

LEADERSHIP OF THE COXSWAIN

Yasmin Farooq

Goal: To develop leaders who will implement your coaching philosophies and strategies in practice and on race day. Discussion will explore the difference between coxswain and rower leaders, making the most of both, and how they can work together to create a dynamic and productive environment for the team.

Outline:

1. Determining the actual 'roles' of coxswain and rower leaders

2. Walking the Tightrope: Day to Day Leadership

The cox may direct the crew in practices and races, but s/he is not performing the physical tasks. How the cox can support the coach and team and still maintain the position of "teammate."

3. Determining how much responsibility to assign the coxswain in practice

4. The importance of "Quiet Time"

5. Development of the coxswain to be an extension of the coach in the race

Ensuring your cox does exactly what you need from 'shove-off' to crossing the finish line on race day.

6. The coxswain and implementation of strategy in a race scenario

Determining how much flexibility to give your coxswain with strategy and tactical calls.

7. Balance and Professionalism

Managing the flow of information among coach, coxswain and rowers.

"As a coxswain, I concentrated most on knowing the people in my boat - why they were rowing, why they came down to the boathouse, what made them tick. You have to know whether someone's rowing because they love their mother and hate their father. They're not sure they are proud of themselves; they want to be proud. Determine some of that and you can tap the strongest parts of those individuals. Being able to inspire someone, unexpected and in a way new and fresh to them, is what made coxswaining special for me." – The Challenge by Devin Mahony, Coxswain, Varsity Heavyweight Eight, Harvard '86.

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