



Beginner Coxswain Workshop

With Sarah Ben-David, U21 Australian Team Coxswain

When: 6:00-7:30pm, 10th August 2016

Where: Melbourne University Boat Club, Boathouse Drive

Cost: \$10 in advance through <https://www.trybooking.com/218239>, \$20 cash on the night

The workshop is for beginner coxswains (less than 1 year experience). The session will be interactive, with plenty of opportunities to practice and ask questions. We will cover everything necessary to safely and efficiently cox training sessions, and basic ways that coxswains can assist their coaches and 'add value' to their crew.

The session will cover:

- River rules and safety
- Looking after equipment
- Steering
- Maneuvering, spinning and docking the boat
- Basic calls
- Basic understanding of the rower stroke
- Qualities of a good coxswain

