COXSWAINS COURSE
Thursday 26th October
1700 – 1900
CGGS Boat Shed

Rowing ACT invites all coxswains, coxes and crew strokes to attend a coxing course.

Speakers:
Brett Hayman – 1996 and 2000 Olympic Men’s 8+ coxswain
Lyall McCarthy – Rowing Australia Head coach (Women)
Camilla Hayman – Rowing ACT Development Officer

Topics:
Taking Control of a crew
Steering, traffic flow
Training Principles
Risk Management /Safety
Training Calls and Drills
Preparing a race plan
Pre-Race Preparation
Lining Up at the Start
Executing and adapting a race plan
Coxswain/Rower relationship
Coxswain/Coach relationship

All ACT coxswains, coaches and rowers are invited to attend. The Workshop will be interactive with theory and practical components, video and group scenarios.

A $10 entry fee is requested and Rowing Australia Coxswain Manuals will be available for purchase at $10 each.

RSVP to actra@rowingact.org.au or 6249 6111 by Friday 20th October.