

MCCBC Coxing Guide

Strength

- › Legs down!
- › Kneees down
- › Power through
- › Lift and stand
- › Seend it away
- › Lock and send
- › generally, say everything with a strong voice, exaggerate the first syllable, and the long bit!
- › good idea to repeat them about 5x in a row at the catch

Pushing off your footplates!
Lift yourself off the seat
Hold on to the water!
Leaver through!
Strong in the water!
Send X away!

Timing

- › lock and finish
- › square and in!
- › in...together (at catch and finish)
- › sharp in sharp out
- › in!...controooooool...square!
- › relaaaaax....lock!
- › use short, sharp phrases to improve the sharpness of the catch and finish. Use loooooong phrases to improve the slide

Long Cat



Technical calls

› When doing technical exercises, listen to the coach (obviously) and remind the crew what to do. Try to also tell them whether to use square blades/full slide/continuous rowing. Usually try to call a call at the catch. Eg if you want to bring in pausing at every stroke- say „bringing in pausing at every stroke....” and then „go!” at the catch. Remind what we’re doing if you’re changing fours, and if you’re bringing a pair in you can also remind what stage we’re on.

- › good effort girls, keep it there
- › keep the pressure in the water
- › nice, confident rowing, well done!
- › standing up and tall, looking confident
- › keep it consistent, keep it strong
- › DONT OVER USE THIS!!! be demanding!!!
- › Set us a high standard to achieve

Balance

- › Leeevel through
- › Body positions strong, heads high, eyes on the boat
- › Focus on keeping your body central. Concentration back in!
- › Rocking over together, up and over (at finishes)
- › Enjoy the finishes, strong cores, straight backs!
- › look at what might be causing it..bladework and body positions is a good guess
- › say everything with relaxed voice, not as loud as with power calls. Sound confident

Bladework

- › This is mainly about squaring early - „square nice and early”
- › Pay attention to their tapping down and feathering- so they don’t „spoon out” the water - „cleaaaaan OUT!” „sharp IN”
- › check if they’re raising their hands into the catch past quarter slide - „raising your hands INTO the catch”
- › level blades- to your chest just under the bra „draw in level”, „send it away low!”
- › Use sharp, short calls

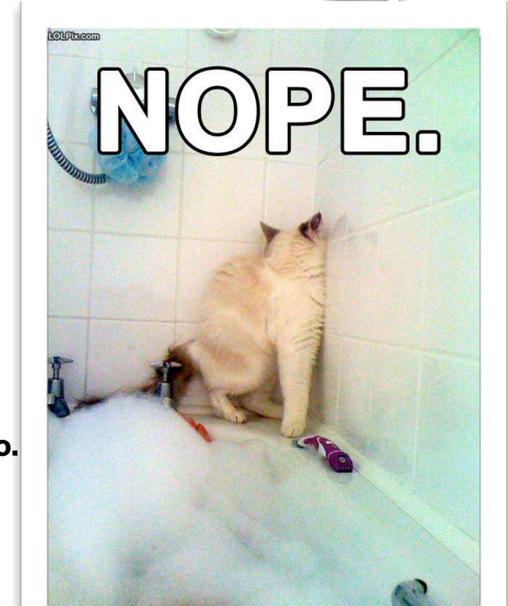
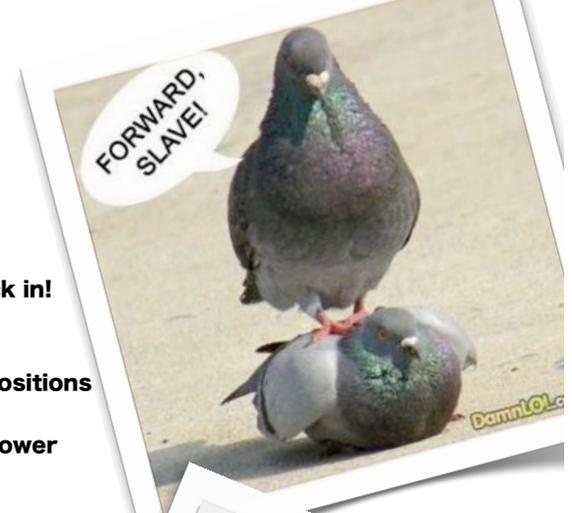
When nothing’s wrong...



Remember:

Rowers are lazy

And dumb. We won’t do anything unless you force us to. Specially put power down. And we get distracted. A lot. Even more so on Goldiedays. So sometimes you need to tell us off individually.



Epic calls

When you make calls for a step change,
MAKE SURE THERE IS A CHANGE

keep it there for 10 more

Tell us a *men's boat* is *approaching*. That normally works for pressure/technique

**LET'S PUSH
OFF THE
LIGHTWEIGHTS**

all VIII -whole crew change - NOW

let's sit up tall and show him/them (coach/rival boats - any other boats on the river) what we're really made of

repeat calls by mixing it up with others

avoid being negative

eat lightning
shit thunder

EPIC MAN POWER

I BECAME A COX BECAUSE I LOVED THE ATTENTION AND INVENTING PERSONALITIES. AND I LOVE MY VOICE.

CREATIVE

knife **gun** hospital **morgue**

tits and teeth!!!

try and emphasize
one thing at a time

LOOKING GOOD IN FRONT OF THE BOAT HOUSES!



be