

GEORGE POCOCK ROWING FOUNDATION COXSWAIN CLINIC

Saturday January 12, 2008 9am to 1pm

George Pocock Rowing Center

3320 Fuhrman Avenue East

Seattle, WA 98102

(206) 440-0708 (John Stillings)

Cost: \$35 (payable to: George Pocock Foundation)

Safety and Coxswains

Coxswain Skills (all levels of coxing)

How to Coach and Train Coxswains

Coxswain instruction for coaches and coxswains presented by:



John Stillings

former University of Washington coxswain

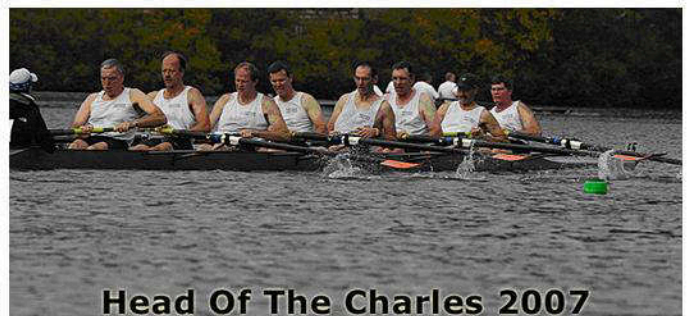
Medalist: '84 Olympics, '03 Pan Am Games, '77 Henley, US Nationals, '06 Head of the Charles, '06 & '07 San Diego Crew Classic

Jehan Budak

former Yale University coxswain

CRCA 2005—1st team

Gold medal '07 Head of the Charles



Head Of The Charles 2007