

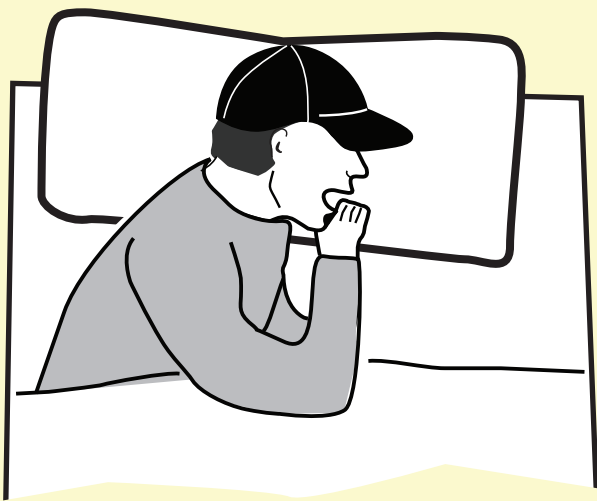
Caring for your Coxswain

Cox Maintenance



“Respect my Authority”

When you are in the boat—they are in charge. Some coxswain do not even allow talking in their boat. The coxswain is the brain's of the boat. A good coxswain keeps you safe. They steer the boat, calls the stroke rating and give the commands. They are the coach's right-hand that a good crew appreciates. The female version will be the stealthier of the two and will be more careful with their own dietary needs.



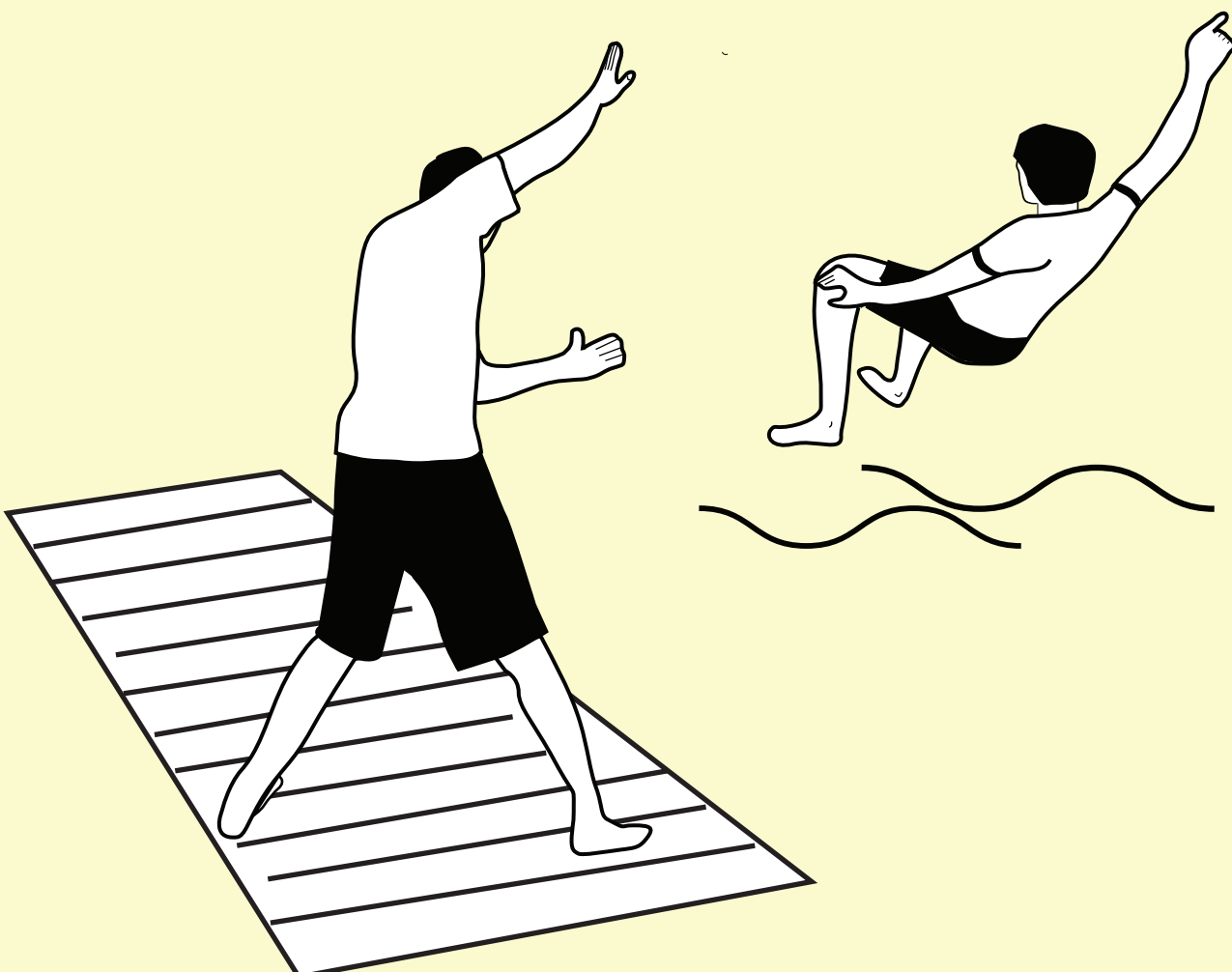
Do Not Overfeed

You do not want a paunchy coxswain. They also need to be fit. If you overfeed your cox, your crew will be rowing that extra weight. BTW, Stroke-seat appreciates a garlic free coxswain.



Sleep is Important

Just as important for the coxswain as the crew. You want that noggin very clear for quick thinking in the boat. They are your eye's on the water. Early morning rowing means early to bed for some quality sleep. No phone calls to discuss how you can improve the boat.



Water Regularly

That means win! You only get the opportunity to toss your coxswain in the drink for a good cleaning when you win a regatta. Have dry towels ready and make sure your coxswain is OK with this long-time tradition. Should not be substituted for a good shower.

Kiss your Cox Today!

