

# Coxswaining: The Voice of Direction

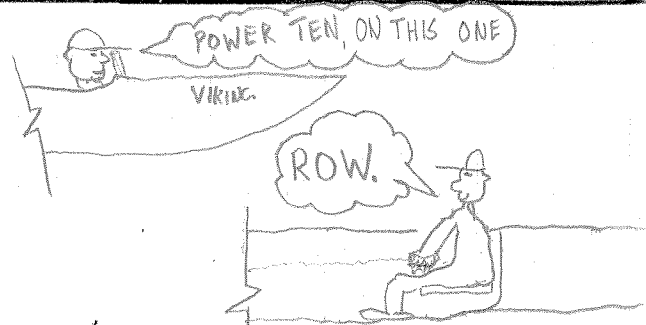
February 2006

The sheer success and ultimate determination of a crew will to win a race can be traced back to the performance of their coxswain's direction of the coaches race plan and their ability to steer straight.

Throughout the course of practice a coxswain develops their personal style. A style that is supported on the vocal communication and how that communication is translated to the crew. The sequence of differing a coxswain's voice from the aggressive, fast paced to the patient, slow paced, is known as a coxswain's intonation pattern. The ability to master tone levels will only come through practice and coming to terms with what does and does not work. The coxswain's steering and voiced commands/directions while in the boat will often get scrutinized more if a crew happens to lose a close race. Therefore, during practice sessions is the only place for a coxswain to master their own style and for them to find their proper direction/command for what is needed. In order to calm a crew a coxswain may lower their voices and talk slower and as well try to cue into the rowers where they are suppose to be in their cycle of their stroke. For example, for the catch a coxswain may say catchaaa... catchaaa, etc. When the rowers place the blades into the water.

Essentially for any coxswain to become a successful one they must be confident with what they are doing and have a great deal of knowledge about their sport. Another thing to remember is to ask questions and to never give a command or direction your crew does not fully understand.

Good Luck. SIT AT THE FINISH,  
READY ALL, ROW!



## RACE/REGATTA REPORT "What just happened?"

NAME OF COXSWAIN & OF EVENT

REGATTA NAME

DATE

WEATHER & RACE COURSE CONDITIONS

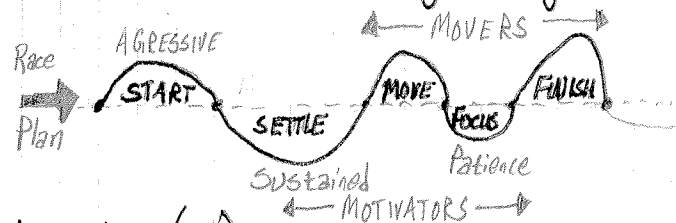
CREWS RACING & THEIR RESPECTIVE LANE ASSIGNMENTS

BOAT LINEUP

DESCRIPTIVE PARAGRAPH OF HOW THE RACE WENT

COXSWAIN'S SIGNATURE

## Vocal Communication Wave: Examination of a coxswain's voice levels throughout a given race



## Intonation (N.)

Defn. - Lowering of voice, used by a coxswain to reset, calm, and to key in the focus of their crew.

## Intonation Pattern

Defn. - The sequence or arrangement of pitch levels occurring in an utterance.