

Coxing Workshops & Audio Analysis



Learn from 3 of the best:

Laura Simon, Elite level Coxswain, Coach

Pete Cipollone, Olympic medalist, former National Team Coxswain

Casey Baker, Coach, former National Team Rower

also, USRowing Referees and other surprise instructors....

Sponsored by the Florida Scholastic Rowing Association

@ University of Central Florida

Sunday January 17th - 9 am to 2 (lunch included)

and 2:30 to 5:00pm - Individual Audio Critiques

Coxing Workshops

Eight things you MUST know about racing.

and... Communication, SmartSteering,
Motivating your Crew. How to Coach the Coxswain
Strategic Race plans, Efficient Steering
Emergencies, Traffic, Weather, Hazards
Cox Box[®] and SpeedCoach use
Communication with the Coach and Referees

For all levels of Coxswains and Coaches

Workshop Cost: \$85 Includes lunch, handouts, more.

Critique Fee: Only \$25 per individual session

2:30pm to 5:30pm Individual Cox Audio Analysis:

(20 minute centers) Bring your own race recordings

All workshops = USRowing Coaching Continuing Education Credits

Register @ www.rowingeducation.org - link to RegattaCentral

For more information contact: Laura@rowingeducation.org

Site: UCF, Health and Public Affairs Building (HPA) Room 112

www.rowingeducation.org

The Foundation for Rowing Education, Inc., a non-profit organization,
educates coaches, administrators, rowers and coxswains on overall safe rowing practices.

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Partners

