

SAM OGDEN

FOR

COXES' CAPTAIN

A LITTLE BIT ABOUT ME

Hi I'm Sam! I'm a second year medical student and currently I row for the senior performance men and I'm a performance cox. I've been one of the beginner captains after learning to row at Leeds last year, and have loved every minute spent in a boat. This season I started coxing, and after becoming close friends with the banks of the canal, I've enjoyed being able to develop my coxing and race with Leeds at high level events like BUCS and on the Tideway.



PROS:

- Can fit in Dave (small hips innit)
- Looks good in a lifejacket
- Previous committee experience as beginner captain
- Lots of new ideas on how to make coxing at Leeds even better
- Organisation and time management skills
- Impeccable steering (see figure A)
- Rowing > learning to save lives aka the degree

CONS:

- 6' 5" (bowloaders are a squeeze)
- Rips off boat numbers in anger
- Rowing > learning how to save lives



figure A

SQUAD STRUCTURE

Following the changes made to the structure of the coxing squad, I propose a continuation of the restructure to keep it in line with the whole club changes:

- **Racing coxes** - replaces performance coxes; have specific expectations to meet e.g. attending coxing seminars, submitting coxbox recordings; cox at high level races e.g. BUCS, tideway
- **Recreational coxes** - replaces club coxes; flexible commitment; ideal for those wanting to both row and cox; they will primarily cox the recreational squads on the canal and smaller summer regattas
- **Beginner coxes** - those who learn to cox at Leeds, will be offered training on coxing and feedback on their development, as well as opportunities to attend erg sessions to learn about coaching and rowing technique

There will be **flexibility** to move across these three types of coxing, with the primary aim of **better retention** of coxes!

COX DEVELOPMENT

The development of coxes is an important role of the Coxes' captain. In order to aid coxes' development I plan to:

- Run **regular coxing seminars** including inviting experienced coxes and coaches at Leeds to speak, as well as external guest speakers
- Updating the **coxing resources** such as the 'calls' and 'drills' documents to make them more up to date and so that they are used more
- Offer **regular feedback** to coxes by listening to submitted cox recordings and discussing them with the Head of Rowing, Dan
- Creating a culture where crews feel comfortable giving feedback to coxes at the end of sessions, replacing the anonymised feedback form

COXES' SAFETY AND WELFARE

A cox's role includes keeping their crew safe on the water in training and at races, but the cox's safety is equally as important. I intend to:

- Introduce **coxing quizzes** which **ALL** coxes at Leeds are required to pass - will cover the basics of coxing, how to look after and use equipment as well as how to stay safe on the water e.g. what to do in the event of a capsize, crash or swamping
- Working with the **welfare team** to make sure that coxes know who they can talk to about any issues e.g. promoting the Dropbox
- Offering meetings for squad members to talk through any issues they may be having - I want to be approachable to all members of the squad, and the wider club!
- Working with the social secretaries to run **coxing socials** especially in term 1

CREW SELECTION

Crew selection for races can be a stressful time and I want to ensure that coxes feel supported through this by:

- Ensuring that racing coxes have the opportunity to cox a **variety** of different crews before crew selection
- Working with the Head of Rowing to ensure that crew selection is done **fairly** - previous experience with Beginner crew selection will help with this
- **Coordinating** with other captains to ensure that cox crew selection is released at the same time as rowers' crew selection
- Ensure that coxes know that they can discuss with myself or Dan the reasons behind crew selection and how they can **develop** to cox different crews

