

WRRC
WEST REGIONAL ROWING COUNCIL



British Rowing Level 1 Coxes Course



Dates: Sunday February 28th and Sunday March 28th 2010
Venue: Exeter Rowing Club
Time: 10am - 4pm
Cost: £20 per person

The region is running a British Rowing Level 1 Coxes Course designed for club coxes to improve their skills and knowledge for safe and enjoyable coxing. The course will be a combination of theory and practical sessions, covering aspects such as; Equipment and Clothing, Safety, Launching and Landing, Steering and Commands, and Basic Technique.

Beginner/Inexperienced coxes will need to attend both sessions. Coxes with a greater level of experience can attend just the second date only which will be geared more towards practical coxing on the water.

To book your place on the course please contact;
Tom Pattichis - British Rowing Coaching and Development Team Leader
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E-mail - tom.pattichis@britishrowing.org

Application deadline: Friday 19th February 2010