



Advanced Coxswain Workshop

With Sarah Ben-David, U21 Australian Team Coxswain

When: 6:00-7:30pm, 17th August 2016

Where: Melbourne University Boat Club, Boathouse Drive

Cost: \$10 in advance through <https://www.trybooking.com/218268>, \$20 cash on the night

This workshop is for advanced coxswains (more than 1 year competitive experience). The session will be interactive, with plenty of opportunities to practice and ask questions. We will cover a number of communication techniques, as well as ways in which coxswains can continue to improve on their own.

We will cover:

- Using tone, volume and rhythm to communicate effectively
- Expanding coxing vocabulary
- How to structure calls and training pieces
- What to have in your coxing toolkit
- How to improve on your own

