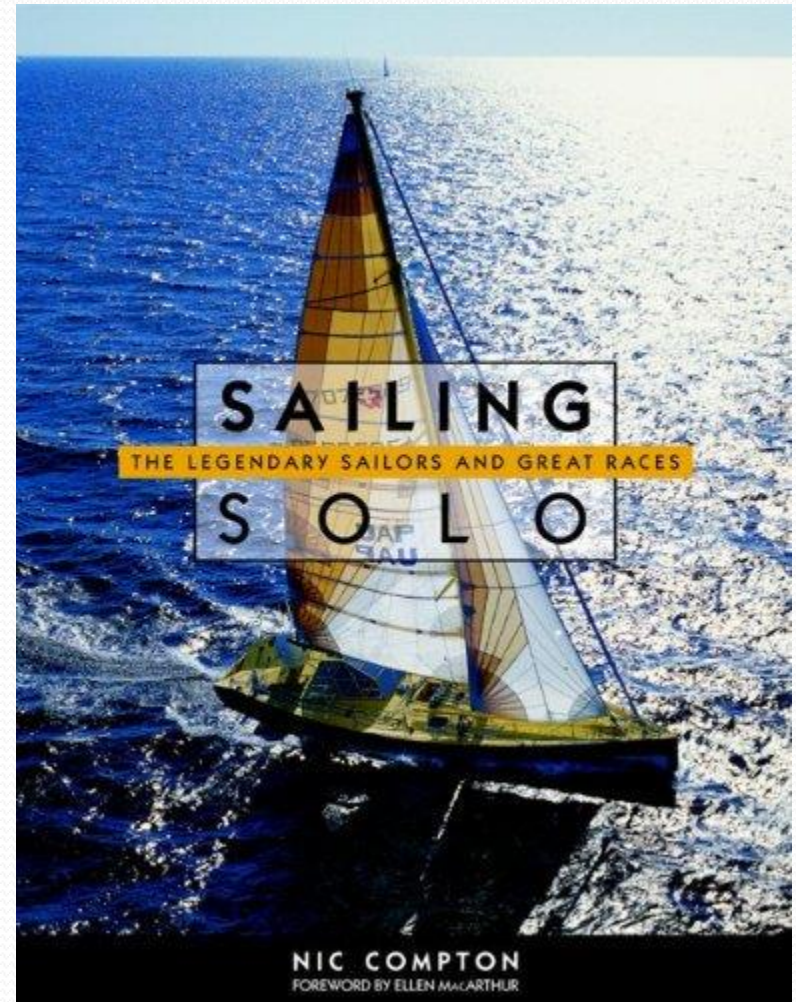
Competition

- There are 9 classes of boats in the Olympics.
- The races take place on a triangular course.
- The length of the above course is determined by:
 1. the stretch (έκταση) of water used
 2. the prevailing (επικρατώ) wind direction
 3. weather conditions
 4. the number of sailboats racing (διαγωνιζόμενων σκαφών)
- The course is marked by buoys that must be passed in a specific order.
- The distance between the buoys varies according to the type of boat in the competition.
- Races last between 45 minutes and 1.5 hours.



Ocean Races - Solo

- The **Europe 1-Star** or else **OSTAR** (Observer Single-handed Transatlantic Race) is the oldest transoceanic race. It starts at Plymouth, Great Britain and ends at Newport, Rhode island, USA. This race of 3,000 nautical miles=5,555km has been held every four years since 1960.
- The **Rum Route** starts at Saint-Malo, France and finishes at Pointe-à-Pitre, Guadeloupe. It is 3,700 nautical miles=6,852km long and has been held every four years since 1978.



Ocean Races – With Crew

The **Mini-Transat** takes place every 2 years since 1977. It starts from Concarneau, France to Tenerife in the Canary Islands (1,370 nautical miles=2,537km), then from Tenerife to Fort-de-France in Martinique (2,700 nautical miles=5,000km). The race requires audacity (τόλμη) and great technical skill (τεχνική δεξιότητα).



Ocean Races - With Crew

- The **Québec-Saint Malo Transat** takes place every 4 years from Québec City, Canada to Saint-Malo, France. This race (2,900 nautical miles=5,370km), which is the only one to cross the ocean from west to east, is open to sailboats of different sizes, monohull or multihull.



Ocean Races – With Crew

The Jaques Vabre Transat was once known as the Coffee Route because it ends in Columbia. It has taken place every 4 years since 1993. It goes from Le Havre, France to Cartagena, Colombia. The distance is 4,420 nautical miles=8,185 km for monohulls and 5,520 nautical miles=10,222km for multihulls.



Regattas

They generally take place close to the coast, on a course (διαδρομή) marked by 3 buoys. The starts are always spectacular. The 1st sailboat to pass the start buoy has an advantage in the race. The longest distance in a straight line is 3 nautical miles. America's Cup is the most famous regatta with a crew of 16.



Equipment

All boats must have safety equipment. Among other things, there are flares of different colors (φωτοβολίδες), distress beacons (πυρσοί σηματοδοσίας) that emit a signal that can be picked up by satellite, buoys, life jackets (ναυαγοσωστικά μπουφάν) and in some cases an inflatable life raft (φουσκωτή σχεδία).



Sailor Profile

- They have to be brave and adventurous, intuitive (διαίσθηση) and used to dealing with elements.
- They must be in excellent physical shape and good health to confront (αντιμετωπίσει) temperature changes, difficult manoeuvres, short periods of sleep in transatlantic crossings and frequent contact (συχνή επαφή) with cold water, sun and wind.



Sailboarding



- A combination of sailing and surfing.
- It uses a variety of speed and acrobatic techniques.
- It depends on weather and so sailboarders must learn to identify different kinds of wind and wave movements.
- Two Americans patented it in 1968.
- More than 15 million people throughout the world sailboard.
- It became an Olympic event in Los Angeles in 1984 for men and in Barcelona in 1992 for women.

The competition

There are 3 main types:

1. Races with buoys-long distance, slalom and other courses-open to all types of sailboards
 2. Wave and freestyle competitions
 3. Olympic races
- Speed races are less common.
 - There is no start signal: the average speed is measured over 500m.
 - The winner is the one with the fastest average time.



Water Skiing

- It is a sport during which skiers, pulled by a boat, plane across the water on a mono-ski or on two skis.
- It is a cross between surfing and skiing.
- It requires coordination (συντονισμό), foresight (προνοητικότητα) and balance (ισορροπία).
- The World Championships are held every second year (κάθε 2 χρόνια).



Jumping

- Competitors attempt to jump over the greatest distance possible.
- Skiers are entitled to 3 qualifying jumps.
- The maximum speed of the towboat is 51 Km/h for women and 57Km/h for men.
- The performance criteria are: speed at the time of reaching the jump ramp, body position in the air and landing.
- The water must be calm, waveless and sheltered from the wind.



Slalom

- ❑ It is a race that is characterized by a succession of high speed sinuous (γεμάτος στροφές) turns performed on a single ski and during which the skier negotiates around 6 buoys.
- ❑ After competing the course successfully in one direction, the skier repeats the course in the opposite direction with the boat speed increased by 3Km/h.
- ❑ The winner is the skier who rounds the most buoys with the shortest line at each of the different speeds.



Figures

- During each of two 20-second passes, the skier must perform as many figures and combinations as possible.
- Contestants cannot perform any manoeuvre more than once.
- Skiers can select boat speed and line length.
- Skiers are rated on the execution of figures rather than aesthetics.



Wakeboard

- During two passes lasting 25 seconds each, the skier must execute a combination of 5 figures.
- Basic jumps are rolls with or without twists.
- At the end of the course, the skier may perform an additional figure.
- The winner is the skier with the best combination of aesthetics, style, fluidity (ρευστότητα, μεταβλητότητα) and technical difficulty of the manoeuvres executed.



Skier's Profile

- Training for a high level career begins at age 5 and focuses primarily on coordination of movements, development of strength and muscle power.
- Skiers practice jumps on the trampoline and do weight training exercises.
- The muscles worked most are biceps (δικέφαλοι), pectorals (θωρακικοί), dorsal muscles (ραχιαίοι), trapezius muscles (τραπεζοειδείς μύες) and quadriceps (τετρακέφαλοι).



Thanks for your attention

Reference book:

Kontopodis, P.(2002) *English for sports purposes with exercises. Athens: Kontopodis*