

Racing calls :

Call	Effect	When
Quick recycle.	More effective movement of the hands round the back end.	The boat may be feeling somewhat sluggish or the rate has dropped slightly.
Spin, spin, wind, wind.	Rapid hand movement to get the rate up at the start or mid race if we put in a re-start.	At the very start or mid race if we need it.
Backs BACK.	Emphasises the length of the stroke and the strength in the backs.	Anytime. Ensure that we do not get sluggish round the back end, perhaps use with call number 1.
Point the toes.	Helps to push the puddles away whilst ensuring we use the full stroke length.	Anytime.
Drop and hang.	Placement of the blades followed by just hanging the body weight off it. This emphasises the back and the legs.	Bad conditions or you want people to save a bit of energy.
Lead with the outside arm.	Emphasises the swing of the outside arm coupled with the body rocking over.	Anytime.
Reach out and round.	Gives greater length.	We shorten up.
Spring off the toes.	Keeps it lively round the front end. Makes the boat feel more 'springy'.	Anytime.
Focus in this boat, moving together, one unit.	Increased unity in the crew.	If the boat feels tired or best used when we are approaching or rowing through another crew
Quick hands bow pair.	The bows will lift out of the water and bow pair get the weight onto their feet.	If it is feeling a little 'soggy'.
With stern pair.	Rob and I will be trying something, not necessarily a build but perhaps just a technical lift.	Use this near to the finish (500m out).
Push it away.	Emphasise on pushing the puddles away from the boat. Will give greater cover.	Anytime.
Keep the body weight central.	One plain of movement.	If you can feel that the boat is moving adversely due to excessive body movement.
Use the rhythm, one unit, moving together.	To solidify a period of good rowing.	Anytime when it is needed.
Arrive together	Ensuring we arrive at front stops together.	If you can feel that we are slightly out of time.
Drive the legs down.	Ensuring we get a big surge off the catch.	Use this in sets of 10. e.g. drive the legs down for 10.
Pin it out	Finishing off every stroke. This is a real catch to finish call.	If we have gone slightly off the rhythm or are losing length.
Quick catch.	If the balance is slightly off or the catches are slow and out of time.	Whenever needed.
Early square.	If the catch is out of time and the preparation is poor.	Whenever needed.

Other points :

1. Don't overly worry if the rate is ½ or 1 pip down. Just make the stroke aware and it will come back up. This should only happen in the middle when people start to get tired or we are affected by the weather.
2. At times it is worth saying nothing at all, allow us to listen to the boat and the sound it is making. If the boat is running well there will be a natural hum as the smooth element of the hull cuts through the water.
3. Emphasise all of the training that has gone into the race. It brings it home that people need to hurt themselves.
4. Don't get over excited yourself. You are the one who will need to lead the crew and bring it together in the final stages while we are dying. Keep the tone of your voice up and lively but don't over do it. Keep a level head.
5. Be accurate in your calls, if it is two lengths don't call one.
6. If you are unsure about something ask the stroke. Don't relay it to the rest of the crew (it will only dent their confidence) as they will be nervous enough.
7. Demoralise other crews. If we are closing on them or going through use things like 'they are falling apart', 'their rhythm is not as strong as ours' or 'two has blown' etc etc.
8. If you need to pick out individuals do it. There is no point everyone being told one thing if they don't need it. Be direct in you technical calls.

Other useful bits and pieces for training (not too many as I don't want to over load you) Use these by working on a specific area for 10 strokes, don't be afraid to shut up for 2-3 strokes:

e.g. lets have 10 working the catches, go, loosen off the shoulders, place where you reach,' as a rule you generally call the go on the finish for technical calls.

'Ratio change up one in the water down 2 on the slide' Use this call to get the rating back down to 18 when you are steady state paddling. If they aren't rowing at 18 bully them until they get it down there. We row at 18 because it means the girls gain the core strength to maintain length in the last part of the race.

'Let the boat come to you on the last part of the slide' or 'Feet to you' 'Let the boat run under you'

Pick on people's timing errors: '2 you're late/early control your slide' etc 'you are missing the catch' etc

Timing of bodies. 'Body rock together' 'watch the neck of the girl in front'

Hand heights varying on the slide: 'Lets get the separation hands body slide'

'Place where you reach ' Drop it in at the catch' 'Hands' (Called on the catch to speed the catch up, but make sure people don't over do it). Look for people missing the front part of the slide by driving too early. You may also feel the boat check at the catch.

Look for people washing out at the finish. 'Hold it in at the finish'

Look for people digging at the catch 'Loose hands at the catch' ' Draw it through level' 'Straight draw from catch to finish'