

Dear Learn-to-Row Graduates and New Members:

As the CLRA Coxswain Captain, I would like to welcome you to the coxswain seat. The coxswain is an integral part of a boat and in a position to make a boat move faster. From the coach's standpoint, the coxswain is the most vital member of a crew. Without a good coxswain, the boat does not steer straight, the crew may not be properly relaxed and focused for workouts or races, and most importantly, rower safety may be compromised. The success of rowing at CLRA depends upon a group of coxswains who are just as dedicated to their coxing as their rowing. Without them, we don't go anywhere, much less anywhere fast.

At CLRA, every person who rows also coxes. Several trainings and support opportunities will be provided to prepare you for your new coxswain role. We hope you take advantage of as many of these opportunities as you can.

1. Read the **CLRA Coxswain Manual** found on the CLRA web site. The purpose of the manual is to make the lives of our coxes a little easier. The manual tries to simplify the coxing process.
2. The **Laker Library** has several coxswain resources. The Down and Dirty Guide to Coxing book and CD are just two resources that you will want to 'check out'. Contact Rose Ford, Laker Librarian, to arrange to obtain any resources in the library. A full list of books/resources is located on the CLRA web site.
3. **Land Based Training** with expert coxswain Jen Whiting. In this training you learn about your coxswain equipment and practice the commands of getting the boat in and out of the boathouse, placing and removing the boat on/off the lake and placing the boat on the racks. This training will occur **Sunday April 10 at 1:30**. RSVP to SSZLaeL@msn.com.
4. **On The Water Training** with Alison Polini, Steve Raffuel, Bill Flynn, Sharon Eaton and Sarah Lael. Every learner will have the opportunity to launch the boat from the dock, steer the boat through the bridge, make a turn and land the boat on the dock. Alison, Bill and Steve will be in the launch next to your boat and provide coaching. **Sunday May 22, 2016**. Please arrive at 12:45pm, so we can start from the dock at 1:00pm. RSVP to SSZLaeL@msn.com.
5. You can **tour the lake** with a coach on the launch during a practice session. A tip sheet can be found on the CLRA web site that will guide you on what to look/listen for from the coach and the coxswains. Just show up for practice and ask the coach if it is ok to ride along. No more than two learners on the launch at the same time.

Even with provided training, there is nothing better to do in learning the skill of coxing than to cox a rowing session. You might be nervous your first few times coxing. Know that this is normal. We have all been there. You will have the support of your rowers. You will make mistakes. Learn from them. If you have a question, ask your stroke. The stroke will support you throughout the session. And of course, the coach is right there to make sure everyone and the equipment is safe.

Through training, practice and learning from your mistakes, you will develop the art of making a boat move faster. My hope is that you will find a joy and challenge in learning this new skill. Please let me know if you have any questions or if I can assist you in any way. Enjoy the journey.

Sincerely,

Sarah Lael
Coxswain Captain