



Do you want to be a vital part of a crew? Do you want to motivate rowers to do their best? Come be a cox!



LEARN TO COX DAY

What does a cox do? How do you steer? Where should you steer? How do you talk to the crew? How do you work with the coach? What makes a good cox? Come find out!

**Saturday, 20th March
Llandaff Rowing Club
1pm-4pm
Cost = £5**

OPEN TO ALL AGES

**LIMITED TO 12 PLACES:
1ST COME, 1ST SERVED**

RSVP TO :

JULIA.JAY@BRITISHROWING.ORG

01792 472058 / 07899 807870

Please register by 10 March, 2010

DEVELOPING RACE PLANS

Now that you know how to cox, come along and develop your strategies and racing plans:

**Friday, 2nd April (Good Friday)
Llandaff Rowing Club
1pm-4pm
Cost = £5**

Open to coxes of all ages and experience levels (but please tell us your experience levels beforehand so we can tailor the session to you.)

HEY, YOU! COME LEARN TO COX!

Then come learn about coxing races!

