

# Lake Rowing Association: Coxing

**Manual Purpose:** *The purpose of this CLRA Cox Manual is to make the lives of our volunteer coxes a little easier. Anyone who has ever coxed knows how complex the job is even for experienced coxes—there are so many factors to process at the same time. And for those of us who have never done it before, it can be pretty intimidating. This manual tries to simplify the coxing process. It is designed for use by CLRA coxes on Lake Carnegie. It does not necessarily address all the skills you'll need to cox elsewhere, nor does it attempt to teach you how to cox a race. If you're interested in learning more about coxing than can be presented in this short summary, please check the CLRA library for further resources.*

**You can also contact our Coxswain Captains:**  
**Alison Pollini** ([alison.pollini@gmail.com](mailto:alison.pollini@gmail.com)) or  
**Katie Samsel** ([drkatiesamsel@gmail.com](mailto:drkatiesamsel@gmail.com))

Since club policies require that *everyone* coxes, we hope you'll approach this manual with an open mind. Remember, a coxswain is a **valuable** part of practice and if you are more prepared to do the job right, you and your boat will have a better row!

A coxswain can make or break a crew. 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. *A good coxswain has safety in mind as a first priority*, steers straight, can motivate the crew to row their best, provide some humor when it is most needed, and keep his or her head in difficult situations. A good coxswain will also make the workout more efficient by anticipating and starting, staying and stopping next to the other crews. The success of rowing at CLRA depends upon a group of coxswains who are just as dedicated to their coxing as to their rowing. Without them, we don't go anywhere, much less anywhere fast.

**A note on the format:** *The information below takes you through an entire practice session from start to finish. Also included are several series of typical commands used in different parts of a session. Most are universal to rowing, but obviously you will need to be flexible in determining what commands to use in any given situation. We encourage coxswains from other clubs and other schools to help us expand our vocabulary by introducing us to new ways to call things but remind them to read through our commands first.*

**Safety:** Your primary concern as Cox is to maintain the safety of the people and equipment in your charge. It is your responsibility to see that no one is hurt getting the boat in or out of the water, and that the boat is not damaged in the process. On the water, even if you remember nothing else, *you must give steering first priority*. If you see a hazardous situation developing, do not hesitate to bring the boat to a stop ("Weigh enough! Check it hard!") if that is the only way to avoid a collision with debris, the shore, with another boat, or with a launch. Because Princeton University and the National Team have so many crews on the water, many of which are "straight" or coxless, we need to be especially alert.

*Please review the safety information on the CLRA website. In an emergency, you, the Cox will be responsible for directing your crew out of danger.*

If you believe a crewmember or a piece of equipment is in trouble, immediately "weigh enough!" to stop the boat and assess the situation. Be prepared to flag the coach for further help. **Weather conditions** can change suddenly, even on our small lake. If you have started out on a practice and run into dense fog, turn around and head back where it's clear to wait for instructions from the coach. Dense fog will not only hide other boats from your view, but muffle their sounds as well. If you are caught in fog, follow the shore on your right and row by pairs only so you will be able to stop quickly if needed. Return to the boathouse immediately if there is lightning nearby. In all cases, follow the coach's instructions.

**Communication:** After ensuring the safety of your crew and equipment, your biggest task as cox is to communicate effectively. You play several interlocking roles. You are the ninth (or fifth) member of the team. You are also in charge of your boat, giving the rest of the crew directions. Occasionally, you will need to act as their coach as well. And you are the only means of communication between the coach and your rowers out on the water. The more you cox, the better your communication skills will become.

- **CLARITY:** Be sure your commands are decisive, loud and easily understood. For example, prepare your rowers for a command by hesitating after saying, "Ready all?..." Make it clear at the start of the practice which position you want the rowers to stop at when you say "weigh enough!" Be clear when explaining drills and make sure YOU understand what the coach wants you to do before you proceed. If you are in doubt about a coach's instructions, raise your hand and ask him/her to repeat the commands.
- **TONE:** Everyone responds to an upbeat, encouraging tone of voice. Be firm when necessary, but above all, keep a sense of humor. Misunderstandings are going to occur, and you can choose to get on with the practice with a cheerful response. Although you are in charge, be part of your team; let your rowers know you'd welcome their help and are prepared to admit your mistakes. However, since you are in charge of the crew, it is important that you do not let your own nervousness take over the boat. Perhaps Douglas Adams (The Hitchhiker's Guide to the Galaxy) has the best advice: Don't panic.

- **COACHING:** Don't be seduced by the sense of power that comes with giving orders. The coach is ultimately in charge. You have a very important job to do, *but you are not the coach*. No matter how much you think you know about rowing, you don't know as much as s/he does. **Except in an emergency, don't talk while the coach is speaking.** Especially in the beginning, stick to giving directions, with only an occasional comment to a rower to adjust a flagrant mistake. Nobody likes to be constantly criticized, so let your rowers row in peace, even if you see mistakes. They'll figure out a lot of it on their own, especially if you remind them to relax. We're all tempted to tell someone what they're doing wrong—remember to tell them when they're doing something right. Phrasing corrections in a positive way is more helpful to your crew. For example, instead of the negative "Don't sky your blade," say "Raise your hands at the finish."
- **SILENCE IS GOLDEN:** Sometimes it's tempting to talk too much as cox. Remember it's helpful to let your crew row in silence. You have a lot to think about to do your job well, and so do your rowers. Try to find a balance of talking and quiet times. If it's not essential, don't say it. You'll only distract your rowers.

**Equipment:** When you've confirmed that you will be coxing, collect the gear you will need to take with you. Cox boxes, crates for shoes, seat cushions, and cox bags can be found to the far side of the tanks in the first bay. Boat lights are also there.

**EXTRA CLOTHES:** It's always colder than you think out on the water. So when it's cool, take an extra jacket (preferably water-resistant), hat and gloves. Don't hesitate to make yourself as comfortable as is practical, since you will be able to concentrate better if you're not shivering or constantly shifting in your seat.

**COXBAGS:** Located in the crate box next to the cox box rack are bags which contain everything you'll need (and more!) to go on the water as a cox. Inside you'll find a tool (the wooden dowel used to loosen (never tighten!) the nuts on the foot stretchers), tape, Band-Aids, an adjustable wrench, a flashlight, and a mesh bag with extra spacers. If your kit is missing anything, please inform cox captains, Alison Pollini or Katie Samsel.

**COX BOX:** Unplug one of the boxes sitting in the cox box rack at the front of the bay. Your cox box should have a headstrap/microphone. Once in the boat, slide the cox box into the circular holder and plug in to the hanging wire (attached to the boat). Make sure that the plugs inside the connector line up with the holes in the cox box. Test for sound and adjust the volume so that the whole boat can hear you. Cox boxes should always be carried by their white handles, never by the microphone cords. Any broken boxes should be reported Alison Pollini or Katie Samsel who oversee the cox boxes and

associated equipment. Always plug a box back in upon its return to the rack. Carry the coxbox, bag, and seat cushion in a crate. NOTE: Rowers often put their water bottles and seat pads in the box as well. Once you have removed your session equipment from the crate rowers can place their shoes in the empty crate.

**BOAT LIGHTS:** In early spring and late fall, early morning rows occur in darkness. At those times, boat lights must be affixed to the stern and bow of the boat. Lights are stored near the rest of the coxing equipment in a tool box. Test a red and a white light to make sure they work. The red light goes in front, on the bow deck, and the white light in the rear, on the stern deck. A way to remember is that it is the opposite configuration on your car. The lights have large suction cups, wet them before attaching them. Remember to remove them after the boat is docked.

**Getting the Boat out of the House:** Once you have your equipment in hand, get your crew together near the rack of your assigned boat. Make sure they have taken the correct oars out first. Place oars at the tank side of the cement platform. If there are oars in the way, direct your boat to an opening between them, rather than having rowers step amongst them as they carry the boat. To keep crowding at the dock to a minimum, do not move your boat until you are sure there is space on the dock. Remember that Princeton University and the National Team have docking and launching priorities. Take a minute to figure out the best way to get the boat off the rack and out of the boathouse. This will depend on which rack the boat is located.

**Command 1:** *"Hands on the rollers, roll it out."*

- Make sure three of the 8 rowers have their hands on the ROLLERS and not the BOAT as they slide the boat closer to the middle of the bay.

**Command 2:** *"Hands on the boat"*

- If the boat is over-head height, rowers should have no trouble **bunching at the ends** and standing four people on each side
- If the boat is at waist-height, it will require some rowers to crawl under the boat so that four people are standing on each side, taking care again to **bunch at the ends of the boat.**
- When appropriate, line up by height (ascending or descending order)
- Even if the boat is at "waist-height" and not "over-head height", lining up by height order helps evenly distribute the boat's weight when walking the boat to the boathouse (while resting on the rowers' shoulders).

**Command 3:** *"Up an inch and side-step to the center, ready, up."*

- If the boat is over-head height, rowers keep the boat overhead as they walk to the center of the bay and wait for "Command 4."

- If the boat is at waist-height, rowers keep the boat at waist height as they walk to the center of the bay and wait for Command 5.”

**Command 4:** *“Down to shoulders, splitting opposite the riggers, ready, down.”*

- While staying bunched in the stern or bow of the boat, make sure your rowers are not only splitting opposite the person in front of him/her, but that there are four rowers on each side.

**Command 5:** *“Bridge OR Tank side down, ready, down”.*

- This is coxswain’s preference. The goal is to drop one side of the boat down to waist-height while the other side remains at shoulders. It ensures that the riggers will not hit the bay door frame when moving the boat out of the boathouse, ultimately making the “width” of the boat “smaller”

**Command 6:** *“Walk the boat slowly out of the boathouse, ready, go.”*

- Have your rowers walk carefully out of the boathouse as you check to make sure the riggers do not strike any other nearby boats above and below your boat.

**Command 7:** *“Up to shoulders, ready, up.”*

- Once the boat is completely clear of the boathouse interior, it will need to be leveled back out for walking.
- This command brings the boat back to shoulder height for all eight rowers.

**Command 8:** *“Walk it forward.”*

- Be sure the BOW of the boat is heading towards the lake. If not, you will need to spin the boat at some point so that the bow faces the stone bridge as you place it in the water.
- Stand at a place alongside the boat that allows you to see the boat from all angles: Sometimes that’s walking near the bow ball, other times it’s walking behind the boat at the stern.

**Command 9:** *“Toes on the edge.”*

- Once the rowers have walked to the dock and you have located an appropriate place in line (if there are multiple boats on the dock), this command prepares the rowers for placing the boat in the water
- Ensure that all the rowers are standing as close to the edge of the dock as possible (without falling in!)

**Command 10:** *“Over heads, ready, up!”*

- Be sure to give a good pause between “ready” and “up” so that rowers prepare and lift the boat overhead TOGETHER.

**Command 11:** *“Down to waist, ready, down”*

- Rowers roll the boat from head-height to waist-height, taking time to pause before Command 12.

**Command 12:** *“Down to the water, ready, down.”*

- Rowers place the boat into the water, TOGETHER.
- Be sure you are standing near the fin of the boat so that you may guide the boat with your hand into the water, taking care to lightly push the boat away from the dock as it's placed in.

**Getting the Boat in the Water:** When approaching the dock, remind the rowers to be mindful of the step down from the platform onto the dock and to be careful of the gap between the platform and the dock. (Injury could occur if a rower's foot got caught in this gap.) In cold weather, caution rowers if the dock is icy. Rowers should cautiously move when icy conditions occur. Dock space is always tight, so put your boat in the next available space along the dock, as close as possible to any boat already in the water. The rowers will stand at the edge of the dock "toe the edge", take the boat overhead and then roll it down to high waist, reach out and place the boat into the water. Remind rowers to bend their knees as they lower the boat rather than hold the weight of the boat in their lower backs and to place the boat evenly on the water so that outside riggers do not go down into the water. **NOTE: BE SURE TO PUT YOUR HAND NEXT TO THE FIN AS YOU GUIDE THE BOAT IN THE WATER.** Losing a fin/skeg on the dock is one of the most common ways this vital piece of equipment is broken. Be sure to lightly push the boat out and away from the dock, hand by the fin, as the rowers lower the boat from waist to water.

While the rowers prepare their spacers and foot stretchers, you can place the cox box in the plastic holder and connect to speaker wire. If lights are required place the red light in the bow and the white light in the stern. Place your cox equipment bag in your area and if you are using a seat cushion place it on your seat. Collect shoes in the crate and place the crate to the far sides of the platform. If it is raining your rowers appreciate placing the crate with their shoes under the overhead of the building so that shoes remain dry.

## **Getting into the Boat and Shoving Off:**

**Command 1:** *“Count down from bow when ready”*

- This informs you, as the coxswain, that people are ready to step in the boat

**Command 2:** *“Starboard oars across.”*

- Before stepping into the boats, starboards MUST push their oars out onto the water surface.

**Command 3:** *“One foot in, down and in”.*

- Once rowers have counted down and starboards have pushed their oars out, then they are ready to step into the boat together.

**Command 4:** *“Count down from bow when ready”*

- This is the SECOND time you are making this call. The first time was to make sure people were ready to run out their oars. This time is now to make sure you can shove off the dock.
- Once you are sitting in the boat, ask for a “count” one last time to make sure all your rowers are tied in a ready to row
- **In a four, ask for a countdown from STROKE when ready. Because stroke seat is the farthest away from you, it will be hard to hear when the count is finished. Asking a count down from stroke in a four will ensure you hear when everyone is ready since bow (one) seat will be the last one to speak**

**Command 5:** *“Hands on the dock. Ready to shove, and, shove!”*

- This ensures all rowers participate in pushing the boat clear away from the dock with one unified push.

**Command 6:** *“Two seat, push us off”*

- In port-stroked boats, two-seat is used to bring his/her oar in towards his body, press the oar tip against the dock, and with steady pressure, push the boat away from the dock
- In starboard-stroked boats, bow (one) seat performs this task

**Command 7:** *“Bow four (pair) sitting ready to row, and row.”*

- Ask your bow pair or four to row you away from the dock and towards the stone bridge.

Ask for a countdown of your rowers to let you know their readiness to step into the boat. Outside oars are put across onto the water with blades flat. Rowers always hold the oar handle while getting into the boat. While your rowers are getting settled in their seats you can now get into your coxswain seat, turn on the cox box, and test the volume by asking if rowers can hear you. The volume may need to be increased once on the water. The rowers will let you know. Ask for another countdown to ensure that all rowers are ready to push off the dock. Depending on how your boat is rigged, number one or two seat will use their oar to push the boat away from the dock. This same rower will take a few strokes to position the boat to safely move through the bridge. Once you have your "point" you can add additional rowers

**Traffic Flow of Lake Carnegie:** Follow the “rules of the road” on Lake Carnegie—stay to the right. Imagine the lake as a highway with an imaginary line down the center. Do not cross into the oncoming lane under any circumstances (unless directed by a coach). Also, stay off of the imaginary "shoulder" on your right side, where it's very shallow.

- Always go through the arch which is second from the right as you face either bridge, in either direction.
- Stay alert for the following hazards:
  - Wakes: Alert your crew to stay relaxed as they row through a wake. Tell them which side it's coming from
  - Debris: Steer around it. If you get close to something floating in the water, tell the rowers on that side to "watch your oars."
  - Fishing boats: Don't expect them to move. We share the lake with others, so please be considerate of them. But it is you who must get out of the way.
  - Kayakers/recreational boats: Often times these boats come out on Sunday afternoon and have no concept of the “rules of the road.” They will frequently be in your direct path and will not think to move. They will be excited to see you and want a front row seat to your practice. Be on the look-out!
  - Other rowers: The coach will usually alert you as to what he/she wants you to do in the presence of other crews practicing. Nonetheless, be aware of their presence.
- To help the coaches help us, wait for them at an agreed upon place on the water. They will not be able to coach your crew if you take off down the lake alone. Stay next to any other boats grouped with you under the same coach.
- To avoid collisions and confusion, remember to communicate as often as necessary with the coach and other boats.
- Never cut the corner at either of the two major turns on the lake. Stay to the right at all times.
- The race course is 2,000 meters. Large red balls indicate 500 meters and the small red balls indicate 250 meters.
- Large red buoys are placed down the center-line of the entire lake. Keep those buoys on your left (port).

**STEERING:** Once you're away from the dock, the workout has started, and you're calling the shots (following the coach's instructions, of course). Your most important job on the water is to steer clear of any hazards and to maintain as straight a course as possible.

- **To steer:** grasp the cords at your sides with both hands. Push your right hand forward to turn right. Push your left hand forward to turn left. Some fours have a tiller for steering. Move it to the right to go right, left to go left.
- It takes practice to learn how a boat will react to steering. Usually we all over-steer, and over-correct, as novice coxswains. Remember that the faster a boat goes, the greater the effect of the rudder. In other words, at high speeds, a small

steering correction is all that is needed. When the boat is going very slowly, you won't be able to steer with the rudder and will have to have the rowers adjust your direction by pulling harder on one side or the other.

- Ideally, you will steer only when the oars are in the water, not on the recovery. This means that you will turn a small amount in "pulses" with each stroke, rather than by holding one hand forward throughout the turn. Steering this way takes practice, but it will affect the set of the boat less. It is also possible to ask for more pressure from either ports or starboards to help get you around a corner. Remember to ask for equal pressure again when you are headed correctly. Many novice coxes also seem to dislike wearing the cox box headband. Please wear the headband to keep your hands free. Pulsing on each stroke means that your hands need to be on your rudder strings, not holding your microphone.
- Warn the rowers when it's your steering which is causing the boat to go "off keel." They will appreciate knowing what's causing the change in the set of the boat.
- To steer a straight course, set a point. Look ahead of the boat and pick a target, such as a tall tree or other easily distinguishable feature. By keeping that point ahead of you, you will avoid carving serpentines down the lake. Always make sure you are aiming correctly before giving the command to row. At a standstill, you can adjust your line up by asking the bow or 2 seat to "touch it," or to take a light stroke.

**Warm-up:** As you begin the practice, it is important to let the rowers loosen up. Row away from the dock by fours at light pressure. Wait for the coach on the far side of the stone bridge. Usually the coach will direct you from there, starting drills as a warm-up. If you ever need to do a warm up first, meeting the coach later, row by fours, switching by pairs or by fours, gradually increasing the pressure. Wait for the coach and any other boats. Allow rowers to take off extra clothes and remind them to drink some water.

When rowers are not rowing, remind them to set the boat for their teammates by keeping a steady upward pressure on the under side of the oar handle.

If it's cold, be sure to switch rowers often so that no one sits shivering for more than a few minutes.

**Drills:** As a warm-up, the coach will usually call for a series of drills. Listen carefully for his/her instructions. If you didn't hear or don't understand the drill, be sure to raise your hand and ask. You might also get some help from the stroke. If you do understand,

be sure to wave your hand, nod your head, or otherwise acknowledge to the coach. The coach may say, "on my command" when he announces a drill or the start of a workout piece. Listen carefully. Begin the drill **immediately**, and stay even with the other boats. In all drills, be sure the rowers do not rush the slide after a pause. And remind them of the required pressure frequently. In counting power 10's and 20's, make your diction crisp and sharp. In 20's and 30's, count by series of 10's

- **TYPICAL DRILLS:**

- **Pause:** Usually start with a pause at the hands away position on every stroke. Progress through bodies away, half-slide and 3/4 slide positions. Often 10 strokes at each position, usually at 1/2 to 3/4 pressure.
- **Rusties (cut the cake):** Take one stroke, pausing at the hands away position. When the coxswain says "row" rowers return to the finish then move up to the catch and take a stroke, all in sync. The coach may ask rowers to take more than one stroke in between each rusty.
- **3 and 20 at 26 (for example):** Take 3 strokes to build the pressure to full and the stroke rating to 26. Then take 20 strokes and return to the paddle or half pressure. You must stay even with the other boats your coach is working with. Anticipate this when you start or finish a drill or workout piece. You may need to adjust the length of your pauses and/or the pressure in order to stay with the other boats.

**Turning Around:** When turning the boat in place, it is important to "make a square" and to not drift at a diagonal.

- Turn 90°, row straight across to the other side of the lake, and then turn the final 90°.
- The boat must be completely stopped before one side backs it down. Remind the rowers to use only arms and backs to turn the boat, since any more pressure might damage the equipment.
- To repeat: When turning the boat around anywhere on the lake, do it in two stages: Turn 90°, row straight across to the other side of the lake, and then turn the final 90°.

**Command 1:** *"Weigh enough and hold water ports."*

- Your boat must be at a complete stop before turning. On our lake, we typically we turn in a counter-clockwise motion, so ports most often back, while starboards row.
- Once your boat is stopped, having ports hold water first preps them for their next step: backing.

**Command 2:** *"Ports to back and starboards to row. Ready, BACK."*

- With port oars already square in the water, they are ready for the "backing" command.

- Starboards must be paying attention because once their port partners finish backing, they must jump right in and row.

**Command 3:** *“Row. Alternate on your own.”*

- This informs the rowers they must continue this patten until you call “weigh enough” so you do not have to say “back” and “row” 20 times in a row.

**Pressure pieces:** On the way back to the boathouse, usually the coach will add in a longer, more intense workout. Sometimes a "friendly" race will be a part of the session. You can help your crew get the most out of a tougher piece by encouraging them with a dynamic tone of voice. Psychology comes into play here: Remind the rowers of good technique and to "hang in there" by using positive self-talk. Remember to set the timer on the cox box if necessary. Keep track of time carefully if the piece is a timed piece. Keep track of distance if the piece is a distance piece. At regular intervals, tell the rowers what their stroke rating is and how much further they have to go. And listen to any suggestions from your stroke, since he or she will often know what corrections need to be made before you do.

**Landing:** Bringing the boat into the dock can be a nerve-wracking event, even for experienced coxswains. Don't hesitate to get some direction from your stroke to help. **So that CLRA boats are not damaged during docking, a coach must always be present on the dock to receive your boat as it docks. If a coach is not on the dock, wait until he/she is there to guide you.**

There are a few things to keep in mind:

- Once you clear the stone bridge, use the stern pair to bring you slowly towards the dock at no pressure for absolutely minimum boat speed. Be ready to ask one side or the other to add pressure or to go light.
- Approach the dock slowly, but with some momentum, at about a 30-45° angle. At a point which you will recognize as you become more experienced, stop rowing and ask the rowers to lean away from the dock. This action will turn the boat parallel to the dock, and your momentum should carry you close enough for a perfect landing. Be prepared to ask stroke or 7-seat to check it or back it in order to bring the stern in closer to the dock. Remember that someone has to be on the dock to catch you before you land, either a coach or a rower from a crew which landed before you.
- After docking, you get out of the boat first.
- To ensure the boat doesn't flip, make sure all rowers are out of the boat before any of the oars are pulled across.

**Getting the Boat out of the Water:** Once your boat is docked you are the first to get out of the boat. Once you are out of the boat, ensure that you can see all eight rowers and then as the rowers to step out of the boat.

**Command 1:** *“One foot out, up, and out.”*

- Lets rowers know it's time to get out and to uniformly step out of the boat

**Command 2:** *“Bring in your oars”*

- Do NOT let your rowers bring in their oars before EVERYONE has gotten out of the boat.

**Washing Racks:** Place your racks on the platform, ready to receive the boat for washing when the rowers bring the boat up. Grab the crate and dump rowers' shoes next to the boat on the dock. Collect rowers' seat pads and water bottles, your coxing equipment, including lights, and place in crate. All oars should be out of the oar locks and placed on the platform. While the rowers are doing their duties, you may now put away the cox box and coxing equipment.

**Command 1:** *“Hands on the boat.”*

- Rowers place their hands on the gunnel ready to lift over heads together on the next command (Command 2).

**Command 2:** *“Up and over heads, ready, up!”*

- Rowers lift the boat overheads in unison.

**Command 3:** *“Split to shoulders, ready, split.”*

- Rowers lower the boat down to their shoulders in unison
- Typically port rowers lower the boat so that they are on the “water” side of the boat.

**Command 4:** *“Walk it up.”*

- Make sure the rowers know which racks they will be heading towards as they step up to the concrete platform of the boathouse.

**Command 5:** *“Down to waist, ready, down.”*

- Once hovering over the racks, have the rowers go down to WAIST first, but not down to racks yet. This is to ensure everyone is going through the same movement at the same time.

**Command 6:** *“Down to racks, ready, down.”*

- Once all the rowers are hovering over the racks, then give the command to place the boat down.

**Command 7:** *“Ports wash the boat, starboards get the oars”*

- This is just an example, but you will need to decide which group of rowers washes the boat and which group collects and puts the oars away. Coxswain's choice!

**Command 8:** *“Hands on! Up to shoulders and up. Walk it forward.”*

- Once the boat is washed and all rowers have returned for putting oars away, the boat must now be put away.
- The boat must be placed on the storage racks EXACTLY as it was found

- Ex: if it was taken out of the boathouse with the bow facing in, it must be RETURNED to the boathouse with the bow facing in.
- EXACTLY how you called the boat out of the boathouse, (dropping the boat down to one side), you must walk the boat back into the boathouse.

**Conclusion:** Congratulations! You have just completed a short course in coxing at CLRA. Because this is just a quick summary, do ask the coaches and more experienced coxes/rowers to help you learn even more. It's also helpful to ask your crew for comments about what worked and what didn't during your practice. As rowers, we all have pet peeves and favorite coxing styles. Think of the ways that certain coxes have helped you to row better. We're all in this together, and if you solicit your crew's ideas, we'll all support each other through this remaining process. And thanks for coxing. We all appreciate your effort.