



TACR Coxing 101

The Roles on the Water

Responsible for rowing session, safety, rower development, driving the launch



Responsible for moving the boat, listening to coach and cox, safety



Responsible for safety, steering, and executing coach's plan AND MOST IMPORTANTLY:

FUN!
MOTIVATION!
CAMARADERIE!

Overview



TACR Coxing 101

Learning to Cox

Learning to Cox

The coxswain is a very important role!!!

Learning to cox takes time: Watch, listen to the coach, always be alert to surroundings

- Attend the Cox Clinic in Grand Rapids on May 21
- [Amazon.com: The Coxswain Encyclopedia eBook : Zalkind, Margot, Stokes, Stew, Simon, Laura: Kindle Store](#)
- Observe another coxswain in action, especially guiding boats in and out of the water
 - Use resources/ask for help
 - Use the [TACR Cox Reference Guide](#) on the website/in Icrew for more specifics

Expectations:

- Every rower could be called on to cox throughout the season
- Safety is number one priority
 - When in doubt, "WEIGH ENOUGH"

Learning to Cox

Before session:

- Arrive early
- Talk with coach to get session plan
- Record boat line up in the paper logbook
- Get equipment ready
 - Cox box
 - Check boat- shoes/seats

During session:

- Safely guide the crew and boat to the water
 - Stand by skeg during walk to keep it safe
- Conduct warm up; the coach may be delayed in the launch
 - Hang out where coach told you to meet, conduct stationary drills
- Steer the boat, navigating around sailboats/kayaks/shore, etc
- Call the drills throughout practice
- Repeat coach's instructions back to coach for understanding
- Always stay within shouting distance of the launch

After session:

- Record maintenance needs in book
 - Inform coach or boatman if immediate
- Talk with coach for feedback
- Check the boat back in on the paper logbook
- Secure the equipment locker

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Safety

Safety on Land

When in doubt “WEIGH ENOUGH”

Know your plan to get the boat in the water

- Head on a swivel looking for cars, bikes and pedestrians
- Check water launch area for water depth and “degree of slimy-ness”; plan accordingly
- Bow first heading down the bike path
 - Make your plan first! Do you need to swing the boat around?
- Boats sit in the corral differently, some bow back some stern back
 - Know and remember which end first!

TACR Tips

- Boats are heavy, be efficient with your plan
- If there is a long wait for some reason, have rowers take the boat to waist
- Coordinate with the TACS team to make room at launch

Safety on the Water

When in doubt “WEIGH ENOUGH” and “HOLD WATER”

Be comfortable with your orientation in the boat

- Bow: The front of the boat in the direction the boat’s main direction of travel
- Stern: The rear of the boat
- Starboard: the right side of the boat relative to the bow and stern
- Port: the left side of the boat relative to the bow and stern

Rowers can help the cox out by knowing if they are a port or a starboard!

TACR Tips

- Look at stroke seat and memorize if they are port (typical) or starboard
- “Port” = “Left” because they both have 4 letters...

Safety on the Water

When in doubt “WEIGH ENOUGH” and “HOLD WATER”

Boater safety course

- [Michigan Boating License & Boat Safety Course | Boat Ed® \(boat-ed.com\)](https://www.boat-ed.com/)

Who has the RIGHT OF WAY?

- USRowing:
 - Right-of way rules have been developed by the USCG
 - Vessels with the least maneuverability have the right-of way
 - Always play it safe and take action to avoid all other types of boats
 - The maneuverability rule can be confusing!
 - For example, a sailboat **without** wind has the right-of way
 - But a sailboat **with wind** must give right-of way to the shell
- Motorized boat never has R.O.W. as motorized boats must give way to less maneuverable vessels

Be a Good Neighbor!

- They know who we are- be a good representative
- Know who really loses in a collision, regardless of “right of way”

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Equipment

Equipment

Cox Equipment

- Boat! Cox is responsible for signing boat in and out
- Cox box
- Cox tool kit, for each boat in the shed with all supplies ready to go
- Whistle on a lanyard
- Mobile phone in waterproof case for emergencies
- Proper clothing:
 - Polarized sunglasses on a lanyard
 - Hat, either brimmed or toasty warm!
 - Warm days: Dress like your fellow rowers in cool comfortable clothing
 - Cool days: Layers, wool socks, gloves/mittens, hand warmers, water & windproof jacket

TACR Tips

- Keep a change of clothes/shoes in your car
- Maybe/probably a towel too!

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Coxswain Commands

Commands

HOW and WHY?:

- You need to give the rowers an idea of what they will be doing before you initiate a command
 - It's important to make sure all rowers can hear all commands
 - A great reason for no talking in the boat!
- Give rowers a warning so they know what to expect
 - "In 2, we're going to weigh enough"
 - Then proceed to count FROM THE CATCH to give ample time
 - "That's 1, 2, Weigh Enough"
- With newer rowers, it's a good idea to fully explain a skill/drill prior to giving the command
 - Have experienced rowers demonstrate
 - Tell them exactly what is expected

Commands

On Land:

- Hands on
- Up/down to waist, ready....up/down
- Up/down to shoulder, ready....up/down
- Up and over heads, ready....up
- Walk it down
- Roll slowly to the water, ready....roll
- Oars out or run the oars
- Weigh Enough

On Water:

- Sit ready
- Ready all....row
- Weigh Enough
- Let it run
- Hold water
- In two: there's one and two (Use when making any change ie, weigh enough in 2)
- Add the feather
- On the square
- Power 10

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Rules for the Boat

Rules for the Boat

- Only the cox and coach are talking, rowers: no talking in the boat
 - Can be hard to hear, especially on windy days!
 - One voice to focus on
 - Coach and cox can allow time for questions or comments when idle
- Cox: Remember you are on a microphone!
 - Repeat a coach's instructions to you back to the coach for clarity
 - Use clear commands
 - Work with the stroke seat
 - Limit talking to giving commands, positive feedback, corrections
 - Get to know what motivates your crew
 - A good joke can be helpful now and then!
- Address rowers by seat number, please don't use names

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Steering the Boat

Steering



Steering

TACR Tips

- Row on right-hand side of lake from cox's perspective
- Turn counter-clockwise around Boardman Lake
- Ensure that the craft traveling in opposite directions pass port to port
- Stay alert!
- If sudden severe weather should strike, return to the dock immediately
- Sudden fog? Keep a land reference, return to dock slowly making noise to alert other boats of your presence
- SLOW when docking

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Drills

Drills

Drill cards in tool kit with lots of drills:

- Pick Drill
- Reverse Pick
- Square Blade
- Pause Drill
- Cut the Cake

- Plus many more!

TACR Tips

- Check with coach for drills
- Have some drills “in your back pocket” if waiting for launch
 - Know your stationary drills

The background of the image consists of soft, flowing, teal-colored waves that create a sense of movement and depth. The lighting is diffused, giving the water a serene and calm appearance. The overall color palette is a range of teal and turquoise tones.

THANK YOU!