

# How to Cox the Perfect Head Race

October 21<sup>st</sup> and 22<sup>nd</sup>, 2005

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*Officially sanctioned by the Head Of The Charles® Regatta*

Yaz Farooq teams up with Head Of The Charles® Regatta Chairman of Rules and Appeals Committee John Lambert for the 4<sup>th</sup> Annual, “How to Cox the Perfect Head Race” clinic at the Head Of The Charles®. Together, they’ll help coxswains tackle the twists and turns of America's toughest head race and help gear up for head racing season. This year, Yaz will share more video examples LIVE from the coxswain seat and from shore. John Lambert will demonstrate the specifics of handling traffic through bridges and avoiding penalties.

Whether you're a veteran cox or a novice, you'll learn techniques for better race calling, smart tactical moves in high-pressure situations and how to effectively pace your team. Handouts will include specifics on effective steering and the HOCR course itself. Coaches are welcome. If you attended last year it's worth coming back.

## **The 2005 Clinic will feature:**

- More fresh VIDEO shot from the coxswain seat and shore.
- Tactical adjustments to handle the big turns and bridges when in heavy traffic.
- Stroke by stroke instructions for nailing the Weeks Bridge turn.
- Detailed diagrams that illustrate how to avoid penalties and collisions.
- Course and warm-up patterns explained in detail.
- How to effectively steer a bowloader in a head race.
- Head racing steering, strategies, pacing, Q&A.

## **Reviews from past clinics:**

- ↖ “I wish I had this clinic four years ago when I first raced here--would have saved me a ton of headache. This was fabulous. THANK YOU!”
- ↖ “Thank you. The clinic was very helpful for the nerves. Even though the Charles is my home course; one can never be prepared enough.”
- ↖ “Really expert knowledge which can be useful to all coxswains at all levels.”

## **This year there will be two sessions:**

**Session 1:** Friday, October 17, 12:00 p.m. – 1:30 p.m.

**Location:** TBA.

At 2 p.m. HOCR expert cox Tom Tiffany will lead the **Annual Coxswains Boat Tour**.  
**Details TBA.**

**Session #2:** Saturday, Oct. 22<sup>nd</sup>, 8 a.m. – 10 a.m.

**Location:** **Buckingham Browne & Nichols (BB&N)** Gymnasium. Walking distance from Finish Area Launch Site (FALS).

**UPPER SCHOOL**

80 Gerry's Landing Road  
Cambridge, MA 02138

(Note: No Coxswains boat tour after Saturday clinic.)

Clinic booklets will be provided for the first 100 people through the door each day. Cost is \$15 at the door **and includes admission to Annual Coxswains Boat Tour**. Clinic will start on time and will last 90 minutes.

**About Yaz Farooq**

Yaz was the women's 8+ cox on the U.S. Team from 1989-1996, winning three World Championship silver medals and one gold in that time. She competed in the 1992 and 1996 Olympics. Yaz's favorite race is the Head Of The Charles—a regatta her crews have won numerous times.

Yaz lived in Boston from 1989-1992 while training for the U.S. Team and says that she put in so many miles on the Charles that the course has been permanently etched in her brain. Yaz began rowing at the University of Wisconsin in 1984, and raced the Head Of The Charles® for the first time in 1985.

**About John Lambert**

John first started rowing at Christ's College, Cambridge, England in 1969. He moved to Boston in 1982 and soon became a member of Cambridge Boat Club, eventually serving as Club President from 1996-1998. John has rowed for CBC in every Head Of The Charles® since 1986, and is a member of an active group of CBC masters sweep rowers that regularly competes in European "Head" races.

John has been involved in the Head Of The Charles® regatta organization in some capacity ever since first volunteering in 1983, and currently serves as a Managing Director on the Board of Head Of The Charles, Inc. John oversees the Rules and Appeals for the 2003 regatta.