

How to get to the boathouse-

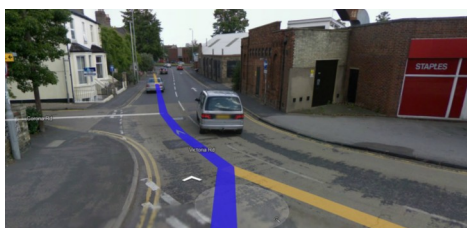
Directions

Start at college...

At the main road turn right, and at the traffic lights turn left-head straight down Victoria Road



go right to the end and you get to a one way system roundabout thing with a staples on, follow the roundabout around, staying on



the inside lane until you can see HSBC- then you turn off left on **Chesterton Road**

When you see the light blue cycle shop turn right down **Hamilton Road**

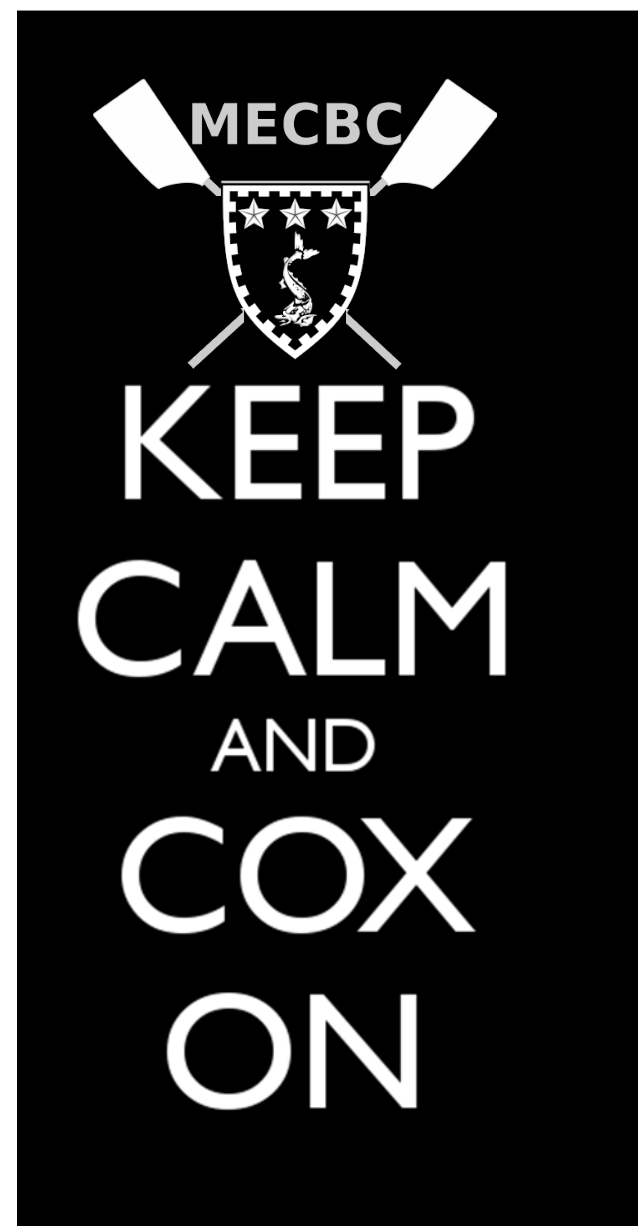
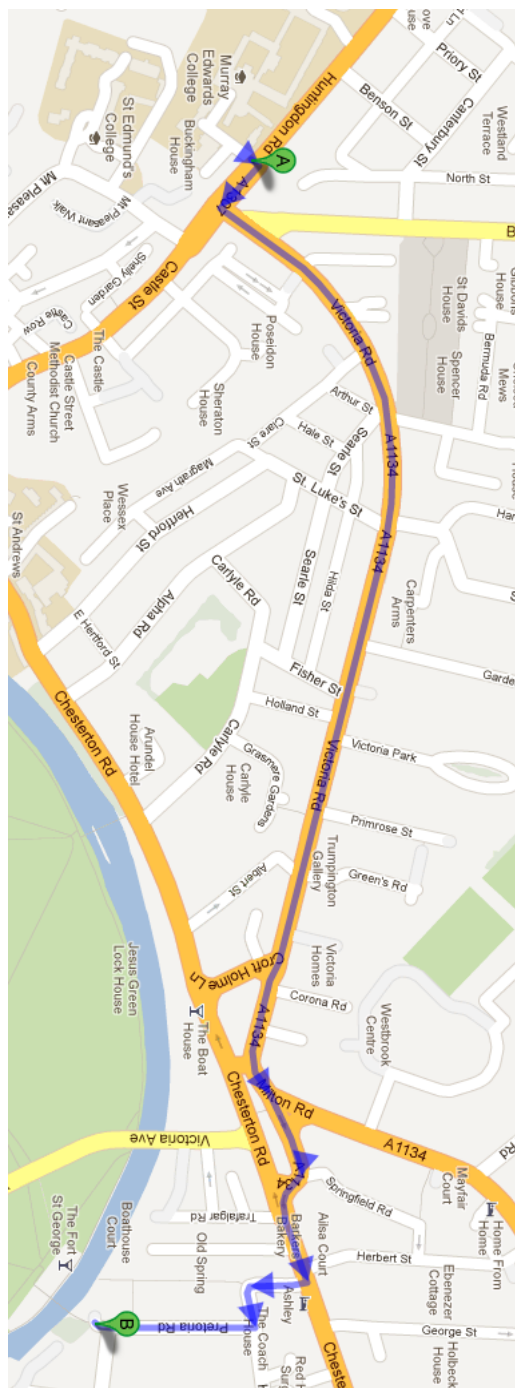


Follow the road around to the left, and then turn right down **Pretoria Road**

At the end of the road is the boat-house :)



How to get to the boathouse- Map



What is a Cox?

A 'cox' or 'coxswain' is the ninth person in the boat. They are in charge of steering, providing commentary on the rowing and motivating the crew.

The cox is invaluable in racing situations to motivate and to take the best racing lines but they are also important in day-to-day training as they can see what the coach can't and can provide feedback from within the boat.

The cox's duties include:

- Steering
- Providing feedback
- Helping guide the boat in and out of the boat-house
- Wiping the boat after the outing
- Time keeping
- Keeping the boat and crew safe
- Generally being awesome...



Why Cox?

Coxing is really rewarding and you get to be part of the team without getting sweaty and having to exercise.

If you are in need of more persuasion here are some other reasons that you should aspire to be the 9th seat...

- The cox is well respected within the team
- You get to steer a boat...
- You get to shout lots and wear a cool microphone
- You still get to go to crew meals
- Its great anger management



You too can look this cool...



Your hands will never look like this...



And rowers will always find it funny to compare leg lengths with you...

Find out more...

There are loads of stereotypes of coxes- like the one on the left- but what makes a good cox is someone who is motivated and wants to help the team do their best. We don't care if you are not under 5" or weight more than 50kg. If you are excited about getting involved with the boatclub and want to help us win lots of races then sign up for a tubbing session and see if you enjoy it :)

For now, here is a quick lesson on boat anatomy for you to brush up on...

