



COXSWAIN CLINIC

Fall 2017

Basic Coxswain Calls

- Back it down
- Check it down
- Heads up
- Hold water
- Let it run
- Oars across
- One foot up and out

How To Be A Good Coxswain 101

- Learn from other coxswains
- Learn how to row
- Listen to coxswain recordings
- Motivational skills
- Earn respect
- Know your crew
- Personality and style

Duties of a Coxswain

- Safe management of crew and equipment
 - 100% the most important job you have.
 - Must be in control of both the boat AND the crew at all times
- Steering
 - Move the rudder line away from you on the side to which you want to steer
- Giving commands
 - Clearly and confidently
 - Know what you are going to say before you say it
- Enthusiasm and motivation
 - Always be positive and enthusiastic
 - Avoid words like “don’t” and “stop”
- Technical corrections and advice to rowers
 - Do not nag
 - You can feel a lot from the coxswain seat...trust your instinct!

Moving A Boat On Land

- The best way to keep your boat safe on land is to keep your crew under control, and to be thinking TWO STEPS AHEAD at all times
- The boat is your responsibility
 - In the case of damage, coach will come down on you first, because you are in charge
- At hands on, your attitude must change from “being one of the girls/guys” to being serious and in control
 - Do not let anyone talk while you are talking

Proper Calls To The Water

- ** written for a boat racked at waist height**
- “Hands on” (crew grabs gunnels and is ready to life. NO TALKING)
- “Up an inch in two, one, two, up” (TOGETHER, raise the boat only enough to clear the rack)
- “Walk it out slowly” (crew walks the boat out of the rack)
- “Up to shoulders, ready, up” (Together, crew raises boat to rest on shoulders)
- Before the boat moves forward, call out “heads up”!
- “Walk it forward” (make sure the riggers will clear both sides of the bay door)

On The Dock

- The aim is to get the boat launched as quickly as possible in less than two minutes
- Calls once on the dock:
 - “To the edge” (crew walks boat as close to edge as possible)
 - “Up and over heads, ready, up” (crew brings boat overhead)
 - “Toe to the edge” (I always used this call because it made the rowers get as close to edge as possible)
 - “Roll to waist, ready, roll” (crew rolls the boat down to waist height and SLIGHTLY pauses there)
 - “Place in the water, ready, place” (boat gets gently placed in the water)
- Once oars are in the boat, call “run the blades” (side whose blades are on the water runs the blades)
- Then, call “One foot in and down”

Docking When Coming Home

- ****You ALWAYS get out of the boat first when you arrive at the dock****
- “Untie and count down” (crew unties shoes, and counts down from bow when they are ready to exit)
- “One foot up, and out”

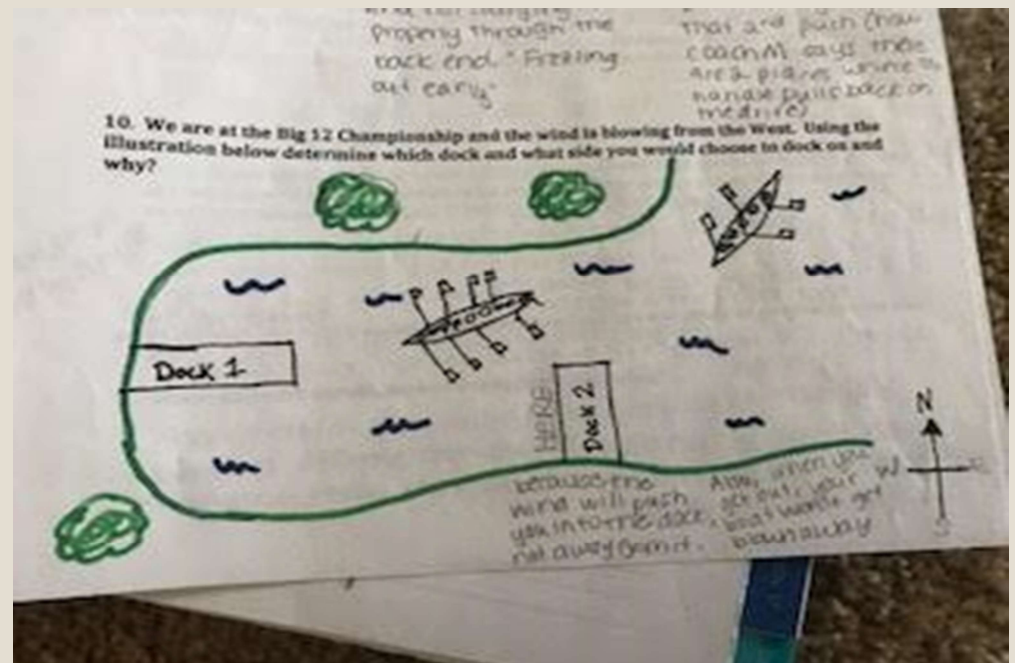
- Calls to get boat out of water
 - “Hands on” (Do not move on from this call until both hands are on the boat)
 - “Up to waist, ready, up”
 - “Up over heads, ready, up”
 - “Show your side/split, ready, go”
 - “Split to shoulders, ready, split”
 - “Walk it forward”

Other Things

- Practice
 - The most important time to be the leader of your boat
- Tools and equipment
 - Cox Box, watch with a stop watch function
 - Small bag of tools

Tricky Docking

- Occasionally, docking will become tricky when wind is involved.



Advice for a coxswain

- Keep a journal
- Cox as much as you can
- Row as much as you can
- Watch rowing as much as you can
- Work out with your team
- Running into things sucks, don't do it
- Ask questions
- Have a small bag that you carry with you to the boat
- Record yourself and LISTEN back to it (no matter how painful it is)!
- If possible, write down the workout for the day before launching
- Write down who is in your boat that day before launching
- Knowledge is power
- Strive for perfection....strive to be great.
- ALWAYS be on time
 - Early if you can!!
- Be yourself