



Bryan Volpenhein

USA Rowing Senior Team Coach



Bryan Volpenhein joined the coaching staff for the United States National Team in November 2012. He is responsible for the men's high performance sweep squad and works in concert to develop, select and prepare the team for international competition.

A 1994 graduate of The Ohio State University, Volpenhein is a native of Cincinnati, Ohio. A three-time Olympian and 2004 Olympic gold medalist in the men's eight, he led the lightweight men's four to Olympic qualification and an eighth-place overall finish at the 2012 Olympic Games.

He also coached the U.S. men's pair that finished eighth in London, as well as the 2014 silver-medal men's four and the 2013 bronze medal men's four. Volpenhein and his wife, Olympian and former Yale University coach Sarah Trowbridge live in Princeton, N.J.

UNIVERSITY ELITE:

Transitioning university athletes to the elite level

The US College System

- 9 month programming
- Ergometer heavy
- High intensity, low volume
- Fewer, shorter training sessions
- Lots of racing
- Everyone gets to play

The US Elite System

- 12 month programming
- Pair/small boat intensive
- Low intensity, high volume
- Longer, more sessions
- Few Races
- Year-round selection
- When you are cut, you are done for the year

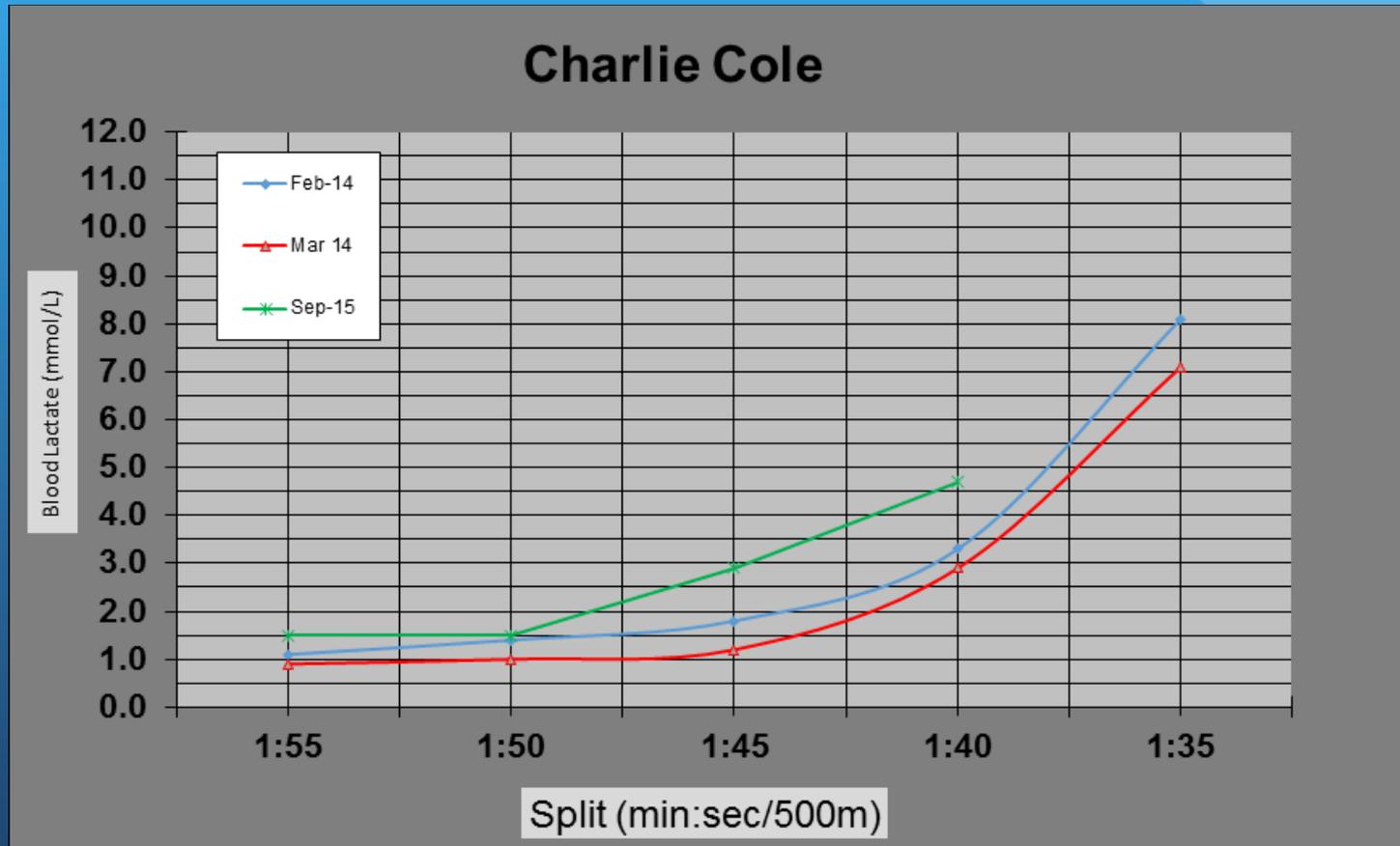
Technical adjustments

- Athletes from multiple programs
- Many different styles and techniques
- Many different interpretations of technique
- Small boat rowing vs. Big boat rowing

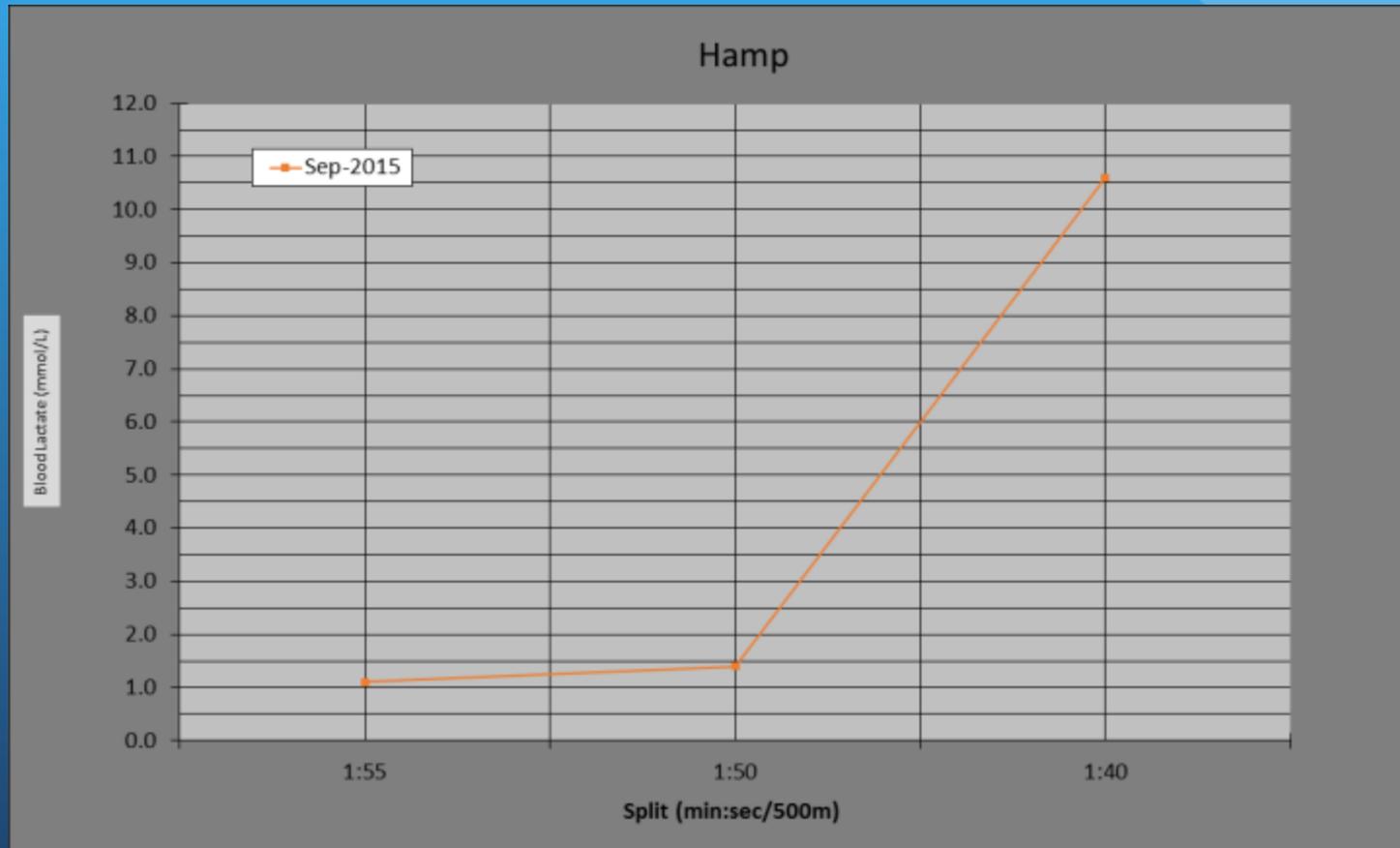
Training Loads

- Almost double the volume from college
- Longer sessions
- Lower intensity
- Weight training
- Injury prevention and maintenance
- Lactate testing
- V02 Testing

Veteran Athlete Profile



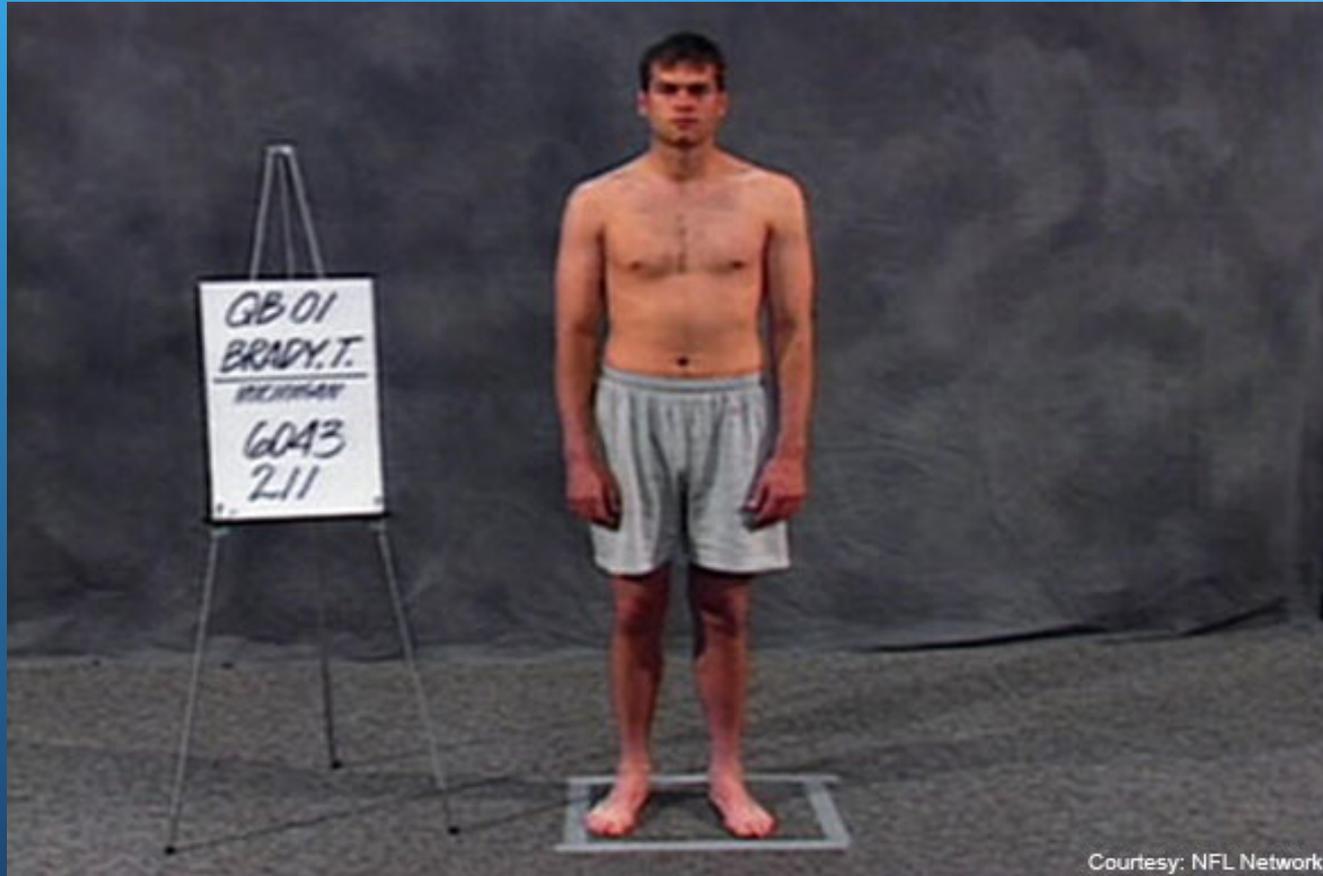
Rookie athlete profile



Physiological Adaptations

- Adjustment period
- Getting used to volume
- Takes time to build base
- Understanding of purpose behind training
- Patience

Identifying Intangibles: The Tom Brady Effect



Courtesy: NFL Network

Intangibles cont...

- Personality
- Demeanor
- Daily approach
- Dedication/Work Ethic
- Long term commitment
- Veteran athletes to learn from***
- “Whites of the eyes” coaching

Shift in Mental Approach

- Does Long-term approach to personal development exist in the US System?
- Dealing with boredom
- Coping with fewer racing opportunities
- Learning when to turn it on and off
- Coping with ups and downs of year-round training
- They usually quit when you tell them all this

Big Life Changes for Young Athletes

- Where do development athletes go after graduation?
- We have very few clubs with the coaching and support staff required and can only really handle a few athletes
- A few, very good athletes can get invited to join the National Team in the center.
- They still have to find place to live, and support themselves.

Developing the Person

- Athletes are people too
- Investing in them to get more return
- We don't have people to replace them
- Athlete retention
- Different athletes need different things (returning Olympic medalist vs. College graduate)

Q & A