

# 9TH SEAT'S FEEDBACK LOOP

## THE PROCESS

### IDENTIFY THE PROBLEM

Ex: Lunge at the catch, set, blades on the water, opening too early, someones early/late...

### OFFER A SOLUTION

Be the agent of change. Talk to your teammate/boat. Don't underestimate the value of saying, "In two..." or "On this one"

### ASSESS THE CHANGE

Was there change? Did the boat get faster or stay the same speed? Did the set improve or stay the same?

### VALIDATE

If the problem got fixed, then say so. A simple "Yes" or "That's it" will work.

### IF THERE WAS NO CHANGE

Offer a different solution and start the process over again.

### 9TH SEAT

Words= speed  
Information is Motivation

Check out our Online Cox Camp  
(All ages welcome!)

For more details, you may visit [www.9thseat.com](http://www.9thseat.com).