

Tour of Lake Carnegie Coxswain Tip Sheet

New coxswains and those new to Lake Carnegie may find it helpful view the lake from the coach's launch to get a better sense of the course and to observe and learn from other coxswains in action. This tip sheet provides helpful hints for such a self-guided tour.

NOTE: Please limit the number of questions you ask the coach, but do ask for clarification if an instruction is unclear or you need help.

Notice

1. Bridge arch that coxswain steers boat through (always the second arch from the right unless the coach instructs otherwise).
2. Meeting point at the start of practice where all boats wait for the coaches to arrive.
3. The landmarks and hazards found on Lake Carnegie.
4. How the coxswain steers the boat.
5. How the coxswain keeps boat next to the other boats and assigned coach.
6. Lanes (numbered -0; 0; 1; 2; 3; 4; and 5 (Lane 5 on the far right when going down the course towards the dam). Going towards the dam never go into lanes -0; 0; 1 or 2 unless the coach instructs otherwise.
7. How the coxswain commands the boat to stop.
8. How the coxswain make turns.
9. The buoys - big red is 500 meters; small red is 250 meters.
10. Attitude of the coxswain.
11. How the coxswain is dressed.
12. How the coxswain uses the crew to land the boat on the dock.

Listen

1. Coaches commands.
2. How the coxswain speaks up if she/he is confused about a coaches instruction or needs clarification.
3. Coxswain relating coaches commands to crew.
4. How the coxswain incorporates terminology used in maneuvering a shell both on and off the water (e.g. bow, stern, port, starboard, weigh-enough, heads-up, ready-row).
5. How the coxswain effectively use counting.
6. Major phases and components of proper rowing technique.
7. Tone of voice used by the coxswain.
8. Sayings or phrases used to encourage, motivate, relax, and focus rowers.
9. How the coxswain summarizes the session at the end of practice.