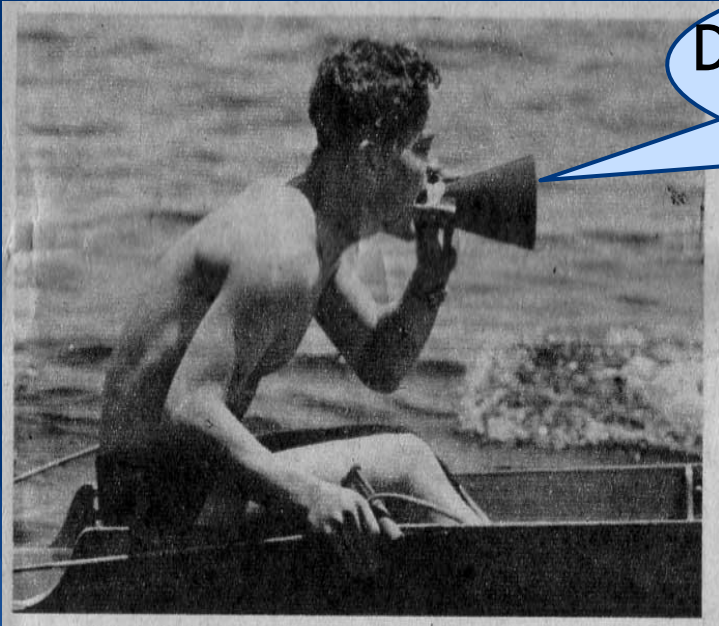


# Coxswain Clinic



DONT PANIC...just weigh enough!

# 4 JOBS AS COXSWAIN

## 1. Safety

- a. Rowers
- b. Equipment

## 2. Steering

- a. Fixing Set

## 3. Support Coach & Technical fixes

- a. Reminder rowers of focus, knowing what to do next

## 4. Cheerleader

- a. Motivation to go faster, BE CREATIVE

# SAFETY

ABOVE ALL - ENSURE ALL ROWERS MAKE IT BACK

- Double check your point, then check again
- NO talking in boat, unless allowed
- Keep boats close together / near coaches launch
- Check equipment before launching
  - rigger
  - Cox box

# STEERING

## 5 things that affect your point

1. YOU
2. Wind
3. Current
4. Equipment
5. Rowers

ASSUME THE CAUSE OF A BAD POINT IS IN THIS ORDER AS WELL

ASK YOURSELF:

IS THE RUDDER STRAIGHT/ CENTERED?

IS THERE WIND?

IS THERE CURRENT?

IS THE RUDDER MISSING or BROKEN?

IS IT SOMETHING THE ROWERS ARE DOING?

# STEERING (CONTINUED)

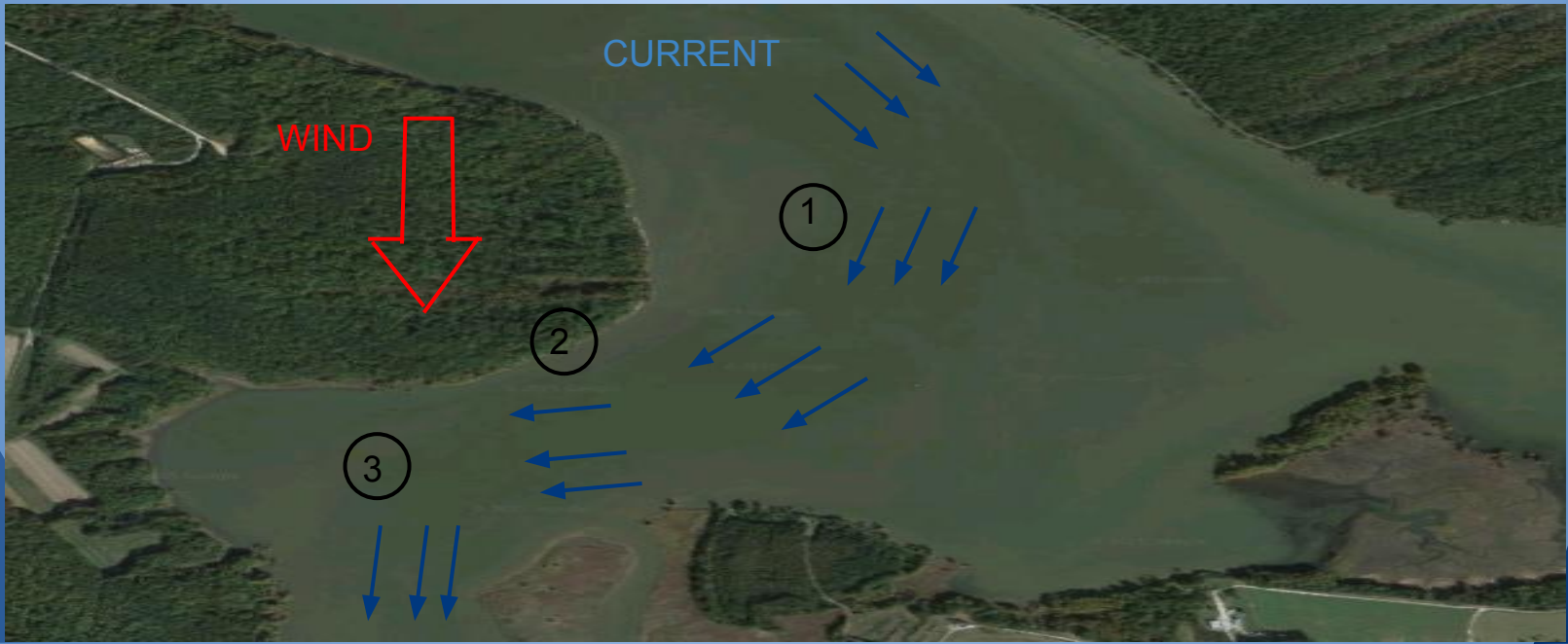
## #1- YOU

As a coxswain, you have **THE MOST** control over the point, or direction of the boat.



# STEERING CONTINUED

## #2 & #3- WIND & WATER





# STEERING CONTINUED

## #4 - EQUIPMENT

### Possible Malfunctions:

- Skag broke off
- Skag not centered correctly (tape)
- Rudder line broke
- your boat is warped
- one sides oars are wrong length
- etc..

(all listed above have happened to me)



# STEERING CONTINUED

## #5 - ROWERS

This is the least common cause of your point being thrown off course. Generally speaking, there is really only 1 cause.

### UNBALANCED POWER - PORTS vs STARBOARDS

- Quick Note- this is why a coach will usually never put a very strong rowers close to bow, because 1 & 2 seats have greatest effect on point

**BEFORE REACHING THIS CONCLUSION AND YELLING AT ROWERS, DOUBLE CHECK THE FIRST 4 CAUSES AGAIN!!!**



# SUPPORT COACH & TECHNIQUE

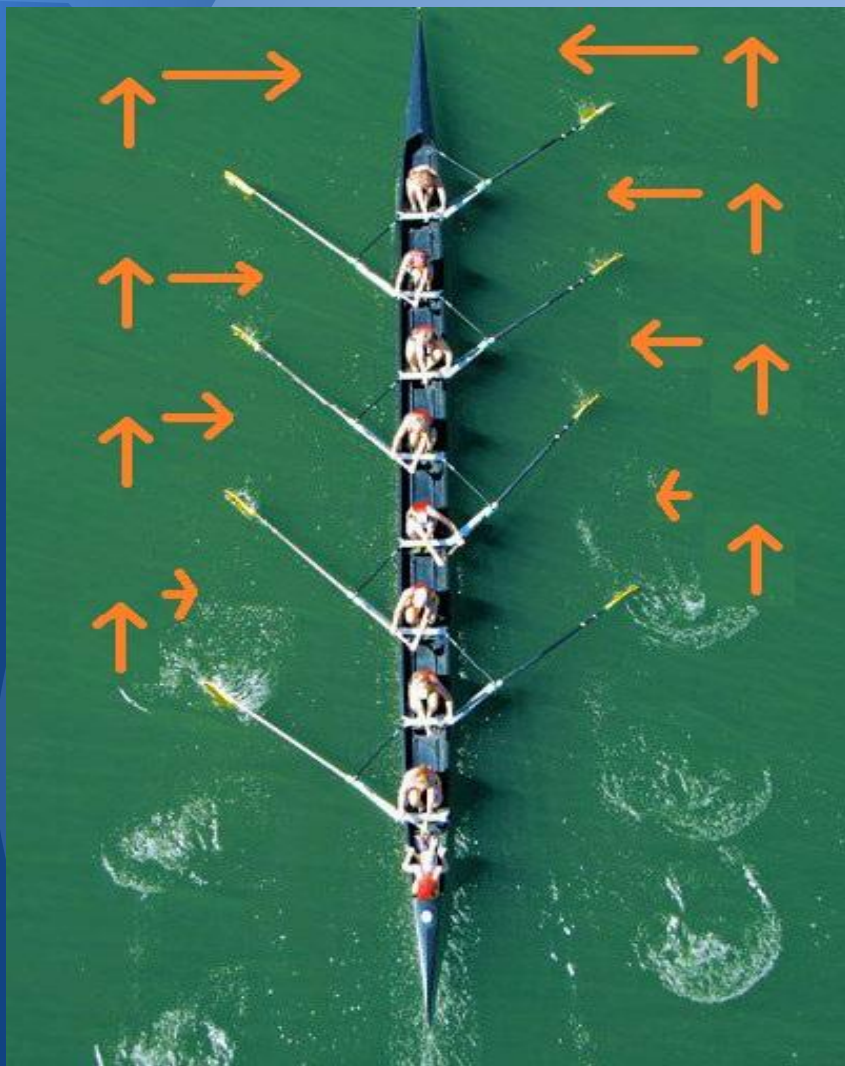
The depth in which this topic goes is truly only limited by the individual.

This is also where a coxswain can begin to become **INVALUABLE** to a crew.

The Basics:

- Find out what the focus is that week or day
  - i.e. Finish, Catch, catch placement, calm recovery, hands out, etc...
- Know the purpose behind each drill
- Help keeps boats close to coaches launch
  - if you are working with another boat that day, keeps other shells close as well
- Remind rowers what the focus is later in practice
  - During pieces that day, remind rowers what we worked on in drills
- Keep rowers focused during drills

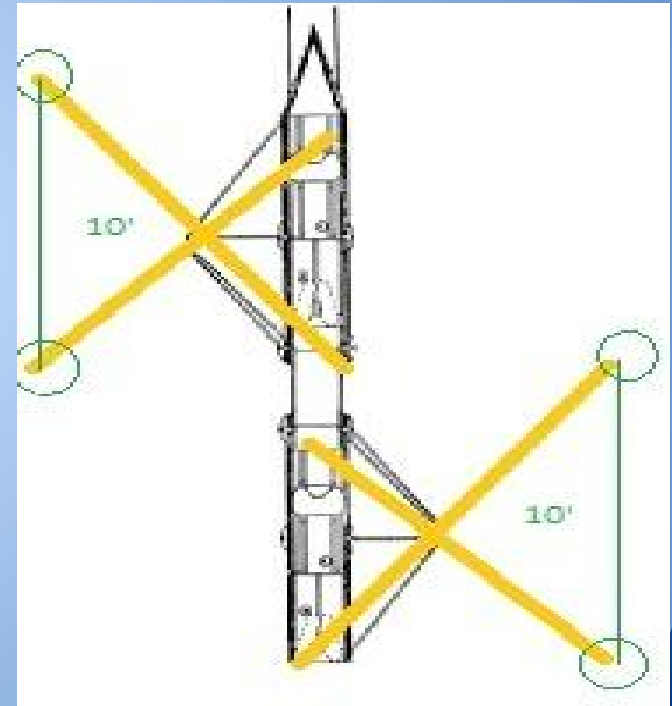
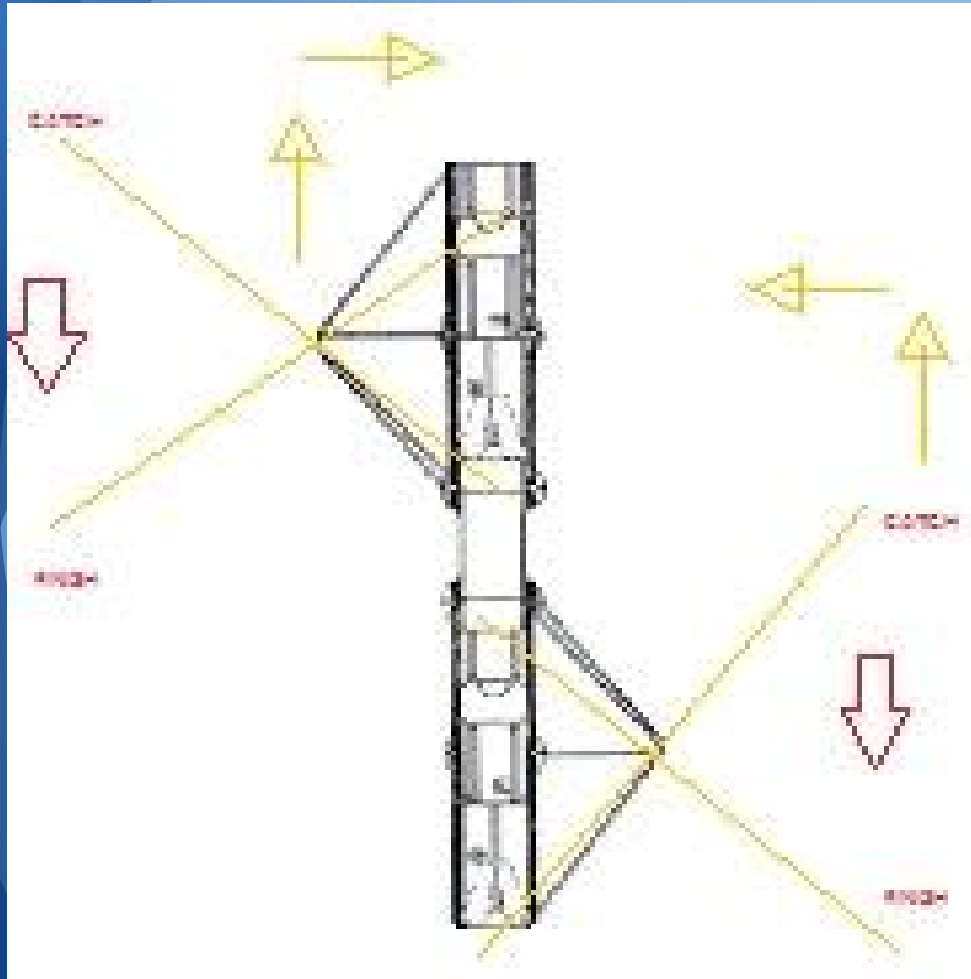
A coxswain should always strive to be irreplaceable within a crew. To be an element within the crew that, without it, it will not work as well.

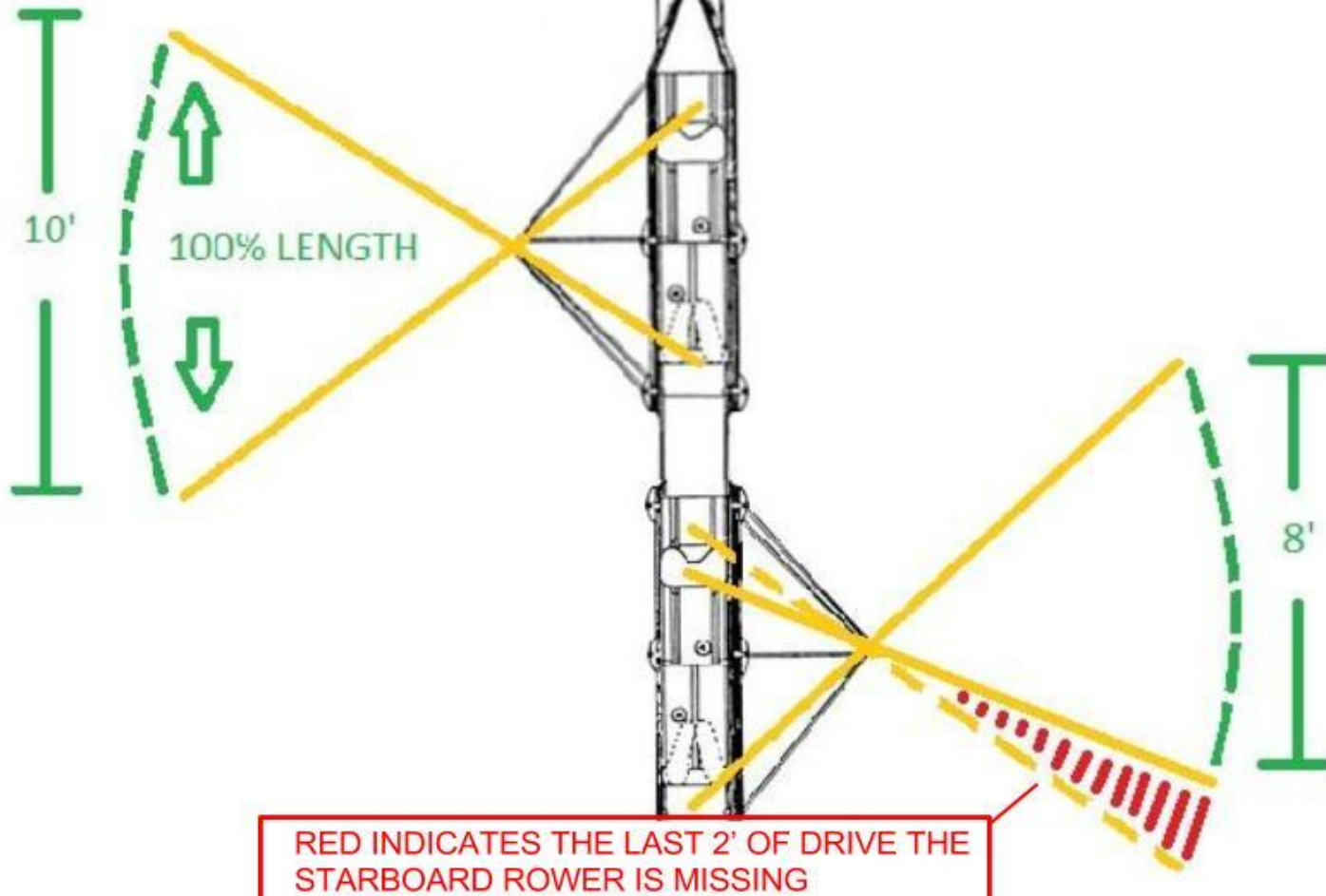


# TECHNICAL FIXES

- Catch Timing
- Finish Timing
- Blade heights
- Color of water during drive
- Pausing at finish
- Speed of blade on recovery
- Pausing at catch

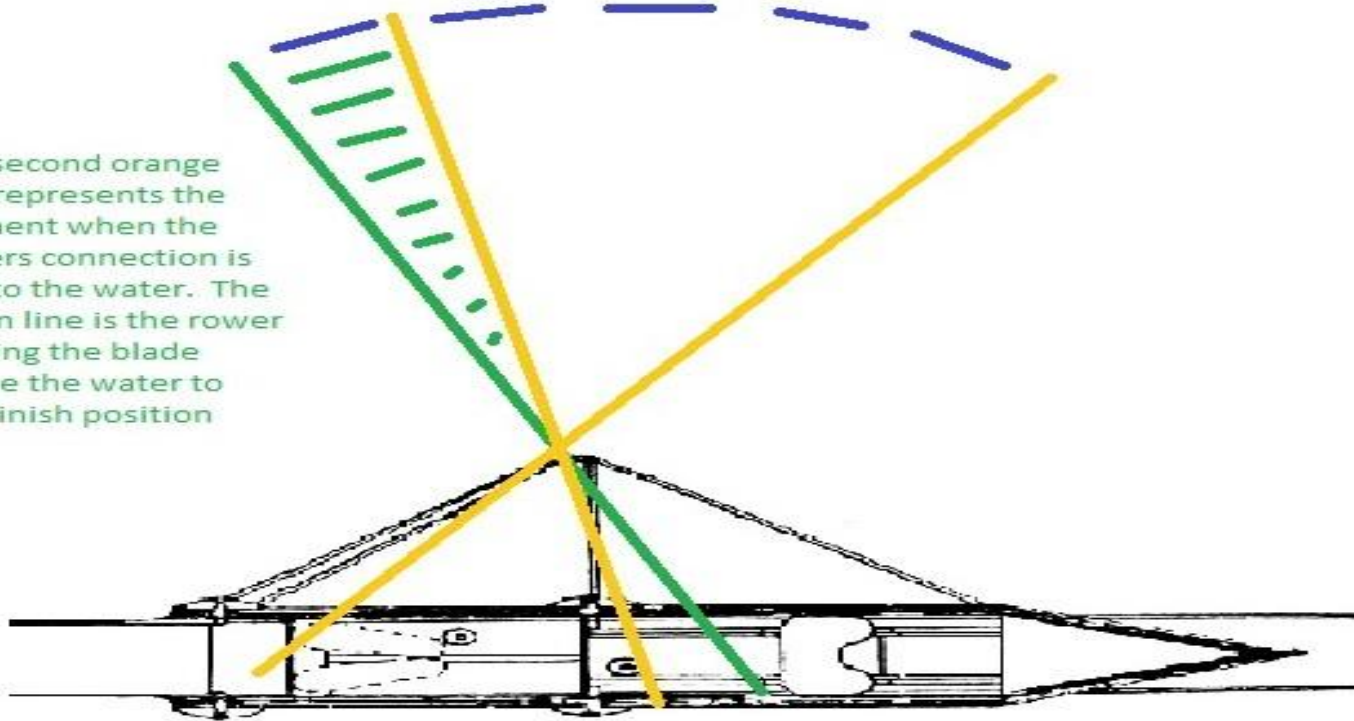
# TECHNICAL FIXES





# TECHNICAL FIXES (CONTINUED)

The second orange line represents the moment when the rowers connection is lost to the water. The green line is the rower moving the blade above the water to the finish position





# CHEERING ON YOUR ROWERS

The final piece to all of this, is the motivation.

This is where the power of team truly shines, a crew working together to achieve more than any one person could have accomplished alone.

As athletes fatigue sets in throughout practice or races, the task of focus then falls on the one member of this team to who is not physically exerting themselves. A COXSWAIN!!!!

Example: practice lasting 60'

0-30'- Rowers are thinking about pulling hard on oar, maybe even specific technical fixes

30-60'- They're thinking, how much homework do I have, what's for diner, my socks are wet, etc..

The ability of a coxswain to keep their heads in a boat and focused on practice, will drastically change the capabilities of a crew.

SAY or DO whatever it takes to keep your rowers working hard all 60'

# CHEERING ON YOUR ROWERS

ALWAYS ALWAYS ALWAYS ALWAYS ALWAYS ALWAYS ALWAYS ALWAYS ALWAYS ALWAYS  
ALWAYS

REMEMBER

The **tone of your voice**, is  
your most powerful tool.

**USE IT WISELY**