



## COXSWAINS WANTED

Do you have it in you?

Heads Up!... Hands on...  
Ready all, Row... Way  
enough... Wain off...  
Wait, what? Starboards  
back... Ports row... On  
the square... Power ten  
in 2! Set the boat...zzzz

Coxswain (*kok'sen*) - n. the person in charge of a boat, particularly its navigation and steering.

The coxswain leads the crew on and off the water as well as steers the boat. A crew's performance is as dependent on a well-prepared coxswain as it is on the technical and athletic abilities of the rowers. The coxswain also plays an essential role in the psychology of the team, maintenance of the equipment, and the effectiveness and efficiency of a practice session.

Are you competitive? Calm under pressure? Can you be a leader? Can you motivate a crew, even when they are dead tired? Want to be a coxswain? We want you for our adult rowing program.



EAT



SLEEP



ROW

Contact:

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