



"You know, before I started rowing little guys didn't scare me at all."

Coxswain's Manual

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1. Introduction

Coxswains are in some ways the most important members of a crew. They are the individual responsible for the steering of the shell and also giving commands to the rowers in order to facilitate the safe and efficient operation of the crew as a unit. The coxswain is the leader of the crew while on the water, and we expect our coxswains to be leaders off the water as well. The coxswain is an integral part of the crew, and can have a large effect on the success of the crew. Unprepared coxswains have played a large part in many races lost and on the contrary, races can and have been won with the help of well-prepared ones.

The qualities a good coxswain will possess are confidence, intelligence, positive attitude, the ability to think ahead, and the ability to understand and follow through on instructions. Other things that will help a cox improve over time is their willingness to seek out advice from rowers, coaches, and other coxswains, and adapt themselves to better interact with their crews. Just as the rowers are constantly trying to improve themselves, a coxswain must also be continually looking for ways to get better at what they do.

2. How to be a good Cox

Learn from other coxswains

Other coxswains can be a very good resource. Chances are other coxswains in your program will know something about the role. Talk to them, watch them. If they don't mind ask them to make a recording or a race or even a practice. If you have the chance, go to a camp or a coxswain clinic. The more knowledge and experience you have, chances are the better you'll become.

Learn how to row

One of the most important things that one must do if they are to master the art is to learn how to row. Don't just watch videos or other people row. Jump in the boat and do it! If you can't row yourself, your abilities will be limited. You could know the correct technique, and everything there is to know, but it's not the same as actually doing it. Physically taking strokes on the water will help you to better understand the movements involved which will help you in correcting the oarsmen with their strokes.

Motivational skills (key of becoming a great Cox)

You must be able to motivate your crew. During the last 200 meters of a race when your boat is right next to your opponent, you have to say the right things to get your crew rowing to their fullest, giving it all they have. Your words have the power to make them pull ahead. This also holds true for the entire race. Tell your crew where they are in the race, "500m left to go, pick it up for a ten!" Tell them where other boats are, "Our bow is on their stern, let's hit it with the legs and walk up on them!"

Develop your own style and ask your crew what motivates them. There is no one simple "magic call" which will make a boat move faster. All crews respond to different things. What works for one boat may not work for another. You should develop a broad base of knowledge so that you can put together the right thing to say at the right time. Don't be afraid to make mistakes, sometimes calls just don't work. Learn from your mistakes.

Earn respect

As a coxswain you have responsibility. Don't go on a "power trip". Don't let yourself sound bossy or your crew will immediately tune you out. Learn how to work with the other members of your team. If your crew respects you and trusts you, you will have a much better experience and will be more likely to win. It's not about you telling them what to do; it's about you helping them get the most out of their boat. Ask others how you come across, and be willing to accept their answers.

Know your crew & "Wing Man"

Know the names of every oarsmen in your boat. Don't just use their number when talking to them. Sometimes rowers forget where they are sitting. During a race they will respond better to their own name rather than to a number. Also, try to build a relationship with the rowers on your boat, especially your stroke person/"Wing Man". The person/"Wing Man" who is stroking either in 8th or 4th seat play an important role for the boat. The "Wing Man" is the one who sets the pace for the practices and races. Having a great communicate with the "Wing Man" will help you communicate with the whole boat. When you need to know how the whole boat is doing usually the "Wing Man" will be the one who can tell you what's going on inside the boat. The "Wing Man" will also help you with your commands meaning he or she can question your command, but when your "Wing Man" has full faith in you he or she will obey all your commands without any hesitation. It's a big plus if your rowers/"Wing Man" like you.

Personality and Style

Personality is an important issue. Oarsmen tend to like it if their coxswain has a personality. Be able to be serious but have a sense of humor at the same time. Style is another important part. Style is what you say and how you say it. Some coxswains like to verbally attack their opponents during a race. Some are able to stay calm the whole race, but still have the control and burning desire. And some are true motivational masters. Style is up to you. Find what works with your crew.

3. Working with your Coach

It is vitally important that a coxswain knows what the coach wants from both they and the crew. Make sure you know the workout for the practice, or the race plan at the regatta. You will be expected to know these things, have them written in your notepad, and be able to execute them without necessarily having the coach present.

Whenever the coach is along side working with the boat, it is important that you are listening to what he/she is saying. You'll need to know what the focus is and what the problems are to assist the crew. Whenever a coach addresses you specifically, you should *always raise your hand* as an indication that you heard them. (This is also the case when an official addresses you at a regatta.) Additionally, whenever the coach is speaking YOU MUST REMIAN SILENT. If both of you are talking, the crew will hear nothing at all.

If it is an emergency situation and you have to interrupt the coach, raise you hand and give the necessary commands. A coach doesn't always see everything you see, and will respect your judgments if the safety of the crew and craft are at stake.

Your relationship with the coach:

- You have a continuous role with the coach before, during, and after races. On race day you become the eyes and ears of the coach.

- Communication – always communicate with respect and know that your opinion will be respected by the coaches.
- The cox has different rights with the coaches than the rowers, as the coach will see you as a strong support person for both himself and the rowers.
- Race Days: most coaches have little to say to the rowers on the race day because they feel that the race is now up to the rowers because the work is done. The coach will want to review your race plan and then will ask you how the race went – try to remember!

4. Duties of a coxswain, in order of importance:

- a. Steering
- b. Safe Management of Crew and Equipment
- c. Giving Commands
- d. Enthusiasm and Motivation
- e. Technical Corrections and Advice

a. Steering

Sit still and upright in the seat, bracing the feet against the stretcher; not only is it detrimental to the set if the cox is not braced, but the beginning of each stroke will slam your back into the rear of the seat. Hold the rudder lines lightly in the V between thumb and forefinger

Move the rudder line *away from you* on the side to which you want to steer. To steer right, push your right hand forward, to steer left, push your left hand forward.

The best time to steer the boat is when your rowers are in the middle of their stroke. This will reduce drag of the boat when you are not steering. Example: When the rower is at the catch and you need to be read to steer then turn push the rudder line when they are in the middle of the strokes. Hold on to the rudder line meaning you keep the rudder there until you have acquired your point (if he/she takes another stroke and you still don't have your point keep it there until you do). Once you have acquired your point slowly ease the rudder line back into a straight position.

Since a shell slides through the water, the shell will continue to swing after the rudder has stopped being used. Therefore, slightly understeer from your final target. It is vital to anticipate the beginning and end of a corner, or a correction, otherwise the turn will have to be counteracted, and the boat will "fishtail" down the course.

When steering a straight line, the cox will find it easiest if he/she aims at some distant object. This is called steering by a point. Use *SMALL CORRECTIONS* as soon as the bow strays from this point, rather than making big corrections later.

Steer with your crew whenever possible by adjusting port and starboard pressure.

Remember, there is a "blind spot" directly in front of the boat. Be constantly scanning the water in front of your boat for obstacles or debris in the water, and other shells. If necessary, *slightly* lean over to one side to view directly in front of your bow.

b. Safe Management of Crew and Equipment

The underlying goal of any program is 100% safety of both crew and equipment. To accomplish this cox must be in control of both the boat and the crew at all times. The cox should have a complete 360° awareness of the immediate vicinity on land and on the water. This requires keen observation and a great deal of forethought.

Additionally, the coxswain must be able to maintain the focus of the crew. Talking in the boat, joking around, unnecessary movement, and spacing-out will be highly disruptive to practice and cannot be tolerated. It is the job of the cox to keep their crew in line and with their heads in the boat.

c. Giving Commands

When calling commands, it must be done clearly, be positive, confident, and with a definite cadence. And you must know what you're going to say before you say it. REMEMBER, the crew has their hands full trying to row or carry the boat; they do not have time to interpret your commands. You want to make it as easy as possible for them to understand and do what you want.

Each time you give a command, you are telling the crew firstly, what they are going to do, secondly, when to do it, and finally, to actually execute the command. Examples are: "Weight enough in two. One, two, weigh enough," and "Hands on. Up an inch, ready, up." Each of these commands should be given with a definite rhythm, or pace (cadence), so the crew can easily predict when to execute.

On land the coxswain will use "ready" or "and" to tell the crews when to move ("Roll to waist, ready, roll." "Up and over heads, and, up.") On the water, the cox will generally give two strokes prep time, calling the cadences at the Stroke's catch. ("Add bow pair in two. One, two, bow pair in.") Rowing has its own list of commands. "Stop" does not exist, only Weigh enough and Let it run. These basic commands are those which should be learned in the first week or two as they are essential for you to communicate with your teammates.

Some teams use slightly different commands; however, these are some examples of commands:

Adjust the ratio – Used to correct either a rush or sluggishness on the recover. The ratio compares the time used by the hands away from the body motion to the slide speed.

Back it (down) – Row backwards. The blades do not need to be turned around in the oarlocks. Bow four, back it down.

Catch – The beginning of a stroke when the blade enters the water. At the catch, blades squared and buried.

Check it down – Drag the blades on the water to slow and/or stop the boat from moving forward or backward. Having only one side check their blades results in a turn to that side. Port to check it down, starboard to row.

Early – A part of a stroke is early. By itself, the word usually refers to the catch timing. Six-seat you are early.

Finish – The end of the stroke at which point the rower's legs are straight and the oar handle is touching the body. Use this when you want to have the rowers start rowing without completely stopping the boat. Sit at the finish.

Feather - Make the blade parallel to the water. Roll and feather.

Finish timing – A reminder to the crew to align their finish times. Five-seat watch your finish timing.

“Lay Hold” (Hands on) – Grab onto the boat and prepare to move it. Hands on or Lay Hold all eight.

Hold water – See check it down.

Heads up – Pay attention, something to watch out for is near you. This should always be used when someone may not see your shell coming at them such as when leaving the boathouse. Heads up, shell coming out.

Late – A part of the stroke is late. Be itself, the term usually refers to the catch timing. Do not use this over and over without explaining which part of the stroke is late and how to correct it. Three, you’re late.

Let it glide – See let it run. Bow four, let it glide.

Let it run – Oarsmen to stop rowing at the finish, hands away, or on the gunwale and allow the boat to glide (run) across the water’s surface without the blades touching it. Let it run.

On the Paddle – Row at no pressure or to stop the drill/piece. All eight, on the paddle.

Roll – Two meanings: 1. When out of the water, roll the boat from the waist position to the over the heads position or vice versa. 2. When on the water, roll the blade.

Square – Make the blade perpendicular to the water. Square it up.

Touch it up (Tap It) – Someone to row gently to align or position the boat better. Bow seat touch it up.

Up and overhead – To lift the boat to the over the heads position. Up and overhead, ready, up.

Weigh enough – Stop whatever you are doing such as rowing, a drill, etc. All eight, weigh enough.

d. Enthusiasm and Motivation

Think of it this way: You are in charge of eight teammates who are relying on you for direction, encouragement, and lot information, and their safety. Always try to be positive!

Coxes should always try to speak with authority, clarity, and confidence. You will use a “cox box” sound system that will enable you to speak to each rower as if you are sitting right next to her in the boat. It gives you the ability to keep everyone working together and psyched. On the other hand, be aware that your teammates will hear everything you say as well as the differences in your voice such as whether you are tense, uncertain, and angry or psyched. All coxes work diligently to obtain a style of speaking that is comfortable for them and in a tone to which the rowers will respond. Just as you will be giving feedback to rowers about their technique during their rowing, try to get feedback from them after practice about what they like and don’t like about how you cox them. All rowers have different preferences on what they would like to hear from their coxswain and that also includes male and female. Knowing this and knowing your rowers will help you determine what to say and how to say it.

Always be POSITIVE and ENTHUSIASTIC with your crew, you want them to improve and have fun. Listen to how you’re talking to them. Are you too bossy, too authoritative? Or the opposite—too quiet, too relaxed and unpredictable? Striking a good balance between too harsh and too nice takes a bit of practice, but is essential for the coxswain’s relationship with the crew.

If you're giving critique, it will be much more readily accepted if it is phrased in a positive manner. Avoid words like "don't" and "stop" or generally telling them what *not* to do, but instead give them positive suggestions on how to do things correctly.

Sometimes, believe it or not, the coxswain's job is to lie, if only just a little. If your boat is being walked through by a boat two lanes over, don't give them updates on how fast you're falling behind. You must keep your crew from losing hope, even if it means lying about gaining seats back.

During the race of a head or sprint you do not want repeat the same commands or motivational words over and over. Have a variety of commands and motivational words to keep them involve in the race and this is why we have race plans. Another motivational thing that might help your rowers to excel in a race is row right next to another boat, but keep your distance to avoid any violations and hitting their blades. This will definitely pump up your rowers. There are many ways to motivate your rower. You can use words, phrases, quotes, or inspirational words.

One of my inspirational quotes begin like this; "Empty your mind. Be formless, shapeless like water. You put water into a cup, it becomes the cup. You put water into a bottle, it becomes the bottle. You put water into a tea cup, it becomes the tea cup. Now water can flow or it can crash. Be Water My Friend" by Bruce Lee.

e. Technical Corrections and Advice to Rowers

There is a tremendous amount of information a knowledgeable coxswain can see and feel from the cox seat. Blades moving in perfect unison, both in drive and recovery speed as well as height, roll ups, clean catches and releases with appropriate puddles are all hallmarks of good rowing and can be clearly seen from the stern. Likewise, variations in these motions are much like symptoms, indicating to the trained eye what the body is doing incorrectly. Additionally, the feel of how the boat lifts at the catch and runs at the release gives the coxswain, who is not in constant motion, a unique ability within the boat to diagnose the power performance.

Reminding rowers of problem areas can be a good thing if done appropriately, but it is very easy for a coxswain to fall into the roll of coach. This should be avoided for a number of reasons, not the least of which is that it can be extremely irritating for the rower and coach alike. Constant or often repeated reminders will cause the rower to tune you out, and will distract the crew. Reminders about anything the coach is not actively working on will also be disruptive to the practice. Talking while the coach is talking is grounds for losing your boat.

Notice this section was *last* on the list of coxswain duties. If the cox is knowledgeable enough and familiar enough with the crew, or if the coach has asked specifically for them to remind the crew on these points, then it is appropriate to give advice. Otherwise, be very cautious about how you work with your crew.

5. Moving A Boat

A boat is most susceptible to damage when it is moving on land, either in the hands of the rowers or on the trailer. **DO EVERYTHING IN YOUR POWER TO KEEP YOUR BOAT SAFE** on the way to the water. If you hit the boathouse door with the riggers, knock off the skeg on the dock, or damage the boat in any other negligible manner, the boat will be racked and you and your crew will run. If the boat is repairable, you might be able to row in it the next day.

a. Proper calls to the water:

Make sure your crew is balanced bow and stern **BY HEIGHT**, and arranged at the first two and last two (bow and 2, 7 and stroke) riggers.

Call as follows:

- "Hands On" Crew grabs gunnels and is ready to lift. NO TALKING FROM HANDS ON.
- "Up an inch, and, up." In unison, raise the boat only enough to clear it from the rack.
- "Walk it out slowly"
- "Up and over heads. Ready, UP"
- "Face the stern/bow."
- "Split to the shoulders from stern/bow. Ready, split."
- Before the boat moves forward call out "heads up!"
- "Walk it forward" Make sure the riggers will clear both sides of the bay door.
- Depending on which side of the dock you'll be launching from take the stern to the left or right to align the boat for a clean approach to the dock. BE VERY AWARE OF THE BOW AND STERN AT THIS POINT. KEEP A CONSTANT EYE.
- "Up and over heads. Ready, UP" Overheads down the ramp
- Proceed with the boat onto the dock, sending the front four left or right. When in position call "weigh enough" and stand ready by the skeg.
- *It is important to perform the following commands in as fluidly and quickly as possible:*
- "Toe the edge"
- "Roll to the waist. Push it out. And down."

Make sure they lean out over the water, and have a arm on the stern to make sure the skeg clears.

b. On the dock:

The aim is to get the boat launched as quickly as possible in less than two minutes. The line up is to be set before "hands on." There is to be minimal talking; no chit chat.

Call one side to oars, the other to locks. If time and traffic permits, adjust stretchers if necessary. It may be necessary to make adjustments on the water.

- "Extend port oars. One foot in, and down."
- "Lean away. Push off in two. One, two, push off."
- After launching wait and drift around the dock and "Countdown & check all equipment from bow when ready."

c. Docking:

APPROACH THE DOCK SLOWLY

As you approach the dock:

1. Check It Down & Weigh Enough & Assess the current of the water and the wind. Assessing the current/wind will benefit your docking and it will impress your fellow rowers. This will allow you to judge the distance needed between the boat and the dock when docking. Ultimately, you want the current to dock your boat while you keep your point and stabilize the boat.
2. Have the bow 4 (or 2 in a 4+) drop out and set. Then drop out 5&6. Then go to arms and back, and **finally arms only** with stern or bow pair. The idea being to slow the boat down but still keep it moving. I usually have my bow pair do arms only and when I want steer I have the bow pair Weigh Enough then have 7 or 8 seat quickly hold water and feather to adjust the point of the boat before touchdown.

Approach the dock from upstream at a 15° angle (depends on the size of the boat). As your bow nears the dock have the stern pair weigh enough, apply a little left rudder, have the starboards raise their oars and have the crew lean away.

Call as follows: (when docked)

- "Untie and count down."
- "On foot on the dock, one on the strip. And up."
- Call on side to oars, the other to locks. *The idea here is that oar handlers get their shoes while the locks are being loosened, then the remaining crew can get their shoes while the oars are heading up. This is crucial for efficiency in removing the boat from the dock.*
- Again stand by the skeg, calling the next segment quickly:
- "Hands on. Up to waist, ready, UP. UP and over heads, ready, UP. Turn and face the bow /stern. Walk it up."
- As you reach the top of the ramp: "Split to shoulders from bow/stern, ready, split."

Eights go in stern first, fours bow first. Again be careful of the riggers on the bay doors. Once on the racks, have four wipe it down and four get oars.

6. Practice

Practice is a very important time used for developing the technique and ultimately the speed of a crew. Practice is the most important time for the coxswain to act as a leader in the boat. Practice is the time where all the kinks in the rowers' technique can be ironed out. The coxswain must aid in this progressive environment by setting a positive and focused tone for the practice. Once the crew gets "hands on" and hits the water, everything is serious. The crew must use their time wisely and not waste it. Wasted time in practice could mean lost seconds during a race.

Most programs have coaches who are on the water with the crews providing instruction. The coxswain should listen to the coach. The coach will tell the coxswain what the workout will be, so he should pay attention, for coaches don't like to say things more than once. If the coxswain needs the coach to repeat something he should just ask. It is better to have the coach repeat his directions than for a coxswain to begin a workout when he does not know what he should be doing. The coxswain should just not make a habit of asking the coach to repeat himself. The coach will also provide feedback to the rowers while on the water. The coxswain should listen to what the coach tells each of the rowers and watch their oars so he can learn more about how to fix certain technique issues. While the coach is talking to the crew, whether to provide workout instructions or technical feedback, it is a good idea for the coxswain to remain silent, so the instructions of the coach can be heard.

If there are multiple crews on the water working with the same coach, the coxswains of each crew should work to keep the boats close together, unless instructed otherwise. If one boat gets ahead, the coxswain of that crew should tell his crew to ease up on the pressure, slow down the stroke rate, or even add a pause in the stroke. For crews that are behind, the coxswain should have the crew increase the pressure, or increase the rate.

7. Common Drills:

Pick Drill: Most common drill used every row as a warm-up. Half boat setting, half drilling. All square blade: quick pick- arms only, swing pick- arms and back, 1/4 slide, 1/2 slide, 3/4 slide, full slide, then add the feather. Allows crew to focus on the individual elements of the stroke.

Inverted Pick Drill: Legs only, moving to legs and back, then legs back and arms (full stroke). Emphasizes proper drive sequence and good front-end suspension.

Outside arm only: Rowing with the inside arm behind the back, blade squared. Focuses on the leverage of the outside arm, drawing of the blade into the body, and control of handle height during recovery. Helps the set throughout as well as catch and finish precision.

Wide grip: Generally done on the square, but not necessary. Inside hand moves toward the oarlock, holing the oar on the carbon-fiber shaft. Forces good lean around the pin, proper pivot towards the rigger, lower inside shoulder.

Pause drills: One- or two-pause drills every 'x' strokes, pausing at various positions, depending on the portion of the recovery needing the most attention; finish, arms away, body prep, 1/4 slide, 1/2 slide. Works set, timing, and slide control.

Cut the cake: Blades feather and recover to either hands away, body prep, 1/4 slide, or 1/2 slide before returning to the finish a second time, then continuing to normal recovery—blade height remains constant. This will help with all aspects of the set being off, as well as working quick hands away, stroke length, and rate.

Eyes closed: Continuous rowing with eyes closed (rowers only). Forces crew to listen for slide and catch timing, and to feel the body positioning. Helps timing, slide rush, catch, and lean problems.

8. Coxswain's Tools and Equipment

The most important piece of equipment used by the coxswain, other than the boat itself, is the Cox Box. This is a compact and sophisticated (and expensive) electronic device which gives the cox various readings in the boats, most commonly strokes-per-minute (spm) and the clock.

The Cox Box should be treated with extreme care because there are a limited number of them belonging to the club, and they are relatively fragile if handled improperly. Always carry the CB by the attached handle— NEVER CARRY IT BY THE HEADSET WIRE. Also, be careful when plugging the unit into either the boat or the recharger. The connection pins bend easily if they are not aligned properly.

Any self-respecting coxswain will own a watch with a stop-watch function.

Coxswains should also carry with them a small bag of tools including:

- A 7/16" wrench
- A stopwatch
- An adjustable wrench which opens up to 3/4"
- A phillips screwdriver
- A roll of electrical tape
- A roll of athletic tape
- Some Band-aids
- A small bag of spare parts (7/16 nuts, washers, rigger spacers.
- A whistle (3 short burst is a universal call for help)
- A notepad with a pen or pencil for writing down daily line-ups and workouts, and a ziplock baggie to keep these things dry in the boat.

9. Racing

Racing is the test of all that has been learned in practice. Before the race itself, the crew will have to row to the starting line. The crew will use this time to warm-up for the race. In other words they will get their bodies ready to perform. A warm-up will usually consist of brief technical work and then end with short, full pressure pieces. During the warm-up, the coxswain should maintain a

positive and calm atmosphere in the boat. The rowers may be nervous and it is up to the coxswain, no matter how nervous he himself may be, to calm the crew. Before the race is not the time to add anything new or to try and fix problems which were unable to be fixed in practice. The crew must focus on doing the best they can with what they have and should not expect any major changes or improvements just moments before the race. Attempting to fix too much on race day can have a negative effect on the performance of the crew.

Races in General - Your job on the day of the races:

- Keep the rowers together and talk about your plan for running the race.
- Keep your cox box working – plug it into your boat to make certain there are no problems (i.e. stroke rating and speakers.)
- Think through problems that might occur and how you'd handle them. Keep your cool.
- Debrief with your crew after the race.
- Have a race plan (map of the course, know the teams that you are racing against, and have a variety of commands and motivational words)
- While waiting for the start: maintain a calm voice so the rowers maintain their confidence in you, have them take three deep breaths as they are waiting to calm and oxygenate them.
- Knowledge is power, so find out all you can about boat makers, workouts, the national team, other crews, different courses, other races. The more you know the more confident you'll be, and confidence is the foundation for good coxing.

a. Sprint Racing

Sprint races are the type of racing which take place during the spring and summer months. The distance of these races is 2000 meters for college and elite rowing, 1500 meters for high school rowing, and 1000 meters for masters rowing. Each race can have between two and six crews racing at the same time. The crews start even with each other. Each crew is assigned their own lane which they must stay in the entire race. Some sprint races may make use of a starting platform where a person holds the stern of the boat in place and makes certain each crew is aligned.

The Start

The coxswain must line the crew up on the line when their event is called for. If the boat must be backed into a starting dock, the coxswain should do so carefully and slowly!

If not pointed correctly down the course once on the line, the coxswain should raise his hand until he is straightened out, then lower it. The coxswain should have bow or 2 seat row shortened strokes (i.e. arms only) to straighten the boat. Full strokes are not advised, especially if on a starting dock, full strokes make it very difficult for the person holding the stern to hold on. When using a stake dock, it is advised to have either 2 row with 1's oar or 3 rows with 2's oar to straighten the boat. This is called "pinching it" sometimes it's also called "sculling it".

If there is no stakedock, the official will give commands to the boats racing in order to get them aligned. If the official says "touch it up stern pair", the crew should row lightly 7 & 8. If the official says, "check it down", the crew should angle the oars into the water to slow the boat's forward movement.

When the official asks the crew if they are ready, the coxswain should raise his hand briefly and have the crew sit ready to row.

Sprint races are started by an official who will give starting commands to the crews. Most sprint races begin with either a countdown start or a two command start. An example of a countdown start is "5...4...3...2...1...ATTENTION! ROW!" A two command start would just be "ATTENTION! ROW!"

The Body

Sprint races are a straight shot from the starting line to the finish line. Coxswains should steer as straight as possible.

What commands should one use in a sprint race? There are some very basic commands like calling the racing start, calling power 10's, and calling the sprint. All coxswains should know these commands before racing. Besides these basic commands a coxswain should be able to motivate the crew. The coxswain should tell them where they are in a race, "300 meters left". Tell them where the competition is, "We're even with our opponent, let's take a 10 to walk through 'em." The coxswain should give encouragement to the rowers; tell them that they can do it. It is important the coxswain stay positive. The coxswain should also try to stay relaxed, yet confident and aggressive. Sometimes if a coxswain goes wild and starts to yell like a madman, especially in inexperienced crews, the crew can get overexcited and lose control which can slow the boat down. Keep that wild fire saved away for when the crew gets experienced, it can work wonders then.

The Finish

The finish is a very important part of a race, especially in a very close race. During the last 500 meters, the crew's power will be used up. All that will be pulling them through is technique. It is the job of the coxswain to make sure that they have that technique. The coxswain should remind them to sit-up, breathe, relax, and to keep rowing full strokes.

A very important part of the finish is the sprint. Many races have been lost by boat that had the lead for the whole body of the race because a boat behind them had a better sprint. Sprints are fast and the rowers must give everything that they have. They should push themselves past their limits. All that matters is getting over the line first. The coxswain should make sure that the boat is together and at the same rate. Do not let them get sloppy. Inexperienced crews can fall apart very easily during the final sprint. Always over count your last strokes. When you yell out "Last 20 strokes left!" When it should be "Last 25 stroke left!"

After the race, congratulate the winner (if it's not you), and thank the losers for a good race.

b. Head Racing

Head races are usually 3 miles and contain turns. They are more of a challenge for a coxswain's steering abilities. Coxswains have to steer the shortest course possible. Coxswains should watch for obstacles, other boats, and they should pay attention to their course.

The Start

Head races begin with a rowing start. The boats are lined up in order of their bow numbers (numbers assigned to each crew before the race begins). There is usually about a 10 second space between each boat's start.

As the crew approaches the line they should be rowing with all oarsmen. The coxswain should have them build up to full pressure at race pace; the referee will then tell the crew when they cross the line.

The Body

Unlike sprint races, there is no sure way to tell how good a boat is doing. The coxswain and oarsmen should be concerned if a boat closes in from behind. This means they are faster. If a boat is passing, the coxswain should steer out of their way. The objective of most crews during a head race is to pass other boats.

Technique is more of an issue in head races. The coxswain most likely will have up to 15 minutes or more to talk during the race. He must make sure that he reminds the oarsmen about their technique. Technique is very important during a head race.

The coxswain should also not forget to motivate the crew during head races, this is very important. The coxswain does not have to talk the whole race. If everything is going well and he doesn't have anything to say, he should keep quiet. Silence can help the oarsmen focus and feel what the boat is doing. Silence can be very valuable. The coxswain should just make sure that he does talk when needed. He shouldn't let a severe problem with an oarsman's technique go unnoticed, he'll regret it when he finds out he lost the race.

The Finish

Sprint. This is very important. A good sprint at the end of a race can shave seconds off a crew's time.

10. Advice for a New Coxswain

- Keep a journal. Write down everything and look at it often. Write down workouts, head race courses, technical tips, what worked, what didn't, what rowers say, what the coach says ...
- Cox as much as possible. Cox during the summer, cox for other boats, volunteer to cox whenever you can.
- Row as much as possible. Convince your coach to hold a coxswain camp where he coaches a four with all coxswains rowing. Erg. Erg correctly. These lessons can be invaluable.
- Watch rowing as much as possible. Take home video; ask to ride in the launch even when you don't have to. Ask to ride in the other squads coach's' launches.
- Work out with the team. The coach might not like it or encourage it, but you can learn a lot about yourself, your teammates, and you can earn a great deal of respect.
- **Running into things sucks. Don't do it.**
- Ask questions. Especially in the Fall. Ask them privately so you can still appear confident but try to balance confidence with learning.
- Learn how to steer the straightest damn course ever. Make sure that your rowers get on you if you waver or else you will never get better. Steering is the most direct way to influence speed. Learn how to take any turn at any speed.
- **Get a bad-ass pair of sunglasses.**
- Put together a very small bag that you carry with you in the boat. Carry a 7/16th or 10mm straight handle wrench, an adjustable, some electrical and medical tape, spare bolts and pocock spacer if you use them, a cough drop, spare pair of glasses if you wear contacts, and a small notepad.
- Buy a small mini cassette recorder. Carry it around and try making calls into it - play it back and see how they sound. Bring your recorder with you in the boat and tape drills, practice pieces, and especially races. Listen to your tapes often.
- Write down the workout for the day and write down who's in your boat. If you don't want to be called coxie, cox, or coxswain then learn the rower's names and don't call them bow, 1, 2, etc.
- Dress like an athlete if you want to be an athlete. Athletes don't wear jeans and a polo shirt to practice so why should a coxswain? Dress to intimidate.
- Knowledge is power, so find out all you can about boat makers, workouts, the national team, other crews, different courses, other races. The more you know the more confident you'll be, and confidence is the foundation for good coxing.
- Always be on time. On time to practice, on time to the line, on time back to the dock,
- Strive to be a great coxswain. Not just a good coxswain. Of all the coxswains in the world, probably 50% are just plain bad, 30% are decent, 15% are good and only 5% are great. Strive to be great.

- And finally, be yourself. Develop your own style. Be creative. Coxing is a way to find out who you are and what you're made of.

11. Magic Words

a. Catches

"Quick catch!"

"Lots of backsplash!"

"Make that blade disappear!"

"Quick/aggressive at the catch!"

"Back those blades in!"

"Backsplash!"

"Kick!"

"Sit-Up!"

"Legs!"

"Clean Catches!"

"Grip-It!"

"CHAAA" - This magically helps them with: a) rhythm b) timing c) aggressive pressure d) if you draw out you "CHAAA" sound then it helps them hold on to it at the finish. I don't know if it is just my crews that respond so well to this, but give it a try and let me know... It never failed for me... *(When sitting cox - cox in a race situation, you simply call with a very confident demanding tone "all right Gents! On the next we are committing 5% pressure on the finish! Are you ready? NOW" now here is the key... When the rowers add the extra 5% you shout with their pressure "CHAAA".)*

b. Finishes

"Clean release!"

"Clean finishes!"

"Keep your blade buried!"

"Finish high!"

"Length the puddles"

c. Set

"Set it up!"

"It's on side, set it up!" – Side would be either port or starboard, whatever side it is leaning towards

"Watch your hand levels, straight in, straight out!"

"Keep it up off side!" – Side is either port or starboard, whichever it is resting on

"Side it's not resting on, lower hands at the part of stroke the boat is flopping on." – If the boat is diving towards one side at a point in the stroke, remind the rowers that their hands should be at the right level.

"Side or people don't let your hands dive at the catch!"

"Keep your hand levels consistent!"

"Work together to set the boat!"

"Keep your hands consistent!"

"Square up at the same time"

d. Swing

"Move together!"

"Find that swing!"

"Seat you're early/late."

"Focus straight ahead."

"Follow the person in front of you!"
"Synchronize with your stroke!"
"Think of the drive as acceleration!"
"No pauses at the catch, connected stroke!"
"In together, out together!"
"One catch, one release"

e. Ratio

"Long and strong!"
"Rhythm!"
"I need ratio NOW!" - note, this is best used as an "emergency" call, don't overuse it!
"Feel the boat the run!"
Count the catches and the finishes in the rhythm of an appropriate stroke, such as "Catch-2-3-4!"

f. Lowering the stroke rate

(use a very calm, long cadence in your voice)
"Down from *a rate* to *a rate* in two, down one, down two!"
"Lengthen it out!"
"Your wheels are inching up the track."
"Keep it long!"
"Lengthen it out together! Timing!"

g. Raising the stroke rate

"Bring it up from a rate to a rate in two, up one, up two!" – The rates are the rate you are at and the rate you need to be at.
"Hands are flying, in and away!"
"Quick hands out of the bow!"
"Hands away, shoulders follow!"
"Quick drive!"
"In and away!"
"Quick hands!"
"Razzamattaz!"

h. Motivate

"Stomp on those footstretchers!"
"Bend the oar!"
"Squeeze!"
"Quick turn around out of the bow!"
"Make those hands fly!"
"Keep the fire!"
"Make it intense!"
"Put the power on it!"
"Empty the tanks!"
"Send that boat!"
"Swing it and bring it!"
"Pick the boat out of the water and make it fly!"
"You're invincible!"
"Nothing to phase us!"
"Hold 'em off!"
"Reel them in!"
"We're walking like crazy!"
"Move right through them!"

"I've got seat/location, give me seat/location in number of strokes!"
"Power it up!"
"Strong in the legs!"
"Quick through the water!"
"Strong through the water!"
"Power on the drive!"
"Try to make every stroke better than the last one!"
"Make yourself stronger HERE!"
"Body angle!"
"Breathe"
"Make it hurt!"
"Hang on it! Suspension!"
"Do it for person/etc."
"Take seat!" – Use the seat you need to get to, for example, stroke seat on the boat ahead of you.
"Get me to seat!" - Use the seat you need to get to, for example, stroke seat on the boat ahead of you.
"Keep it up! Looking good! Nice!"
"Send it!"
"Show me you want it!"
"Own it!"
"Take it here and now, make a decision!"
"Make every stroke COUNT!"

12. Coxswain Evaluations

COXSWAIN EVALUATIONS

Coxswain Name

5 = exceptional 2 = needs work
 4 = good 1 = does not do well
 3 = O.K., satisfactory

 Your Name (Optional)

 Date

COMMANDS

1	Volume	<input style="width: 40px; height: 20px;" type="text"/>
2	Clear & easy to understand	<input style="width: 40px; height: 20px;" type="text"/>
3	Prompt, timely commands	<input style="width: 40px; height: 20px;" type="text"/>
4	Rowers told when to respond	<input style="width: 40px; height: 20px;" type="text"/>
5	Motivational & encouraging	<input style="width: 40px; height: 20px;" type="text"/>

EXECUTION OF

1	Carrying boats in/out of house	<input style="width: 40px; height: 20px;" type="text"/>
2	On Don-into/out of water	<input style="width: 40px; height: 20px;" type="text"/>
3	Warming up on water	<input style="width: 40px; height: 20px;" type="text"/>
4	Performing drills	<input style="width: 40px; height: 20px;" type="text"/>
5	Executing workouts	<input style="width: 40px; height: 20px;" type="text"/>
6	Assists crew with improvements	<input style="width: 40px; height: 20px;" type="text"/>

STEERING

1	Turns boat well	<input style="width: 40px; height: 20px;" type="text"/>
2	Docks slowly & on target	<input style="width: 40px; height: 20px;" type="text"/>
3	Steers straight	<input style="width: 40px; height: 20px;" type="text"/>
4	Picks and keeps a point	<input style="width: 40px; height: 20px;" type="text"/>
5	Steers well near crews/hazards	<input style="width: 40px; height: 20px;" type="text"/>
6	Adjusts for impact of weather	<input style="width: 40px; height: 20px;" type="text"/>

SAFETY

1	Follows traffic patterns	<input style="width: 40px; height: 20px;" type="text"/>
2	Directs calmly in danger	<input style="width: 40px; height: 20px;" type="text"/>
3	Handles wakes well	<input style="width: 40px; height: 20px;" type="text"/>
4	Alert to potential dangers	<input style="width: 40px; height: 20px;" type="text"/>

WORKING WITH COACHES

1	Follows coaches' directions	<input style="width: 40px; height: 20px;" type="text"/>
2	Respectful of coach	<input style="width: 40px; height: 20px;" type="text"/>
3	Support coaches' efforts	<input style="width: 40px; height: 20px;" type="text"/>
4	Quiet when coach talks	<input style="width: 40px; height: 20px;" type="text"/>
5	Asks questions when unsure	<input style="width: 40px; height: 20px;" type="text"/>
6	Raises hand, acknowledges	<input style="width: 40px; height: 20px;" type="text"/>

PEOPLE SKILLS

Easy to approach	<input style="width: 40px; height: 20px;" type="text"/>
Communicates with coaches	<input style="width: 40px; height: 20px;" type="text"/>
Tactful with comments	<input style="width: 40px; height: 20px;" type="text"/>
Controls negative emotions	<input style="width: 40px; height: 20px;" type="text"/>
Patient & considerate	<input style="width: 40px; height: 20px;" type="text"/>
Gets along with all rowers	<input style="width: 40px; height: 20px;" type="text"/>
Maintains control of crew	<input style="width: 40px; height: 20px;" type="text"/>

VOICE/STYLE/INITIATIVE

Uses different voice tones	<input style="width: 40px; height: 20px;" type="text"/>
Creative with words, drills	<input style="width: 40px; height: 20px;" type="text"/>
Initiative with drills, improvements	<input style="width: 40px; height: 20px;" type="text"/>

RACING

Develops race plan with coach/stroke	<input style="width: 40px; height: 20px;" type="text"/>
Communicates race plan to crew	<input style="width: 40px; height: 20px;" type="text"/>
Effective warm-up drills	<input style="width: 40px; height: 20px;" type="text"/>
Allowed adequate time to get to start	<input style="width: 40px; height: 20px;" type="text"/>
Effective race calls	<input style="width: 40px; height: 20px;" type="text"/>
Debrief meeting after race	<input style="width: 40px; height: 20px;" type="text"/>
Inspires confidence	<input style="width: 40px; height: 20px;" type="text"/>

COMMENTS:

(Please provide additional information that will help the cox understand more about what she can improve.)

		coach	<input type="checkbox"/>
7	Meets at the right place, time		<input type="checkbox"/>

ROWERS TECHNIQUE

(Cox is aware of proper form & helps rowers improve-)

1	Catches	<input type="checkbox"/>
2	Releases (finishes)	<input type="checkbox"/>
3	Slide control & ratio	<input type="checkbox"/>
4	Set, balance, hand heights	<input type="checkbox"/>
5	Timing	<input type="checkbox"/>
6	Proper drive sequence	<input type="checkbox"/>
7	Proper recover sequence	<input type="checkbox"/>