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Coxswain's First Responsibility
Coordinate crew's effort to accomplish a"task" through giving commands

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1. Understand the Situation is Special
    a. Everyone wants to accomplish the task and do it well
    b. Everyone is learning together
    c. Coxswain is learning to direct while rowers are learning to respond to commands simultaneously (doing the same thing at the "exact" same time) to accomplish the goal
    d. Crew members (rowers and coxswain) need each other to do task
    e. All crew-members are equally important and dependent on each other.
    f. Understanding roles
        i. Rowers are workers, i.e. musicians in an orchestra
        ii. Coxswain directs the workers, i.e. conductor of the orchestra
2. Know the "task". What is the big picture
3. Get a mental picture (Visualize) what has to happen to accomplish the "task"
    a. Realize each "task" is made up of numerous "steps"
4. Say in words (Verbalize) what things need to happen to accomplish the task
    a. This helps to sequence the commands to be given
5. Make up (Formulate & Script) "Commands", i.e. words that will direct rowers to accomplish the task.
6. Understand there are parts to each "Command" given, i.e. Command Structure
    a. Commands have 3 parts
        i. Inform-Tell the rowers what is to be done
        ii. Preparation for Action-Tell them to get ready to do what is to be done
        iii. ACTION-Tell them to do the task
7. Giving "Commands" must have these qualities
    a. Given with confidence (Be Confident)
    b. Given with good volume (Use Strong Voice)
    c. Given with as few words as possible (Be Concise)
8. Expect the desired response to the Command.
    a. If you do not get the desired response. Get it next time.
    b. Was it your problem the response was not achieved OR
    c. Was it the rowers lack of response, timely response or simultaneous response
9. Evaluate how close the response was to the desired response
10. Tell rowers what you saw (Giving Feedback) and what you expected (Setting Expectations)

Example 1:
    Show Task-Video (moving shell from Ts to another set of Ts) without pause
    Show Steps-Video (ID with pause at each step)
    Re-Show Steps-Video with suggested "Commands" with each step

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Coxswain's First Time
Coxswain's Role-Give Commands to accomplish a task

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1. Get crew's attention
    a. ***"Guys, Listen Up!"***

2. Make sure they are ready to accomplish the task
    a. Insure each crew-member has been assigned a position with the crew. This is usually done by the coach, but coxswain can do IF it has not been done by Coach. If needed count off 1-8.
        i. All position are equally important
        ii. Bow, 2, 3, 4, 5, 6, 7, Stroke
        iii. Position stay the same for the entire workout (most of the time)

b. *"**Lineup** by the boat!"*
  i. Crew members lineup by boat
    1. If boat is upside down (seats not visible), crew lines up opposite their rigger
    2. If boat is right side up (seats visible), crew lines up on one side of shell
c. *"**Count Down** by position from the Bow!"*
  i. Crew members standing next to their position by the boat, call out their position number starting from the Bow position.
d. *"We're going to Lift the boat to **Waist High**!"*
e. **"Ready** to lift the boat to Waist High**!"**
f. **"Lift** the boat to Waist High**!"**

Example 1,
Initially:
"Guys, Listen UP!"
  "Lineup by the boat**!"**
    "Countdown by position from the Bow**!"**
      *"We are going to Lift the boat to **Waist High**!"*
        "Ready to lift the boat to Waist High**!"**
          "Lift the boat to Waist High**!"**

Commands (After coxswain & crew have more familiarity):
"Yo Guys!"
  "Lineup!"
    "Countdown!"
      "Waist High!"
        "Ready!"
          "Lift!"

Example 2,
Initially:
"Guys, Listen UP!"
  "Lineup by the boat**!"**
    "Countdown by position from the Bow**!"**
      *"Lift the boat **Shoulder High**!"*
        "Ready to *Lift the boat **Shoulder High!**"*
          "**Lift** the boat Shoulder High**!**"

After coxswain & crew have more familiarity:
"Yo Guys!"
  "Lineup!"
    "Countdown!"
      "Shoulder High!"
        "Ready!"
          "Lift!"

Example 3,
Initially:
"All 8 Rowers**!"**
  "Lineup by the boat**!"**
    "Countdown by position from the Bow**!"**

*"Port Side **HOLD** the boat, Starboard Side put **ONE FOOT IN** between the tracks and Sit **DOWN!**"*

*"Starboard Side **HOLD** onto the Dock, Port Side **ONE FOOT IN** between the tracks and Sit **DOWN!**"*

*"**All 8**, Hand on the Dock, hand **WALK THE BOAT OFF THE DOCK!**"*

After coxswain & crew have more familiarity:

"All 8!"

    "Lineup!"

        "Countdown!"

            "Port HOLD!, Starboard, IN and DOWN!"

               "Starboard HOLD, Port, IN and DOWN!"

                  *"**All 8**, **Hands on the Dock, WALK IT OFF!**"*

Example 1:   Move boat from Ts to somewhere and back.

Example 2:   Move boat from Ts to slings and back

        Need to show where to grasp the shell when pickup up from slings (water) and rolling it into slings.

Example 3:   Move boat from rack through cones to slings and back

        Need to show how to get boat off rack (top, shoulder, waist and rollers)

        Need to show "bunching" and un-bunching.

Example 4:   Move boat off rack to dock

        Need to show Hull away from the dock

        Need to show how to be facing the proper direction

Need to write scripts for Equipment Handling for most common scenarios and get related video to show.