

Ben (BEDFORD)

Edwards

Hi, I'm Ben, and I'm currently in my first year studying Music, Multimedia and Electronics. I coxed at my old school boat club before joining the squad in Leeds. I'm running for coxes' captain as I would like to share my passion for rowing and help develop other coxes through many different ideas such as:



- Continue to host seminars for coxes and steerers in preparation for races.
- Provide valuable one-on-one feedback to coxes through recordings, crew feedback and from coaches.
- Coaching coxes on water sessions to improve their experience in boats.
- Working closely with committee members to help organize coxes in a fair way.
- Update important information and tips for coxes on the Teams channel and provide useful documents in preparation for races.
- Allow for more mixing of coxes in different crews to support feedback and improve experience.
- Supporting crews in creating race plans, marshalling, and organizing.
- Working with treasurer to help aid development of coxes through updating and maintaining useful equipment (so you can see how fast your crew is going).



I believe that this role would be best suited for me as I've had lots of experience with coxing many different boats, allowing me to help coxes develop useful technical calls. I thoroughly enjoy coaching and sharing my experience with rowing and I'm organized when it come to races which can help crews get themselves prepared (and win of course!!!)

Developing a cox to their full potential allows for them to push their crew to the best of their ability, provide confidence and reassurance to everyone in the boat (including themselves) and prevents accidents such as this from happening (also saves money and time to repair!!!).



VOTE BEDFORD (PLEASE!!)