

Rochester Rowing Club of Minnesota Rower Pogie Instructions for One Sweep Set (two mitts)

Materials

Pattern

Polar fleece – minimum of four pieces measuring 7inx10in 9about ½ yard fabric

Ribbing – minimum of five pieces measuring 7inx4in or about ½ yard fabric

Cutting

Following instructions on patterns cut four mitts from polar fleece and five cuffs from ribbing. Try to lay patterns on the stretch of the fabric as indicated on pattern.

Assembling and Sewing

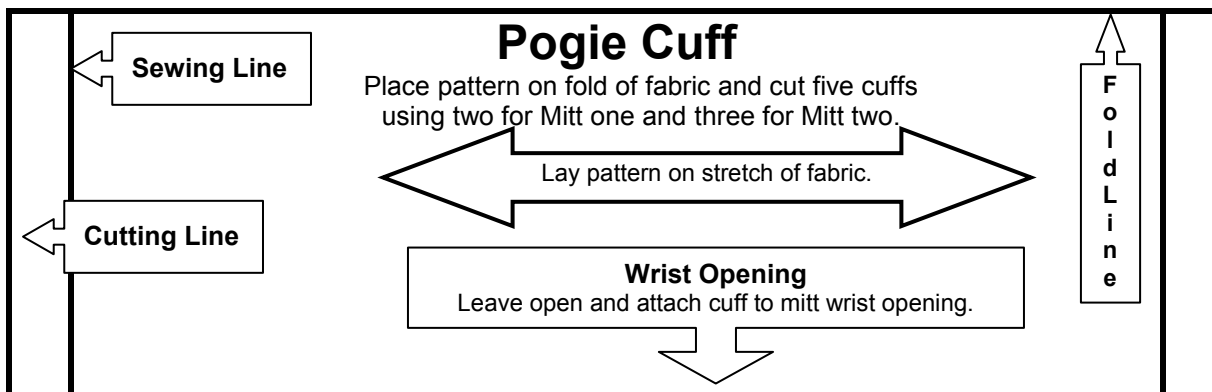
Cuffs: Following cuff pattern markings, open one cuff piece and fold Size 1 and 2 (short ends) together and sew. Refold on the long side with the seam inside and cut edges even. Repeat directions on all cuff pieces.

Mitt 1: Following mitt pattern markings sew two mitt pieces together on outside seam except where wrist and oar openings are indicated for Mitt 1. Leave mitt turned inside out.

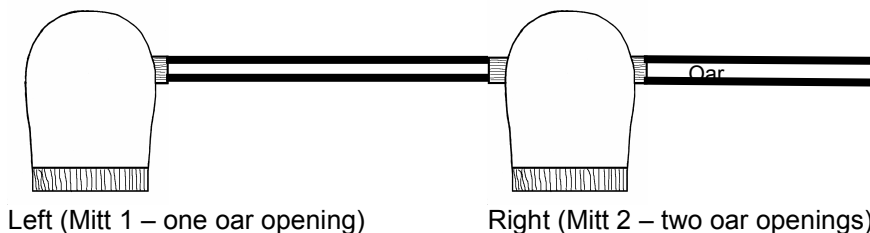
Wrist Cuffs: To attach sewn cuff piece, place one sewn cuff inside the mitt wrist opening, aligning cuff and mitt edges together and the cuff seam with a mitt side seam. Sew in place by gently stretching the cuff to fit the opening. Repeat instructions for wrist cuffs on second mitt.

Oar Cuff Mitt 1: To attach sewn cuff piece, place one sewn cuff inside a oar opening on a mitt with one oar opening only, aligning cuff and mitt edges together and the cuff seam with a mitt side seam. Sew in place by gently stretching the cuff to fit the opening.

Oar Cuff Mitt 2: Repeat instructions for Oar cuff Mitt 1 on second mitt sewn with two oar openings.



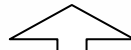
Pogie position for starboard/right side rowing. When rowing port/left side switch pogies to opposite hands.



Cutting Line



Sewing Line



Oar Openings to Attach Cuffs

Mitt One: Leave one open.
Mitt Two: Leave both open.

Pogie Mitt

**Cut two for one mitt.
Four needed for one set.**

Lay pattern on stretch of fabric.

Wrist Opening to Attach Cuff

Leave open and attach cuff

