

# Winter 2016 Coxswain Evaluations

## Safety

OTW awareness of other crews, shore, bridges, etc.

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

## Steering

Holds a point, steers a competitive course (regardless of whether we're going straight or around turns), etc.

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

## Safety

Keeps safety of crew as the #1 priority - can the coxswains put the safety of the crew and the equipment ahead of winning a piece?

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

## Execution

Keeps the focus of practice (and pieces, when applicable) on the technical improvements we've been working on.

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

Knowledge and communication of technique issues – do the coxswains appear to have a good understanding of the rowing stroke, as well as the ability to pick out technical problems during practice and provide the appropriate feedback?

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

How well do you feel the coxswains manage practice in terms of running warm-ups, understanding what the coaches are looking for, what the goal of the practice/pieces are, etc.?

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

## Motivation

Motivates you to go hard/win – does this coxswain make you a better/faster rower?

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

Knows when the appropriate situations are to be calm and when to be more aggressive

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

Keeps pieces simple, focused, and organized...

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

How would you describe the energy the coxswain brings to the boat? Are they someone that can lift the boat when they're having a bad practice and maintain a positive atmosphere when things are going well?

*Comments:*

## Calls

Conciseness of calls – are the calls too wordy (5), just right (3), or too vague/ambiguous (1)?

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

Clarity of calls – how clear is the coxswain when making a call and how well do you understand the calls that are being made?

*Comments:*

Coxswain #1

Coxswain #2

Coxswain #3

What calls do you like, what calls do you think aren't effective, and/or what calls do you not understand?

*Comments:*

## Communication

Do you feel the coxswains communicate effectively and work well with each other, the coaches, and the crew during practice? Are there any areas in which you think they can/should improve?

*Comments:*

## Racing

Who do you prefer in race situations and why?

*Comments:*

Who do you prefer in practice situations and why?

*Comments:*

What are the skills/qualities that you personally think the coxswain of the varsity eight should have and who best exemplifies those qualities?

Coxswain #1

Coxswain #2

Coxswain #3

Which coxswain do you believe can get in the V8+ and help the crew to maximize their potential?

Coxswain #1

Coxswain #2

Coxswain #3