

the good
COXSWAIN

L O G B O O K



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GENERAL INFORMATION FOR COXSWAINS

PURPOSE

This logbook is to be completed by a rowing coxswain for accreditation as a Good Coxswain in the State Rowing Association. It is designed to provide a continuous record of coxing experience undertaken during rowing training sessions and regattas. The logbook is essential in providing an accurate recording of the number of hours spent coxing and an honest assessment of that coxing. It will be evidence of having completed a practical component for qualification as a **Good Coxswain**.

COMPLETING THE LOGBOOK

- This logbook must be completed for every session coxed between the two qualifying courses for accreditation as a Good Coxswain (i.e. Good Coxswain Level 1 and Good Coxswain Level 2)
- It is important that the logbook is completed after each and every session and / or regatta
- Comments are to be an accurate representation to assist the coxswain's ongoing development
- The Self-Assessment Table is to be used with a completed score
- The Race Reports are to be completed for each regatta competed
- This logbook will not be deemed complete until the records included are certified by the person recognised as a Club/School Good Coxswain Assessor (Club Captain / Coordinator)

WHO SHOULD USE THIS LOGBOOK?

The coxswain seeking accreditation by the State Rowing Association is responsible for ensuring that this logbook is completed and that it is certified as complete and correct.

SUBMITTING LOGBOOKS

- The coxswain, when issued with the logbook, will be provided with a completion and return date by the State Rowing Association.
- Logbooks are issued at Good Coxswain Level 1 Courses
- This logbook must be completed before participation in the Good Coxswain Level 2 Course
- Logbooks will not be accepted for submission unless certified

PENALTIES

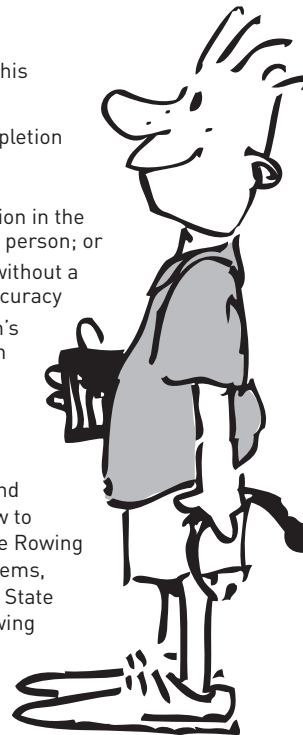
Coxswains and authorised persons certifying this logbook on their behalf are advised that:

- (i) a failure by a coxswain to ensure the completion of the logbook in accordance with these instructions;
- (ii) the giving of false or misleading information in the logbook by the coxswain or an authorised person; or
- (iii) the certification of recorded information without a reasonable knowledge of the content's accuracy

may lead to the cancellation of an organisation's assessor status and /or suspension of affiliation (including eligibility to participate in state rowing regattas) .

HELP AVAILABLE

There is an example of a completed logbook and further information and instructions about how to complete the logbook available from your State Rowing Association. If you have any questions or problems, please contact a Good Coxswain Assessor, the State Rowing Association or your Club Captain / Rowing Coordinator.



LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL

LOCATION

DATE

CREW

BOAT NAME

NAME OF COACH

 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+ RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

.....

What feedback did your coach give?

.....

What will you do better next time?

.....

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

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LOCATION

DATE

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BOAT NAME

NAME OF COACH

 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+ RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

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What feedback did your coach give?

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What will you do better next time?

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TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

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What feedback did your coach give?

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What will you do better next time?

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LOCATION

DATE

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BOAT NAME

NAME OF COACH

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TIME ON WATER: Start End Total Minutes

COMMENT / RECORD

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What feedback did your coach give?

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What will you do better next time?

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TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

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What feedback did your coach give?

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BOAT NAME

NAME OF COACH

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TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

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What feedback did your coach give?

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REGATTA DETAILS - to be completed on race day

REGATTA NAME LOCATION DATE
CREW Bow Two Three Four
Five Six Seven Stroke Coach

CONDITIONS (tick the appropriate descriptions)

WIND STRENGTH: Strong Medium Light Nil (Please indicate if there is a change in conditions between races)
WIND DIRECTION: Tail Tail to Side Head Head to Side Side (bow) Side (stroke)

RACE 1 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st,2nd 3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

RACE 2 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st 2nd 3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

The good coxswain will use this form to make comparisons between races and regattas.
It may also be advisable to make notes for race plan revision

RACE PLAN 1

COXSWAIN CALLS & FOCUS	
START	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	

metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
FINISH	FINISH

The space provided to the left of the table is for the coxswain to sketch the race course including features such as: bridges, bends, major landmarks, etc OR to make notes / alterations to the race plan.

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL

LOCATION

DATE

CREW

BOAT NAME

NAME OF COACH

 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+ RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

.....

What feedback did your coach give?

.....

What will you do better next time?

.....

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL LOCATION DATE
 CREW BOAT NAME
 NAME OF COACH
 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+
 RACING BOAT OR TRAINING BOAT
 TIME ON WATER: Start End Total Minutes

COMMENT / RECORD

Your thoughts after the session?

 What feedback did your coach give?

 What will you do better next time?

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL

LOCATION

DATE

CREW

BOAT NAME

NAME OF COACH

 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+ RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

.....

What feedback did your coach give?

.....

What will you do better next time?

.....

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL LOCATION DATE
CREW BOAT NAME
NAME OF COACH
 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+
 RACING BOAT OR TRAINING BOAT
TIME ON WATER: Start End Total Minutes

COMMENT / RECORD

Your thoughts after the session?

What feedback did your coach give?

What will you do better next time?

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

REGATTA DETAILS - to be completed on race day

REGATTA NAME LOCATION DATE
CREW Bow Two Three Four
Five Six Seven Stroke Coach

CONDITIONS (tick the appropriate descriptions)

WIND STRENGTH: Strong Medium Light Nil (Please indicate if there is a change in conditions between races)
WIND DIRECTION: Tail Tail to Side Head Head to Side Side (bow) Side (stroke)

RACE 1 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st,2nd,3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

RACE 2 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st,2nd,3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

The good coxswain will use this form to make comparisons between races and regattas.
It may also be advisable to make notes for race plan revision

RACE PLAN 2

COXSWAIN CALLS & FOCUS	
START	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	

metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
FINISH	FINISH

The space provided to the left of the table is for the coxswain to sketch the race course including features such as: bridges, bends, major landmarks, etc OR to make notes / alterations to the race plan.

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL

LOCATION

DATE

CREW

BOAT NAME

NAME OF COACH

 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+ RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

.....

What feedback did your coach give?

.....

What will you do better next time?

.....

.....

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL

LOCATION

DATE

CREW

BOAT NAME

NAME OF COACH

 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+ RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

.....

What feedback did your coach give?

.....

What will you do better next time?

.....

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL LOCATION DATE
 CREW BOAT NAME
 NAME OF COACH
 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+
 RACING BOAT OR TRAINING BOAT
 TIME ON WATER: Start End Total Minutes

COMMENT / RECORD

Your thoughts after the session?

.....

What feedback did your coach give?

.....

What will you do better next time?

.....

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

REGATTA DETAILS - to be completed on race day

REGATTA NAME LOCATION DATE
CREW Bow Two Three Four
Five Six Seven Stroke Coach

CONDITIONS (tick the appropriate descriptions)

WIND STRENGTH: Strong Medium Light Nil (Please indicate if there is a change in conditions between races)
WIND DIRECTION: Tail Tail to Side Head Head to Side Side (bow) Side (stroke)

RACE 1 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st,2nd,3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

RACE 2 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st,2nd,3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

The good coxswain will use this form to make comparisons between races and regattas.
It may also be advisable to make notes for race plan revision

RACE PLAN 3

COXSWAIN CALLS & FOCUS	
START	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	

metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
FINISH	FINISH

The space provided to the left of the table is for the coxswain to sketch the race course including features such as: bridges, bends, major landmarks, etc OR to make notes / alterations to the race plan.

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL LOCATION DATE
 CREW BOAT NAME
 NAME OF COACH
 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+
 RACING BOAT OR TRAINING BOAT
 TIME ON WATER: Start End Total Minutes

COMMENT / RECORD

Your thoughts after the session?

 What feedback did your coach give?

 What will you do better next time?

SELF ASSESSMENT - tick the response that best defines your coxing session

VOICE	5 points	2 points	0 points	ASK YOURSELF...	SCORE
Volume	<input type="radio"/> Easily heard	<input type="radio"/> Inconsistent	<input type="radio"/> Not heard	Did the crew hear what I was saying?	
Clarity	<input type="radio"/> Understood	<input type="radio"/> Inconsistent	<input type="radio"/> Misunderstood	Did the crew understand what I said?	
Authority	<input type="radio"/> Immediate Response	<input type="radio"/> Delayed Response	<input type="radio"/> No response	Did the crew 'jump' when I asked them to 'jump'?	out of 15
CONTRIBUTION	5 points	2 points	0 points	ASK YOURSELF...	
Fault Identification	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I identify faults for the crew?	
Drill Recommendation	<input type="radio"/> Much	<input type="radio"/> Some	<input type="radio"/> None	Did I recommend a drill to help my crew?	
Fault Correction	<input type="radio"/> Yes	<input type="radio"/> Some	<input type="radio"/> None	Did I help fix the problem?	out of 15
APPLICATION	5 points	2 points	0 points	ASK YOURSELF...	
Attitude	<input type="radio"/> Positive	<input type="radio"/> Swinging	<input type="radio"/> Negative	Did I add enjoyment to rowing?	
Approach	<input type="radio"/> Enthusiastic	<input type="radio"/> Interested	<input type="radio"/> Disinterested	Did I remain alert?	
Motivation	<input type="radio"/> Inspiring	<input type="radio"/> Encouraging	<input type="radio"/> Discouraging	Did I motivate my crew to succeed?	out of 15
STEERING	5 points	2 points	0 points	ASK YOURSELF...	
Water Rules	<input type="radio"/> Obeyed	<input type="radio"/> Overlooked	<input type="radio"/> Disobeyed	Did I follow the rules for traffic?	
Water Conditions	<input type="radio"/> Adapted	<input type="radio"/> Unaware	<input type="radio"/> Ignored	Did I alter my coxing to suit wind, tide, traffic etc?	
Rudder use	<input type="radio"/> Gently / Firmly	<input type="radio"/> Jerky / Strong	<input type="radio"/> Soft / Hesitant	Did I steer confidently and not cause problems?	out of 15
COACH COMMUNICATION	5 points	2 points	0 points	ASK YOURSELF...	
Session Aims	<input type="radio"/> Known	<input type="radio"/> Hazy	<input type="radio"/> Unknown	Did I find out what the crew was to be doing?	
Followed Instruction	<input type="radio"/> Completely	<input type="radio"/> Partly	<input type="radio"/> No	Did I do as I was asked to do by the coach?	
Session Feedback	<input type="radio"/> Contributed	<input type="radio"/> Listened	<input type="radio"/> Avoided	Did I offer the coach the coxswain's perspective?	out of 15

LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL

LOCATION

DATE

CREW

BOAT NAME

NAME OF COACH

TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+

RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

What feedback did your coach give?

What will you do better next time?

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LOGBOOK - TO BE COMPLETED AFTER EACH ROWING SESSION

CLUB / SCHOOL

LOCATION

DATE

CREW

BOAT NAME

NAME OF COACH

 TRAINING OR REGATTA BOAT CLASS: 2+ 4+ 4X+ 8+ RACING BOAT OR TRAINING BOAT

TIME ON WATER: Start

End

Total Minutes

COMMENT / RECORD

Your thoughts after the session?

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What feedback did your coach give?

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What will you do better next time?

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REGATTA DETAILS - to be completed on race day

REGATTA NAME LOCATION DATE
CREW Bow Two Three Four
Five Six Seven Stroke Coach

CONDITIONS (tick the appropriate descriptions)

WIND STRENGTH: Strong Medium Light Nil (Please indicate if there is a change in conditions between races)
WIND DIRECTION: Tail Tail to Side Head Head to Side Side (bow) Side (stroke)

RACE 1 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st,2nd,3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

RACE 2 DETAILS - to be completed on race day

NAME OF EVENT RACE DETAILS Heat / Repechage / Semi / Final
RACE PROGRESSION: 1st qualifies 1st and 2nd qualifies 1st,2nd,3rd qualifies Other (specify)

TIME OF EVENT

RESULTS

RESULT: 1st 2nd 3rd 4th 5th 6th 7th 8th Winning Time Crew Time
1st placed crew 2nd placed crew 3rd placed crew

ASSESSMENT

Race Plan Followed: Yes No Sometimes Race Plan Success Rating: 1 2 3 4 5 (best)
ROWER Race Satisfaction: 1 2 3 4 5 (best) COACH Race Satisfaction: 1 2 3 4 5 (best)

COXSAINS REPORT

Give details of your crew's progress during the race

The good coxswain will use this form to make comparisons between races and regattas.
It may also be advisable to make notes for race plan revision

RACE PLAN 4

COXSWAIN CALLS & FOCUS	
START	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	

metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
metres/landmark	
FINISH	FINISH

The space provided to the left of the table is for the coxswain to sketch the race course including features such as: bridges, bends, major landmarks, etc OR to make notes / alterations to the race plan.

TECHNIQUE

ref: *Booklet 7 - Coxswain as Coach*

SPECIFIC FOCUS	CHARACTERISATION	COMMAND EXAMPLE	DRILL EXAMPLE
CATCH	The placing of the blade into the water		
Continuous movement	Blade is prepared and placed before the rower reaches the front of the slide	"Square early"	Roll-ups
Placement with hands	Head, shoulders and body remain relaxed, still and stable	"Hang from the handle"	Catch slaps
Place directly	Blade does not 'sky' upward nor move toward the stern before placement	"Stay away from your toes"	Full stroke water contact
Timing	All blades enter the water at exactly the same time	"Together - now"	Catch-leaps
DRIVE	The force exerted by the rower to move the oar through the water		
Efficient movement	Legs, body and arms used in sequence - each overlapping with the other	"Legs, bodies, arms"	Work up the slide
Flat movement	Hands follow constant path with blade remaining at constant depth	"Maintain pressure"	Watch the blade
Increasing momentum	Handle gathers speed through to the finish of the stroke	"Caves to deck"	Pressure variation
Initiated by legs	Pressure in the water is exerted on the feet through the legs	"Pressure on feet"	Stuff-the-duck
FINISH / RELEASE	The completion of the stroke and extraction of the blade from the water		
Continuous movement	Hands continue to move through to the body and away from the body without pause	"Spin the hands"	Double finish
Stable position	Body is erect (not slumped) with high seated position back from the vertical	"Light on the seat"	Body hold
Through momentum	Shoulders finish behind the handle with a flat arm draw parallel to the water	"Follow through"	Arms only
Clean extraction	Water does not envelope the blade, the blade does not through up wash	"Down away"	Delayed feather
RECOVERY	The carrying of the blade forward while moving up the slide to place the blade		
Sequenced movement	Hands lead shoulders and body forward before knees rise	"Hold knees down"	Back check
Relative time frame	The movement up the slide is slower than the movement down the slide	"Rhythm/ratio"	Recovery count
Constant speed	Slide movement is regulated and controlled (no rush or variation)	"Steady"	Feet out
Length of movement	Arms extended, body swings, shoulders in front of hips, chest forward, chin up	"Rock from the hips"	Slide checks

DRILLS

DRILL	DESCRIPTION	COMMAND SEQUENCE	Be aware of the following...
Roll-Ups / Strikes	With rowers sitting with square blades at finish position the rowers tap the hands down to take the blade out of the water, feather the blade, moves slowly up the slide with a gradual squaring of the blade to enter the water together.	"One roll-up" "Attention" "Row" "Rest"	Unified exit from water Even blade heights Uniform entry to water Steady slide
Stuff-the-Duck	Place the blade into the water at the catch position, as normal. Then reverse the seat position by a few centimetres on the slide to initiate the drive. However, before going any further than a few centimetres, remove the blade from the water. Then move forward again those same few centimetres to place the blade at catch - repeat.	"Sit up at the catch" "Knee movement only" "For two strokes" "Row"	Arms are not used Body is not used Push off feet Small movement
Pressure Variation 30-70	Crew rows normal sequence but varies the amount of effort through the stroke. Enters the water at less than normal pressure (30%) and builds this pressure through the drive to a (70%) stronger, exaggerated finish.	"On three strokes 30% entry building to 70% at finish" "One, two, three" "Hold for twenty"	Hold body position at front Body opens out Arms follow through Defined paddle
Working up the slide	All crewmembers start at the back of the slide with legs fully extended and then by degrees work to a full slide movement. For example the crew rows with arms only for twenty strokes, then 20 with body swing, then 20 at 1/4 slide, 20 at 1/2, 20 at 3/4 then full slide.	"Sitting at back checks" "Arms only for twenty" "Attention" "Row"	Isolated movement Uniformity Bright smart movement Do not rush
Checks or pauses	Crew pauses without movement at a given point during the stroke before being told to continue with the stroke. This can be at the discretion of coach or cox i.e. finish position, 1/4 slide, 1/2 slide, 3/4 slide. The pause can be asked for on each stroke or intermittently e.g. every third stroke or for five strokes continuous.	"1/2 slide checks on my word" "on this one" "check"	Hold correct body position Avoid rush to continue Hand speed identical Slide speed identical
Square Blade	The crew does not feather the blade. The blade is maintained at a right angle to the water for the duration of the stroke.	"Square blades on three" "One, two, three" "Hold square for 20"	Clean exit with lap down Oars off the water Entry prepared and timed Level handle heights

REGATTA CHECKLIST - to be considered prior to competing in a regatta

PRE-RACE DAY PREP	Clothing	I know that I will be suitably dressed for racing and the conditions?	O Yes	O No
	Tools	I have all necessary tools for boat maintenance and racing?	O Yes	O No
	Information	I know when, where and what I am racing?	O Yes	O No
	Money	I have money enough to cover likely costs for race day?	O Yes	O No
PRE-RACE SCHEDULE	Food/Drink	Am I required to bring my own food and drink?	O Yes	O No
	Arrival	I know when to leave home and arrive at the regatta?	O Yes	O No
	Rigging	I know where the boat will be rigged and racked?	O Yes	O No
	Race start	I know how much time I must allow to get to the start?	O Yes	O No
BOAT PREP	Weight-in	I know when and where I should weight-in, if necessary?	O Yes	O No
	Coxbox	I know that the coxbox is charged and will work?	O Yes	O No
	Steering	I know that the boat will steer straight?	O Yes	O No
	Parts	I know that the boat will function as designed?	O Yes	O No
RACE PREP	Bow Number	I know where and how to obtain a bow number, if necessary?	O Yes	O No
	Briefing	The crew and I know what is expected of us in the race?	O Yes	O No
	Race Plan	I have a detailed race plan for this particular race?	O Yes	O No
	Warm up	I know what is the crew's warm-up routine?	O Yes	O No
	Race information	I know event, time, race number, lane, opposition, progression?	O Yes	O No
	Course rules	I know the course traffic rules to take me safely to the start?	O Yes	O No
	Responses	I know what to do if faced with 'bad luck' or emergency?	O Yes	O No
	Distance markers	I know what to look for to judge distances on the course?	O Yes	O No

STARTS	Marshalling	I know where I am to report prior to the start of the race?	O Yes	O No
	Start Procedure	I know what will be the procedure for starting the race?	O Yes	O No
	Alignment Adjustments	I know how to change my steering for varied water conditions?	O Yes	O No
	Delayed Start	I know what to do if at the start and the starting time is delayed?	O Yes	O No
	Plan	I know my race plan off by heart?	O Yes	O No
	Voice	I have control over my voice and emotions for good rowing?	O Yes	O No
	Calls	I have calls for each part of the race?	O Yes	O No
	Data	I know how to use the information my coxbox provides?	O Yes	O No
	Steering	I know the course layout and where I am to steer?	O Yes	O No
	Responses	I have calls for when winning, when level and for when losing?	O Yes	O No
RACING	Observation	I know how to identify my crew's good or bad rowing?	O Yes	O No
	Feedback	I know what to say to my crew to encourage better rowing?	O Yes	O No
	Relative Position	I know how to provide my crew with info re their placing in the race?	O Yes	O No
	Motivation	I know what I can say to motivate my crew to perform at their best?	O Yes	O No
	Support	I know how to offer encouragement to the crew after the race?	O Yes	O No
	Protest	I know how to lodge a protest, if necessary?	O Yes	O No
POST-RACE	Feedback	I know when and how to offer race feedback to the coach?	O Yes	O No
	Packing and Loading	I know how I can assist with packing and loading after the regatta?	O Yes	O No

IN ASSOCIATION WITH:



HEALTH THROUGH ROWING

