

Noel Donaldson

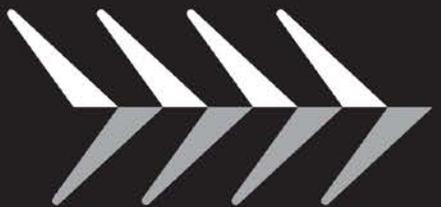


Noel rowed at high school and then became a very accomplished cox steering the Australians men's eight at the 1979 World Rowing Championships.

He retired and became a full time coach after non selection for the 1980 Olympics Games. Initially a high school coach, Noel has coached at U23 and been the Elite Development manager for U21 and U23's for Rowing Australia. He coached the "Oarsome Foursome" from Australia to a gold medal in 1992 and 1996 and followed this with a Bronze medal in M2- in 2000.

As the Men's Head Coach he led the Australian team to a Gold, Silver and Bronze in Athens in 2004. From 2004-2008 he was Rowing Australia's High Performance Director and up to 2012 their Men's Head Coach.

In 2013 Noel accepted the post as Lead Coach for men's sweep with Rowing New Zealand. He has coached the outstanding pair of Bond and Murray to three consecutive Gold medals including a double gold in 2014 in the M2- and M2+. In 2015 he coached the Men's 2- and 8+ to a gold and 4th place finish respectively. New Zealand qualified 5 out of 6 possible sweep boats for Rio with three of the boats medalling.

ROWING 
NEW ZEALAND

2015 FISA COACHES CONFERENCE

“Key Performance Elements”

COACH IN THE SPOTLIGHT

NOEL DONALDSON

ROWING NEW ZEALAND

MEN’S LEAD SWEEP COACH

“25 Years and still learning”

Who is Noel Donaldson?

- 1955 Born (December)
- 1969 Commenced rowing as a coxswain at school
- 1973 – 1984 coxed Club, State and National crews
- 1979 Australian Eight (4th Bled)
- 1974 Commenced school coaching
- 1980 Commenced Club and State coaching
- 1990 Commenced National Team coaching (World Championships, Tasmania)
- 1993 Head Coach, Victorian Institute of Sport
- 2001 Head Coach, Men – Rowing Australia (NON COACHING)
- 2005 High Performance Director – Rowing Australia (NON COACHING)
- 2009 Head Coach, Men – Australian Institute of Sport (CREW COACHING)
- 2013 Men's Lead Sweep Coach – Rowing New Zealand

Who is Noel Donaldson?

- Men's Lead Sweep Coach – RNZ
 - Lead Coach - all men's sweep crews (Hwt/Lwt) Elite and U23
 - Crew coach of the M2- (Murray/Bond) and the M8+
 - Selector – Elite and U23 (all crews except men's sculling)

KIWI PAIR



Hamish Bond and Eric Murray
(Coach since 2013)

KIWI 8



Under 23 Gold 2013, 2014 (Ian Wright)

2015 World Championships 4th – Olympic qualifiers

3 Key Topics

- 1) Overview of the Rowing New Zealand High Performance Program
- 2) Parallels between the Australian and New Zealand systems
- 3) High Performance Coaching - on the New Zealand Team

1) Overview of the Rowing New Zealand High Performance Program

'Vision: The Best Rowing Nation in the World

Purpose: To provide Leadership that enhances Performance & Participation in Rowing

ROWING 
NEW ZEALAND

Sustained High Performance Excellence

Consistent on-water success by High Performance rowers on the world stage

Growth in international on-water success by Development HP rowers via the Regional Performance Centre system

Team of engaged high performance Athletes aspiring to be world champions

Aligned high performance Support Team drive medal winning performances

Infrastructure, planning and management supports high performance success

Strong Domestic Talent Pipeline

Revitalise strength of domestic rowing through clubs, membership structure, event experiences and volunteer support

Invest in the talent pipeline of coaches and officials

Target resources to strengthen & grow Secondary School & University Rowing

Provide opportunities for participation at all levels: Masters, Para, Social, Indoor, Corporate

Operational Excellence

Inspirational communications and marketing to grow the attraction and profile of rowing

Policies and culture that support a safe on-water and off-water environment

Financial reserves to support current and future success

Investment in world class IT Infrastructure

Engaged team of staff delivering services with professionalism and excellence

Strong board delivering good governance and decision-making

Mutually Beneficial Partnerships

Key stakeholder engagement and investment supporting ongoing RNZ success

Proactive sponsor engagement providing long term financial and brand partnerships

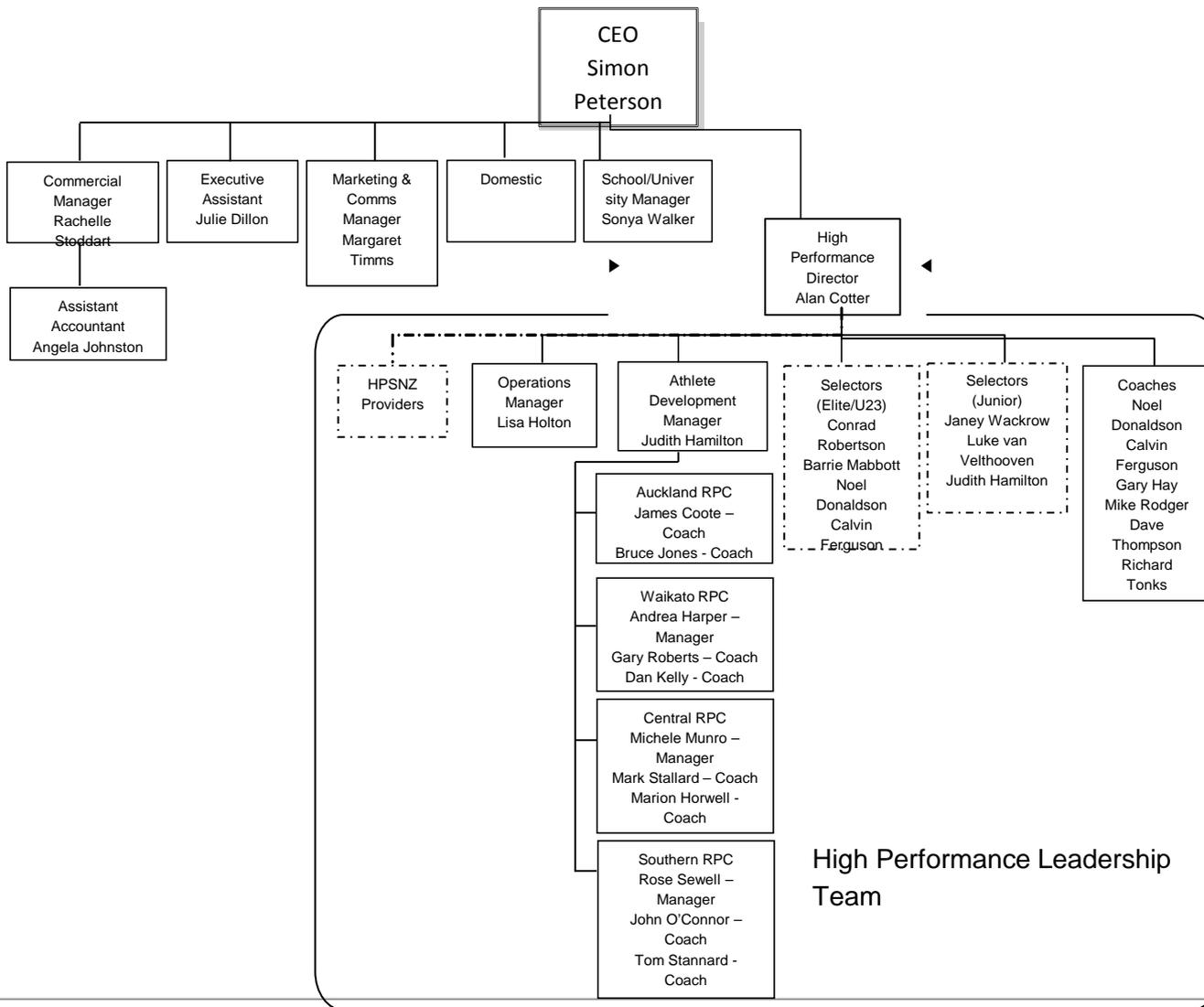
Philanthropic programme to build enduring foundation for high performance success

* Professionalism * Excellence * Teamwork

Rowing NZ Strategic Plan 2014 - 2020

ROWING 
NEW ZEALAND

www.rowingnz.kiwi



Domestic

NZ Rowing Championships

1887 FIRST HELD IN 1887 AND ONLY FOURS AND SINGLE SCULLS COMPETED



TOP ROWING ASSOCIATION IN EIGHT BOAT EVENTS WINS

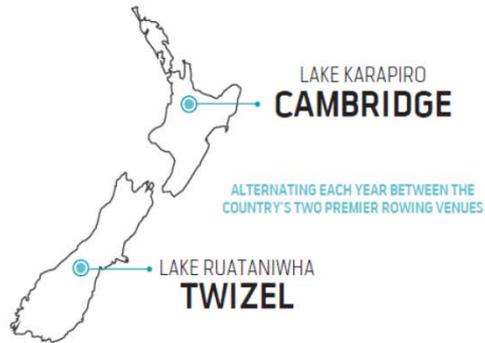
**HALLYBURTON
JOHNSTONE
ROSE BOWL**



**65 ELIGIBLE
ROWING CLUBS**



**72 EVENTS
OVER 5 DAYS**

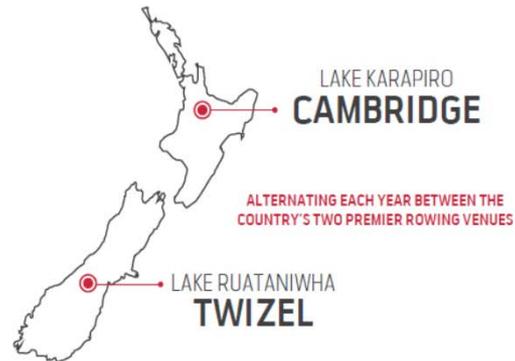


682 COMPETING ATHLETES IN 2015

Aon Maadi Cup



**THE LARGEST SCHOOL
ROWING EVENT IN THE
SOUTHERN HEMISPHERE**



TOP PRIZES

MAADI CUP, SPRINGBOK SHIELD,
LEVIN JUBILEE CUP, DAWN CUP &
STAR TROPHY



120
SCHOOLS IN 2015



OVER 2100
ROWERS IN 2015



52 EVENTS
588 RACES IN TOTAL
IN 2015

Olympic Cycles



Inspire, Excel, Together.™

Olympic Games

COMPETING ATHLETES



2004 ATHENS

11



2008 BEIJING

16



2012 LONDON

27



Key Results in 2015 – World Championships

GOLD

Elite Women's Lightweight Single Scull

Elite Women's Lightweight Double Scull

Elite Women's Double Scull

Elite Men's Coxless Pair

Elite Men's Lightweight Single Scull

Under 23 Women's Lightweight Double

SILVER

Elite Men's Single Scull

Elite Women's Coxless Pair

Elite Women's Eight

Under 23 Men's Quadruple Scull

Under 23 Men's Coxed Four

Under 23 Women's Double Scull

World University Men's Lightweight
Single

BRONZE

Elite Men's Double Scull

Junior Women's Coxless Four

9 Boats Already Qualified for 2016 Rio Olympics



Key Results in 2015 – U21 Team

Series 1 – Penrith, Australia

Gold - 12

LW1x	M4-
LW2x	M4x
M1x A	W4x
W1x B	MixL2x
W2- A	W8+
W4-	M8+

Series 2 – Cambridge, New Zealand

Gold - 9

W1x B	
M1x A	M4-
LW2x	W4x
W2- B	W8+
W4-	M8+



High Performance Programme Structure

High Performance Training

HIGH PERFORMANCE

High Performance Centre
(Lake Karapiro - Cambridge)

6 x Elite Coaches / 3 x Managers

Winter – All International Crews

Summer Squad (Elite)

HIGH PERFORMANCE DEVELOPMENT (RPC Regional Performance Centres)

Auckland
(Hobsonville)

Waikato
(Cambridge)

Central
(Blenheim)

Southern
(Christchurch)

Winter
Satellite
(Dunedin)

2 x Coaches / 1 x Administrator in each
(excl Satellite)

Winter - Development athletes not in current NZ Team & targeted aspiring development athletes

Summer – all athletes excl summer squad

Summer season / Domestic season

October – February

Winter training / International season

March - September

Regional Performance Centre's

Organisation
Excellence

Talent
Development

High quality
competition

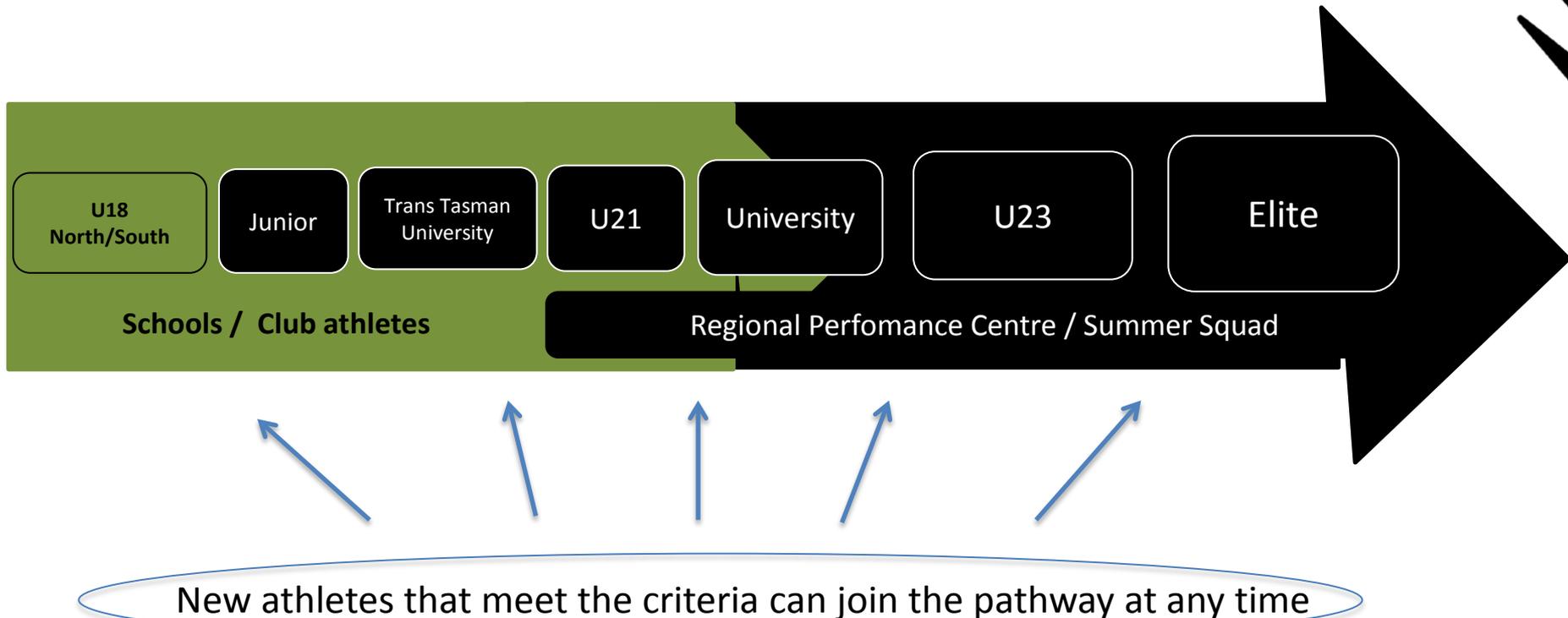
Talent
Identification
and Selection

Regional
Development

RPC Objectives

- To **develop pre-elite talent** and especially the athletes expected to represent NZ at the 2020 Olympics and beyond
- To provide a **12 month, year on year** individual athlete development program
- To provide a **clear high performance pathway** for aspiring Rowers and Coaches
- To assist local associations within the RPC catchment area with **regional development** of coaches and athletes
- To link tertiary institutions into the sport of rowing to enable **facilitation of education/career pathways** AND to enable proactive monitoring/support of key athletes within institutions.

HP Pathway - NZ Team Selection



Athlete Performance Support

ROWING 
NEW ZEALAND



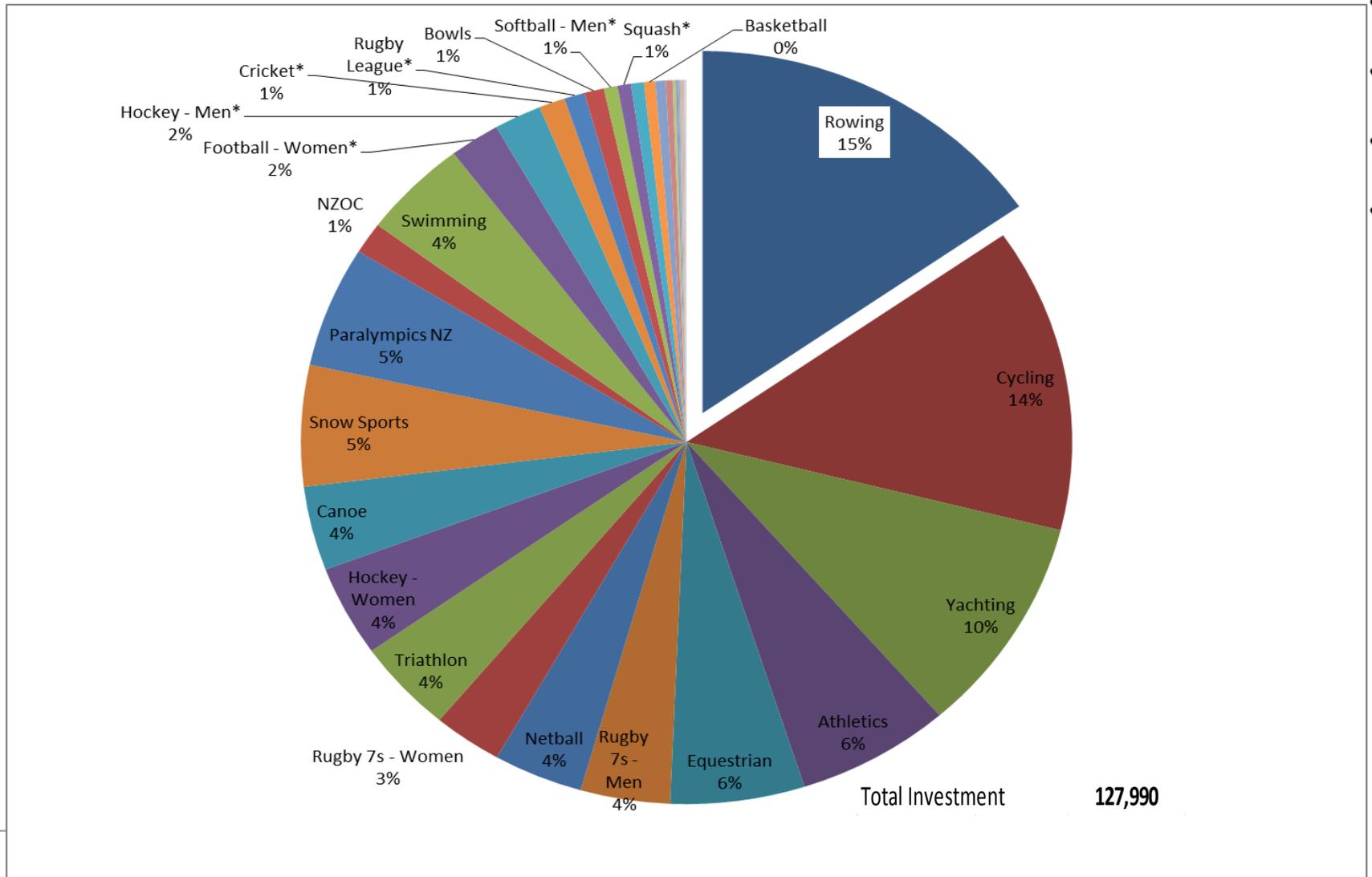
Athlete Performance Support

- Strength and conditioning
- Nutrition
- Mental skills and sports psychology
- Physiology
- Performance and Technique Analysis Unit
- Rehabilitation
- Medicine
- Performance planning
- Overseas support

OTHER

- PM Scholarships
- PEGs – Performance Enhancement Grants

HPSNZ Investment



HPSNZ investment

	\$000	\$000	\$000	\$000	\$000	
Tier 1	2013	2014	2015	2016	Total	39%
Rowing	4,600	4,800	5,115	5,100	19,615	15%
Cycling	3,900	4,300	4,600	4,600	17,400	14%
Yachting	2,800	2,800	3,400	3,400	12,400	10%

Total Investment

NZD	19,615,000
EURO	11,880,000
GBP	8,355,000
USD	12,703,000

2) Parallels between the Australian and New Zealand systems

Australia – New Zealand

- Neighbours – Southern Hemisphere
 - Same travel issues to the Northern Hemisphere
- Very similar governance structure (RA/RNZ)
 - Foundation of clubs voting for Regional (NZ)/States (Aus) representatives to elect a National Board of Directors.
- Board managing the business through the staff
 - HP (RNZ “hands off”; RA “hands on”)
- Have the same focus and purpose:
 - High Performance
 - Development (Clubs), Officials, Education, etc.
 - Events

Australia – New Zealand

- High Performance
 - Various iterations of leadership between High Performance Managers/Directors and Head/Lead Coaches
 - **Majority** of funding comes from the Federal government. Each have sponsors and philanthropic support
 - Both have purpose built HP Centres (Karapiro – NZ; Canberra – Aus)
 - New Zealand – Centralised Program (Karapiro)
 - Australia – Decentralised (AIS [NTC]and SIS)
 - Athlete / coach opportunities very similar
 - Athletes (Government funding, access to SSSM, S&C, etc.
 - Coaches (Professional jobs) - Australia bigger, more paid coaches

Australia – New Zealand

- High Performance (cont.)
 - Selection
 - Both have a mixture of voluntary independent selectors and professional coaches who select all crews
 - Both have similar Appeals processes (Aus more challenge to selection)
 - Domestic competition season
 - Australia much more National competition with LD trials in the early season, State and National.
 - Selection now at similar times in Feb/Mar
 - Similar process with 5km and 2km erg testing.
 - Both have seat racing at the final trials.

Australia – New Zealand

- HP Development
 - Aus have SIS/SAS – 7 States (all sports)
 - NZ have RPC's – 4 (rowing only)
 - Both have dedicated staff to manage these partnerships.
 - Secondary school rowers the main feeders to the system
 - Aus: Each State has a Head of the River (Private schools)
 - NZ: Have a large National Secondary Schools event (Maadi Cup) (Private and Government Schools)

VERY EASY TO WORK BETWEEN THE COUNTRIES DUE TO THE SIGNIFICANT SIMILARITIES, NO VISA ISSUES

TWIZEL (South Island) – MAADI CUP



KARAPIRO (North Island) – MAADI CUP



Australia – New Zealand

- Key points of difference
 - Culture; significant in regards attitude and compliance – GEOGRAPHY, schooling and defined high performance culture?
 - Centralisation
 - Much smaller population, develop the same athletes year after year.
 - Less duplication
 - Athletes more aligned to the program
 - More efficient volume in training (geography)

Australia – New Zealand

- Key points of difference (cont.)
 - More significant sport at school per population in NZ.
 - Greater public recognition and media coverage in NZ. (Follows Rugby and Netball)
 - Aus have (need) more money, more facilities, more overall support and coaching staff aligned to rowing across the country. Bigger!!

3) High Performance Coaching - on the New Zealand Team

High Performance Coaching

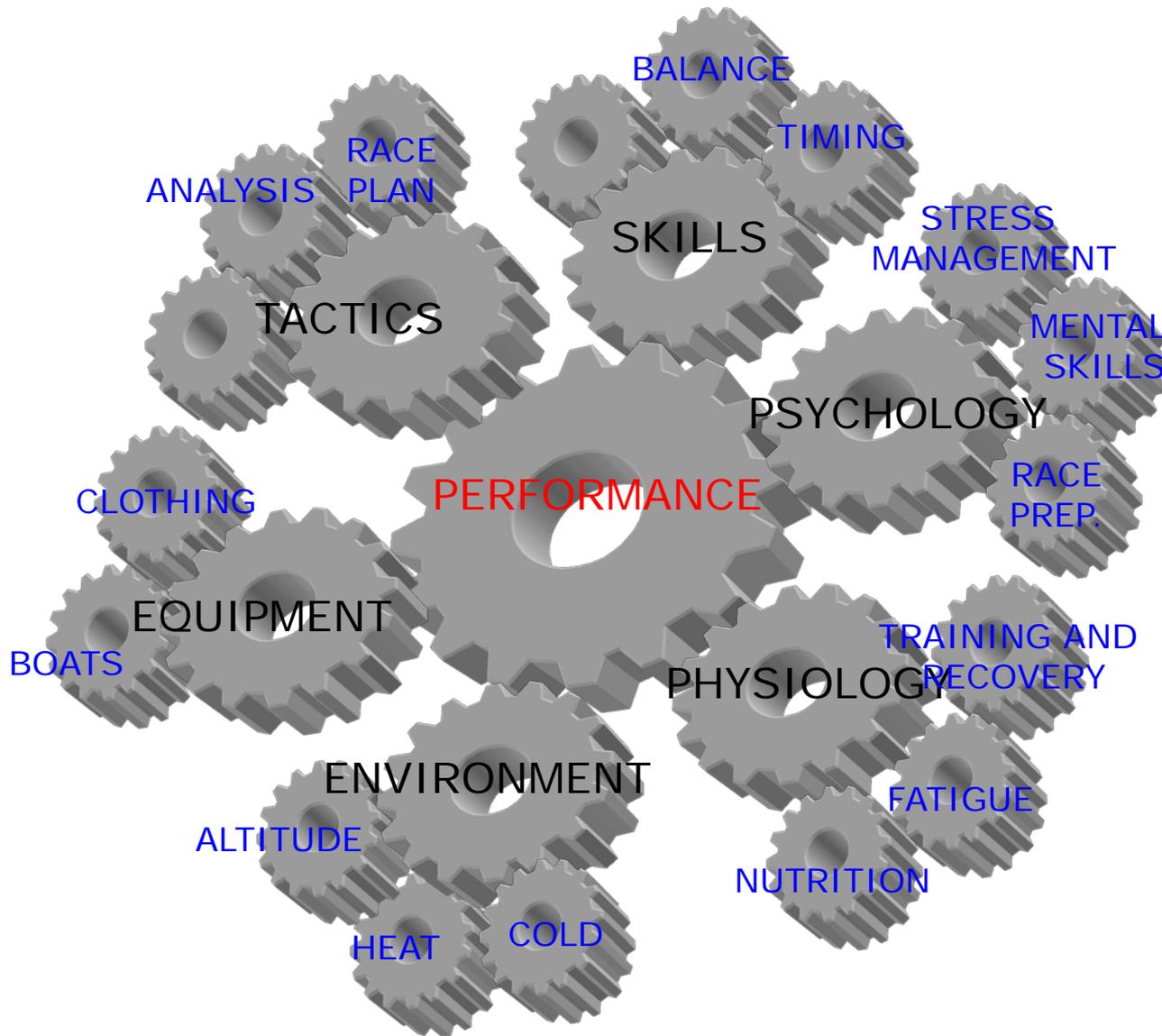
- ANNUAL PLANNING
- TRAINING METHODOLOGY
- ANCILLARY TRAINING
- MONITORING
- TESTING
- CASE MANAGEMENT
- TECHNIQUE
- SELECTION
- COMPETITION
- TOURING
- COACHING STYLE
- SUCCESS FACTORS

High Performance Coaching

- **ANNUAL PLANNING:**
 - On going
 - Covers domestic requirements
 - Summer Squad
 - Competition (consistent year to year)
 - Selection
 - International training period at home
 - Overseas requirements
 - Touring
 - Budgets
-

High Performance Coaching

- **ANNUAL PLANNING:** (cont.)
 - Staffing
 - Allocation of duties to squads
 - Different provider to crew/coaches (“tight teams”)
 - Planning integration of support services
 - HPSNZ R&D
 - Equipment needs, etc.
 - Meetings
 - Meaningful, wise selection of invitees
 - Coaches meet weekly to check on the plans



(WENGER, 1990)

High Performance Coaching

- **TRAINING METHODOLOGY:**
 - Annual periodised plan
 - Designed by the Lead Physiologist
 - Coach input
 - No compulsion to follow the plan
 - Simple, repetitive year to year with current needs
 - In and out of the boat considerations

High Performance Coaching

- **TRAINING METHODOLOGY:** (cont.)
 - Weekly training program (end of previous week)
 - Lists all forms of training, load, etc
 - RNZ program priority base is endurance rowing year round
 - Cycling, Strength and Conditioning, Ergometer training are all factored into the year plan
 - Men's Pair and Men's Eight have different programs

RNZ TRAINING TEMPLATE 2015- 2016 - M8+



	B1 = build 1	B2 = build 2	B3 = build 3	B4 = build 4	R = recovery	TAPER					
Week Beginning	28-Sep	5-Oct	12-Oct-15	19-Oct-15	26-Oct-15	2-Nov-15	9-Nov-15	16-Nov-15	23-Nov-15	30-Nov-15	7-Dec-15
Events							Spring Regatta		Club Regatta		Xmas Regatta
Where TEAM 1	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro
Where TEAM 2	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro	Karapiro
Week No. (year)	40	41	42	43	44	45	46	47	48	49	50
Week No. (>start)	1	2	3	4	5	6	7	8	9	10	11
Training Phase	Transition		Base 1				General Conditioning 1				
Focus	Transition		U2 aerobic rowing, cycling aerobic volume				U2 (build long row 2 hr +), bungee SE work				
Phase	B1	B1	B1	B2	B3	B4	R	B1	B2	B3	R
HIT focus								Threshold Development			
HIT/Ind Erg	PS	PS	PS	PS	PS/ALC	PS/ALC	PS/ALC	VT2	VT2	VT2	TEST
Session								2 sets of (2 x 30s at MAX watts with 3 min recovery then 2 x 10 min at 95% LT2 Watts; 2.5min rec)	2 sets of (1 x 60s at MAX watts with 3 min recovery then 2 x 8 min at 100% LT2 Watts; 2min rec)	2x (2 x 30 sec at MAX (3 min recovery) then 4 x 4 min at 105% LT2 watts, 1min recovery)	2k ERG
S & C	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3	3	3	2
Anthro	AA	Meeting		Mon 19>					Mon 23>		
Psyche/IPP	1 (de brief)	2 (2016)					3				
Erg testing		AA 2km weekly					5k	5k (100-500)			2km erg
Biomech									ND 2-/8+	ND 2-'s	
Lab Testing					Lactate						
Quantitative Targets	Reintroduction back into training X-train and technique work		~800-1000, TSS per week 18-20 hour, 100-150 km on-water rowing				~900-1200, TSS per week 20-22 hr hour, 145-180 km on-water rowing				
TSS	N/A	N/A	600-700	700-800	800-900	900-1000	600-700	900-1000	1000-1100	1100-1200	750-850
Hours	N/A	N/A	14-16	16-18	16-18	18-20	14-16	18-20	20-22	20-22	16-18
On-water km	N/A	N/A	100-120	110-130	120-140	130-150	100-120	140-160	140-160	160-180	120-140

OCTOBER/NOVEMBER 2015 (Week 44) - (RNZ Summer Squad - Men's Hwt Sweep)

		session	26	27	28	29	30	31	1
<u>AM 1</u>	Base 2 - (2)		OTW 7:30am	OTE 8am/9am	OTW 7:00am	OFF (IG/TM pool)	OTW 7:30am	OTW 7:30am	OFF
<u>AM 2</u>				OTW post test	Erg approx 9:30am	OTW 12:55pm		OTBikes 10:30am BP	
<u>PM 1</u>			Weights 2:25pm	OTW 3pm	Weights 2:30pm		Weights 1:00pm		
<u>PM 2</u>				Cross 4:00pm		OTBike 4:00pm BP	Erg	OFF	OFF
	Note:	Labour Day Holiday	Isaac swim						
<u>OCT</u>	<u>AM 1</u>	<p>Row: 2-'s; 16km U2 (tech drills) see crews below</p> <p style="background-color: yellow; color: red; text-align: center;">FINAL WATCH DOWNLOAD AND CATEGORISE BY LUNCHTIME PLS!</p>	Lactate testing (7x4'): 8am - BR/TM/AK/SJ/SK 9am - JW/AA/MB/PM	Row: 8+/2-; 22km U2 see crews below	OFF (Pool; 6:30am IG/TM) last session??	Row: 2-; 20km U2 (pacing)	Row: 8+; 22km U2/15 x 12' (4x3' - 20-24-22)	OFF	
26	<u>AM 2</u>		Row: 2-; IG/BR; TM/AK; SJ/SK 12km U2/rec	Erg: 60' VT1 (nos as per last week)			Ride: 150' (2 groups)		
to	<u>lunch</u>			<i>Paddy Skinfolks at 11am</i>	Row: 8+/2-; 22km U2/1 see crews below	Alex weights before flight	Alex Cure BC		
<u>NOV</u>	<u>PM 1</u>	Weigh in 2:25pm: Weights	Row: 2-; AA/JW; MB/PM 12km U2	Weights 2:30pm	Isaac exam 2:15	Weights 1:00pm	OFF	OFF	
1	<u>PM 2</u>	10 min light erg recovery post weights	Ride in: Cross train (bring full gym gear, runners, etc.)	IG Weights	Ride: 135' (2 groups) (TM 60')	Erg: see separate details (2x10' PS 10; 2x6' ALC)			
	<u>evening</u>								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<i>Tr Time</i>	1:55	3:00	3:20	4:00	3:10	4:35	20:00	
Comments		Biggest week yet. Record well. Recover well. Another week on top of this with more volume. Note crew changes due to exams, Alex abs, etc. See email details re lactate test.							

High Performance Coaching

- **ANCILLARY TRAINING:** (cont.)
 - Strength and Conditioning training
 - Mainly traditional strength based designed by strength coaches
 - Only one athlete in program doesn't do formal S&C
 - Crew, category coaches determine each crew needs (M8+ x 4p.w., HB needs based.
 - Some circuit training is conducted for a variety of reasons (fun, coordination, mental toughness, equipment availability, etc.)
 - Ergometer training
 - C2 Static, Dynamic and Sliders (testing on static), various reasons
 - Rowperfect
 - Individualised and periodised programs
 - Variety, poor weather

High Performance Coaching

- **ANCILLARY TRAINING:** (cont.)
 - Cycling
 - Commuting U2 training
 - Designated training rides and loads
 - All year including overseas
 - Minimal accidents, good roads
 - Injury rehabilitation
 - Indoor (HPC and home) and outdoor



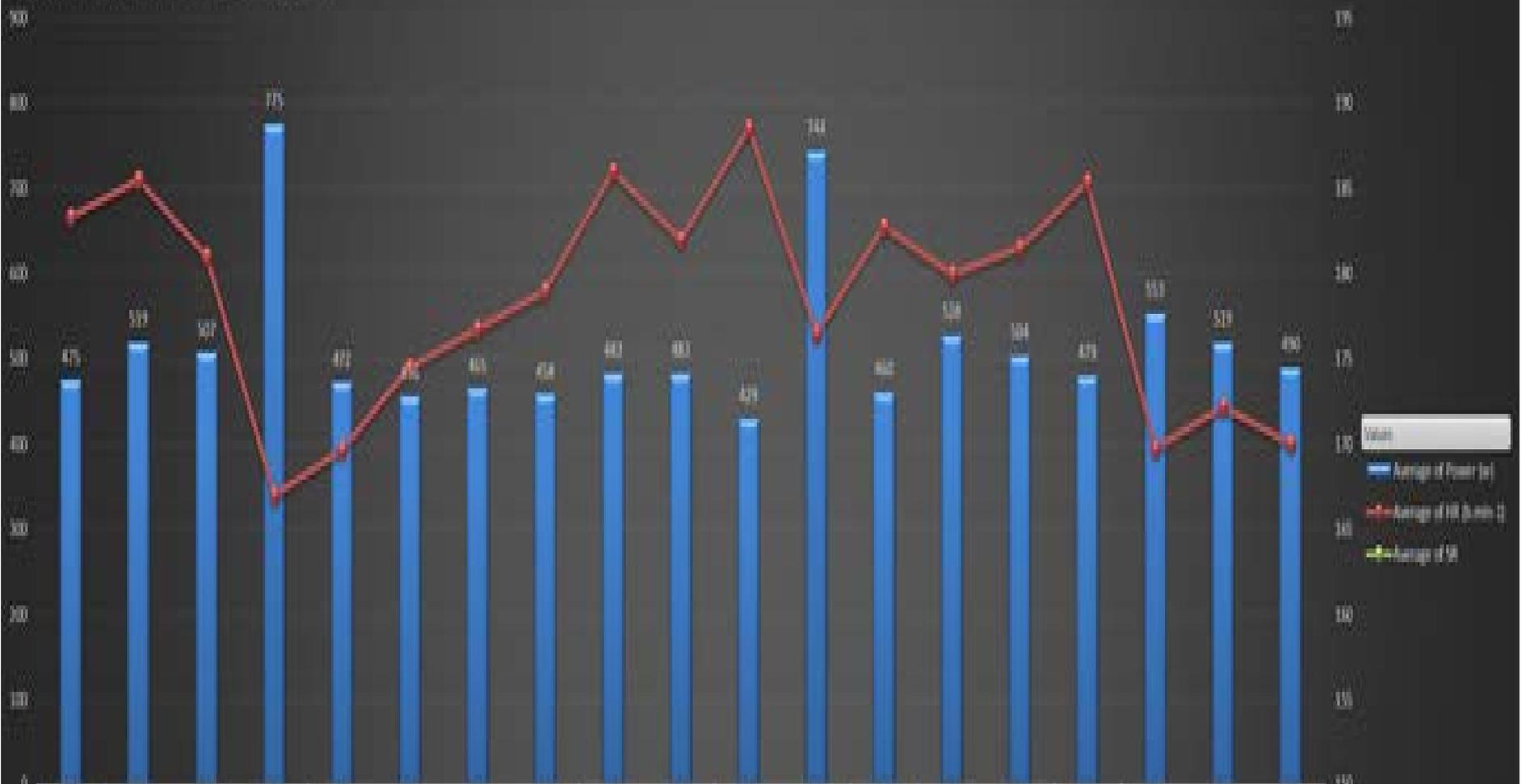








Average of Power (a) Average of IR (b) Average of IR



2000	1000	2000	100	500	1500	750	1250	1000	2000	1000	100	1000	500	2000	2000	250	500	2000	
long VCI		long VCI			long VCI			long VCI		long VCI		long VCI	long VCI	long VCI		long VCI		long VCI	
I. Money		I. Money			I. Money			I. Money		I. Money		I. Money	I. Money	I. Money		I. Money		I. Money	
19 May 2015		25 May 2015			4 June 2015			8 June 2015		25 June 2015		21 October 2015	4 November 2015	11 November 2015		25 November 2015		30 November 2015	

Date Name Screen Type Distance Int.





GALLAGHER

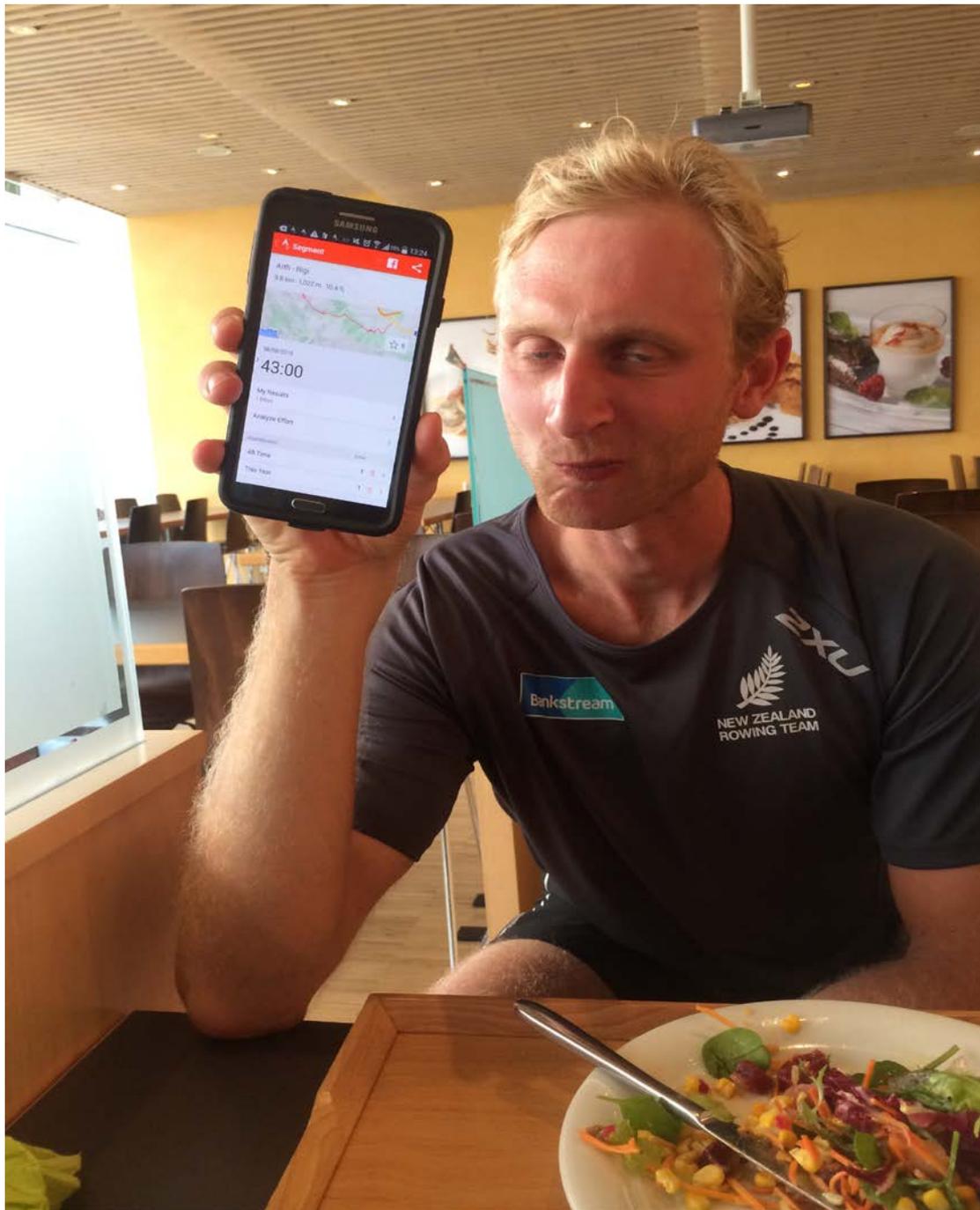
PERRY

THE LION FOUNDATION

High Performance Centre

NO PUBLIC VEHICLES

NO PUBLIC VEHICLES
BEYOND THIS POINT
TENANTS ONLY
ROWING NEW ZEALAND



High Performance Coaching

- **MONITORING:**

- Mandatory!!
- Heart rate (Garmin watch)
- Analysis 
- GPS every session
- “Laboratory” assessment (VO₂, [Hamish not a freak!]Lactate 7 x 4’)
- Specific ergometer (Power Continuum)
- Very regular on water assessment



**HIGH PERFORMANCE
SPORT NEW ZEALAND**

May 2015

< > Today Refresh Menu Hamish Bond



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SUMMARY
<p>27</p> <ul style="list-style-type: none"> 20662 m <ul style="list-style-type: none"> C: 1:31:18 C: 88.2 hrTSS C: 0.72 IF C: 20662 m 1:00:00 <ul style="list-style-type: none"> C: 1:00:00 C: 50.0 TSS* HIIT ERG 	<p>28</p> <ul style="list-style-type: none"> 16500 m <ul style="list-style-type: none"> C: 1:32:30 C: 82.6 hrTSS C: 0.73 IF 5 k squad piece C: 16500 m 16125 m <ul style="list-style-type: none"> C: 1:13:46 C: 61.9 hrTSS C: 0.87 IF C: 16125 m 	<p>29</p> <ul style="list-style-type: none"> 11972 m <ul style="list-style-type: none"> C: 1:23:48 C: 58.8 hrTSS C: 0.61 IF Pr race primers Karapiro C: 11972 m 	<p>30</p> <ul style="list-style-type: none"> 8216 m <ul style="list-style-type: none"> C: 0:39:15 C: 28.4 hrTSS C: 0.63 IF Row C: 8216 m 1500 m <ul style="list-style-type: none"> C: 1:25:00 C: 56.7 hrTSS C: 0.60 IF Bungee Session C: 1500 m 	<p>1 May</p> <ul style="list-style-type: none"> 0.16 km <ul style="list-style-type: none"> C: 0:16:12 C: 16.2 TSS C: 0.86 IF C: 0.16 km 10101 m <ul style="list-style-type: none"> C: 0:51:55 C: 42.1 hrTSS C: 0.66 IF Winter Series Race Day 1 C: 10101 m 0.57 km <ul style="list-style-type: none"> C: 0:44:55 C: 38.8 TSS C: 0.75 IF C: 0.57 km 0.15 km <ul style="list-style-type: none"> C: 0:14:38 C: 0.03 IF C: 0.15 km 	<p>2</p> <ul style="list-style-type: none"> 1.58 km <ul style="list-style-type: none"> C: 0:16:25 C: 14.5 TSS C: 0.80 IF C: 1.58 km 10633 m <ul style="list-style-type: none"> C: 0:54:16 C: 43.4 hrTSS C: 0.66 IF Winter Series Race Day 2 C: 10633 m 10:09 am <ul style="list-style-type: none"> Note: Resting HR : 97.0 RMSSD : NB: 3 beat durations rejected 0.16 km <ul style="list-style-type: none"> C: 0:16 km 	<p>3</p> <ul style="list-style-type: none"> 0.26 km <ul style="list-style-type: none"> C: 0:18:13 C: 19.3 TSS C: 0.81 IF C: 0.26 km 9569 m <ul style="list-style-type: none"> C: 0:49:37 C: 41.6 hrTSS C: 0.68 IF Winter Series Race Day 3 C: 9569 m 	<p>SUMMARY</p> <ul style="list-style-type: none"> Duration 13:12:16 hms Distance 108 km TSS 651.9 TSS Bike 2.71 km Rowing 105279 m Other 0.16 km El. Gain 181 m Work 1473 kJ
<p>4</p> <ul style="list-style-type: none"> 20787 m <ul style="list-style-type: none"> C: 1:32:16 C: 83.3 hrTSS C: 0.70 IF C: 20787 m 1.52 km <ul style="list-style-type: none"> C: 1:15:32 C: 74.3 hrTSS C: 0.73 IF Erg C: 1.52 km 	<p>5</p> <ul style="list-style-type: none"> 22401 m <ul style="list-style-type: none"> C: 1:39:08 C: 88.9 hrTSS C: 0.69 IF C: 22401 m 1:15:09 <ul style="list-style-type: none"> C: 1:15:09 C: 60.0 hrTSS C: 0.66 IF 	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>SUMMARY</p> <ul style="list-style-type: none"> Duration 5:42:06 hms Distance 44.7 km TSS 306.5 TSS Custom 1.52 km Rowing 43188 m El. Gain 42 m
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>SUMMARY</p> <ul style="list-style-type: none"> Duration 0:00:00 hms Distance 0.00 km TSS 0.0 TSS

2015-16 SUMMER. MEN's HEAVY SWEEP_Weekly training load report



Katherine Oberlin-Brown

Performance Physiologist

katherine.oberlin-brown@hpsnz.org.nz

Build 1

Overall

Name	TSS	IF	CTL	% diff CTL	TSB	Total Time	Time spent <LT1	Time LT1-LT2	Time >LT2			
Example	939	0.64	69.5	18%	-53.4	16:11:00	9:05	74.0%	2:47	22.6%	0:25	3.4%
Example	629	0.64	63.2	7%	-25.7	13:59:00	9:47	91.7%	0:52	8.1%	0:01	0.1%
Example	1089	0.70	82.1	14%	-57.8	20:10:00	10:45	58.6%	6:33	35.8%	1:02	5.6%

Readiness to train

9	/10		*Less hours as Pool - cross training
10	/10		*Forearm surgery - first week back in boat
?	/10		**Zones wrong

On Water Rowing

Name	TSS	IF	Rowing CTL	% diff CTL	km	Total Time	Time spent <LT1	Time LT1-LT2	Time >LT2	# of sessions			
Example	504	0.7	55.2	13%	102	9:01:00	4:45	58.1%	3:13	39.2%	0:13	2.7%	6
Example	428	0.68	43.3	14%	104	8:17	5:35	74.3%	1:42	22.6%	0:14	3.0%	6
Example	453	0.67	57.0	10%	103	8:48:00	4:01	61.9%	2:27	37.6%	0:02	0.5%	6

Erg Training

TSS	IF	Total Time	Time spent <LT1	Time LT1-LT2	Time >LT2	# of sessions			
164	0.76	2:33:00	0:59	43.9%	0:43	32.3%	0:32	23.8%	7
114	0.8	1:37:00	0:30	31.0%	0:53	56.1%	0:12	12.9%	3
141	0.64	3:03:00	1:52	73.9%	0:40	26.1%	0:00	0.0%	5

Cycling (X-training)

Name	TSS	IF	km	Total Time	Time spent <LT1	Time LT1-LT2	Time >LT2	# of sessions			
Example	418	0.68	222	8:33:00	7:59	92.6%	0:33	6.4%	0:06	1.1%	18
Example	300	0.62	101	6:58:00	5:54	90.4%	0:37	9.5%	0:00	0.0%	8
Example	351	0.67	161	7:26:00	5:49	91.9%	0:25	6.6%	0:06	1.5%	10

	TSS	Hours	<VT1	VT1-VT2	>VT2			
Squad Average	784	15:05:00	9:26:00	82.9%	1:49:30	15.4%	0:13:00	1.7%

12 October 2015

Ergo Training



GM120
sn 1110

DIGITAL LIVECAM

Rover Realtime

Overview

Current WR %

73

Speed (m/s)

4.6

250m Time

0:54.5

Current SR

20.0

DPS (m)

14.0

Surge (m)

0.73

Dist	Time	WR%	Speed	SR	Elapsed	WR%
9500	1:10.5	57	12.8	18.7	41:38.1	61
9750	1:01.1	65	14.7	20.3	42:39.2	61
10000	0:53.7	74	16.7	42.2	43:33.0	61
10250	1:06.8	60	13.5	19.0	44:39.8	61
10500	0:54.3	73	16.6	20.3	45:34.2	61
10750	1:06.0	60	13.6	20.8	46:40.3	61
11000	4:03.6	16	3.7	25.4	50:43.9	58
11250	2:18.5	29	6.5	19.2	53:02.5	56
11353	0:22.1	74	16.7	19.8	53:24.7	57

Total 11353 m 0:53:24

<VT1 73% Stephen	<VT1 64% Isaac	<VT1 71% Joe	<VT1 76% Brook	<VT1 69% Tom	<VT1 73% Shaun	<VT1 68% Michael
121	106	120	122	122	130	121
19:59:49 RSSI: 89	19:59:49 RSSI: 78	19:59:49 RSSI: 77	19:59:48 RSSI: 95	19:59:49 RSSI: 88	19:59:49 RSSI: 100	19:59:41 RSSI: 100

Show All Completed

Serial # 10399 Packet Count 3049 GPS Status 256 Autonomous Diff Age 0 Resets 0 Battery 3.9 Charged

All

M2-EMFB M2-~~AK~~ M2-~~SJ~~ M8+ All

Realtime F1 to F4 - Select specific boat F5 - Start boat toggling F6 - All F9 - Set-up Crew F10 - Set Start, Display Next F11 - Set Start F12 - Clear Help

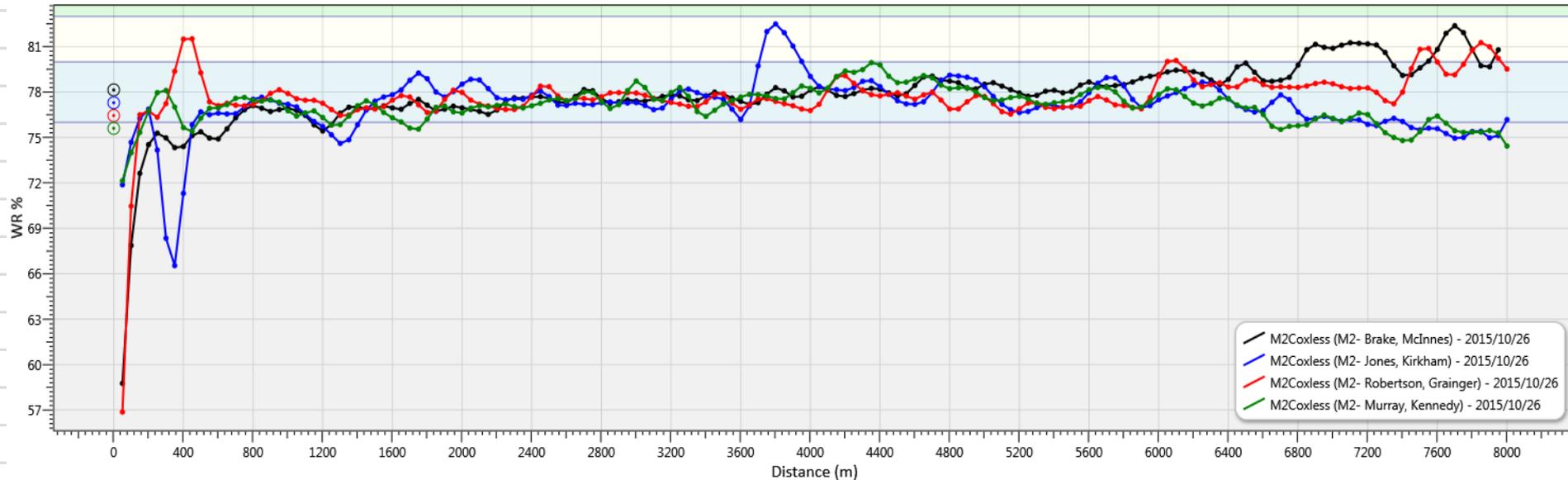


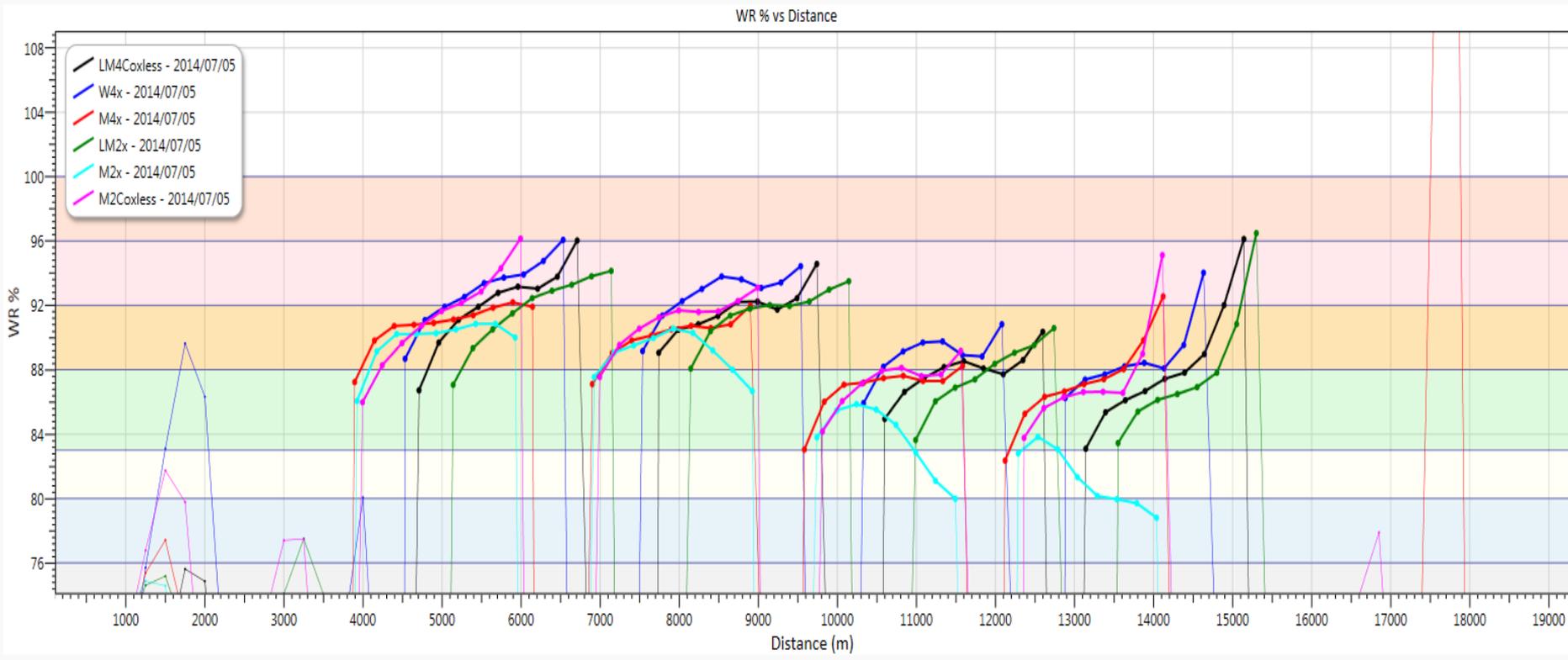
GPS tracking

26-Oct. 8km U2 Return

Crew	Durati	Distan	WR%	SR	Max	DPS	Coun	Split	Speed	
Example	31:23.2	7950	77.8	20.9	22.6	12.1	658	00:59.2	15.2	**short
Example	31:37.6	8000	77.7	20.8	26.1	12.2	657	00:59.3	15.2	
Example	31:51.6	8000	77.1	19.9	21.3	12.6	631	00:59.7	15.1	
Example	31:51.0	8000	77.1	19.6	21.1	12.8	626	00:59.7	15.1	

WR % vs Distance





LM4Coxless

	WR %	Avg Split	Distance	Stroke Rate
Up	87.7	0:49.2	4.3	32.9
Down	91.8	0:47.0	4.5	30.3
Total	89.8	0:48.1	8.7	31.6

Zone	Km	Duration	Date
U22			5/07/2014
U2			Time 8:00 a.m.
U1	3.0	9:59	Distance 19.2
AT	3.1	10:01	
LaTol	2.2	6:53	
LaProd	0.4	1:06	
Max			

W4x

	WR %	Avg Split	Distance	Stroke Rate
Up	88.8	0:51.9	4.0	31.9
Down	92.7	0:49.8	4.2	29.3
Total	90.8	0:50.8	8.3	30.6

Zone	Km	Duration	Date
U22			5/07/2014
U2			Time 7:47 a.m.
U1	1.3	4:24	Distance 18.2
AT	3.8	12:52	
LaTol	3.1	10:18	
LaProd	0.1	0:24	
Max			

M4x

	WR %	Avg Split	Distance	Stroke Rate
Up	87.0	0:47.8	4.4	33.4
Down	90.4	0:46.0	4.6	30.7
Total	88.7	0:46.9	8.9	32.0

Zone	Km	Duration	Date
U22			5/07/2014
U2	0.3	0:50	Time 8:06 a.m.
U1	4.0	12:47	Distance 18.1
AT	4.2	13:02	
LaTol	0.4	1:20	
LaProd			
Max			

LM2x

	WR %	Avg Split	Distance	Stroke Rate
Up	87.7	0:52.7	4.0	32.8
Down	91.5	0:50.5	4.2	30.0
Total	89.6	0:51.6	8.1	31.4

Zone	Km	Duration	Date
U22			5/07/2014
U2			Time 7:59 a.m.
U1	2.8	9:49	Distance 18.3
AT	3.5	11:55	
LaTol	1.7	5:28	
LaProd	0.2	0:46	
Max			

M2x

	WR %	Avg Split	Distance	Stroke Rate
Up	82.6	0:54.9	3.8	29.8
Down	89.6	0:50.6	4.1	29.8
Total	86.1	0:52.7	8.0	29.8

Zone	Km	Duration	Date
U22	0.8	3:07	5/07/2014
U2	1.0	3:43	Time 8:01 a.m.
U1	2.3	8:15	Distance 16.3
AT	3.8	12:54	
LaTol			
LaProd			
Max			

M2Coxless

	WR %	Avg Split	Distance	Stroke Rate
Up	87.3	0:52.7	4.0	32.5
Down	90.9	0:50.6	4.1	30.3
Total	89.1	0:51.7	8.1	31.4

Zone	Km	Duration	Date
U22			5/07/2014
U2			Time 8:04 a.m.
U1	3.5	12:25	Distance 17.5
AT	3.2	11:02	
LaTol	1.3	4:16	
LaProd	0.1	0:13	
Max			



Athlete: **Brook Robertson**
 Test Report by Daniel Plews / Katherine Oberlin-Brown (Performance Physiologist)
 Tel: 021 900 694 / 0274273857
 katherine.oberlin-brown@hpsnz.org.nz

Email: danielplews@hpsnz.org.nz /
 Sport: Rowing

STEP TEST RAW DATA

Stage#	Power (W)	Blood Lactate (mM)	RPE	Average HR (b.min ⁻¹)	Average Stroke Rate
Stage 1	190	1.7	7	127	21
Stage 2	230	1.2	11	142	22
Stage 3	270	1.3	13	150	25
Stage 4	311	1.7	15	164	27
Stage 5	353	2.6	17	177	30
Stage 6	392	3.5	18	184	33
Stage 7	468	4.8	20	187	36
1-min post		6.1			

Date/Test Time (TT): 19 March 2015
 Modality: Rowing
 Protocol: 7 x 4 min stages
 Drag ERG- 130 Dynamic
 Concept II TEM 0.5% (SM 2012)
 Inter unit TEM - 1.75% (EJAP 2013)



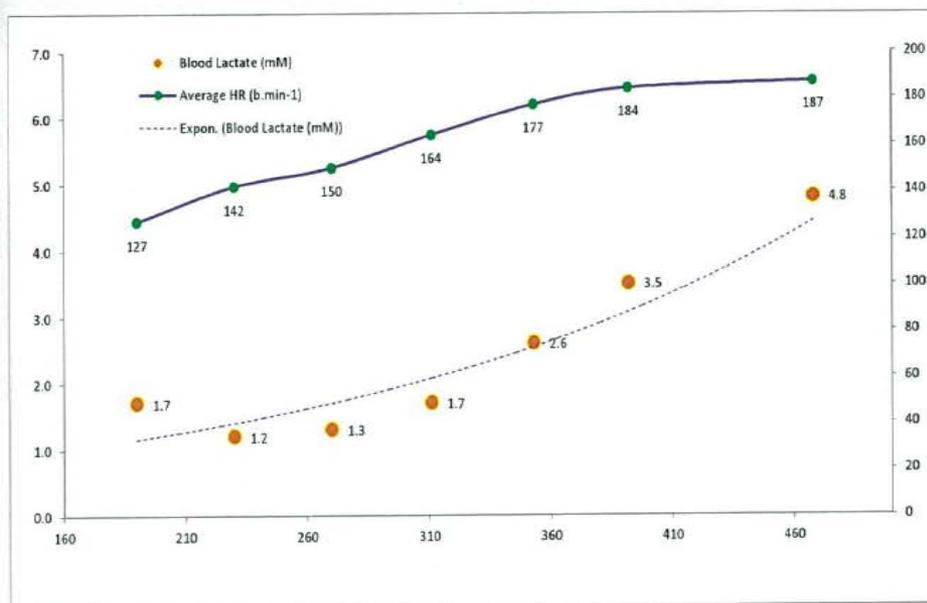
Resting Blood Lactate - 1.7 mmol.L⁻¹

Anthropometry	19-Mar-15	
Body Mass (kg)	92.4	

MAXIMAL VALUES	19-Mar-15	
Heart Rate Peak [b/min]	190	
Total distance covered (m)	8049	
Total distance during last stage (m)	1322	
Average power during last stage (w)	468	

GMS ±90% CL	Lactate Threshold 1	19-Mar-15	% Diff GMS
298 ± 6	Power	263	11.7%
	Power to boat speed	268	
	500m/pace (seconds)	01:50.0	
	Heart Rate	150	
	% HR peak	78.9	

GMS ±90% CL	Lactate Threshold 2	19-Mar-15	% Diff GMS
385 ± 7	Power	330	14.3%
	Power to boat speed	336	
	500m/pace (seconds)	01:42.0	
	Heart Rate	172	
	% HR peak	90.5	



Comments: From the testing data the three variables used to assess performance are 1- Lactate Threshold 1 (LT1), 2- Lactate Threshold (LT2) 2 and 3- the average power attained during the final 4 minute stage. Brook demonstrates a good potential for maximal aerobic performance, however his current thresholds are low at 263W and 330W. Whilst maximal performance was improved compared to November 2014, when considering he is a more "anaerobically" driven athlete he still finished with a low end lactate and a lower maximal power among the M8+ group. He will continue to benefit from a polarised approach to training and the HIT erg sessions should help to stimulate/enhance his anaerobic system.

TRAINING HEART RATES, POWER OUTPUTS, AND ERG SPLITS

	HR	Power	Split
<LT1	100-150	200-265	2:00-1:50.0
LT1-LT2	151-171	265-330	1:50.0-1:42.0
>LT2	172-190	>330	<1:42.0

High Performance Coaching

- **TESTING:**
 - Ergometer (C2 static) - SELECTION
 - 5km (Nov.), 2km (Jan), 2km (end Feb – trials)
 - Other distances as a comparison (records!!)
 - Gym(M8+, not M2-)
 - C2 dyno
 - Physiotherapy and medical screening

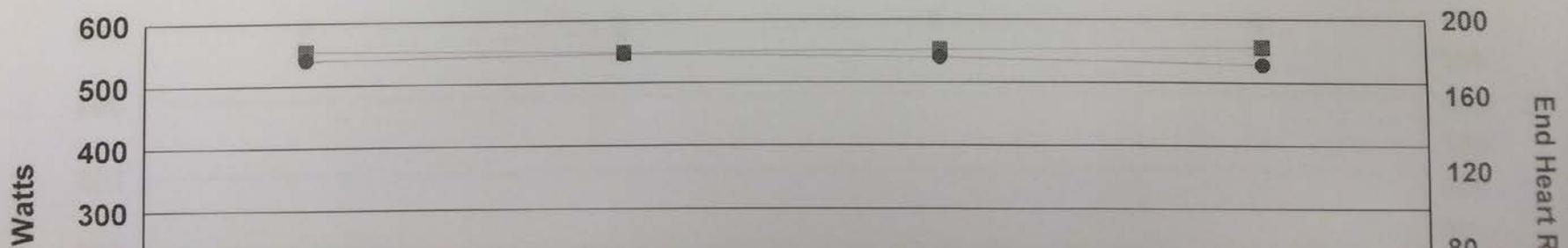
Set Piece Session

RowPro Session Report

Rowed by ERIC MURRAY on 1 March 2014

Split	Time	Meters	Avg Pace	Avg DPS	Avg Watts	Cals	Avg SPM	End HR
1	1:25.8	500	1:25.8	9.7	554.1	53	36	180
2	1:26.1	500	1:26.1	9.7	548.4	52	36	182
3	1:25.9	500	1:25.9	9.7	552.2	53	36	180
4	1:25.7	500	1:25.7	9.0	556.1	53	39	176
Totals	5:43.6	2,000	1:25.9		552.2	210	37	176
Sum Warm Up/Dn	0:00.0	0				0		
Overall	5:43.6	2,000				210		

Watts and Heart Rate per Split



View Detail

21097m

5E36-51D6

Dec 23 2013

8F14-2BB9

time meter /500m $\frac{s}{m}$ ♥

1:07:58.1 21097 1:36.6 30 192

12:52.5 4000 1:36.5 29 187

12:53.1 8000 1:36.6 30 190

12:54.6 12000 1:36.8 30 191

12:57.0 16000 1:37.1 30 193

12:58.4 20000 1:37.3 30 194

3:22.6 21097 1:32.3 35 199

MENU



Eric 5km prep erg.MOV

High Performance Coaching

- **CASE MANAGEMENT:**
 - Individual Performance Plans (IPP's)
 - M2- (review and planning – global)
 - M8+ (holistic and performance based)
 - Select providers discuss the progress of an athlete. Proactive and needs (injury) based
 - Surveys
 - 7 Behaviours (medal winning attitudes)
 - Performance Mindset Monitoring (PMM)
 - I survey (race performance and preparation review)
 - Management – what can we do better

High Performance Coaching

- **CASE MANAGEMENT:**
 - Sport Psychology
 - Individual
 - M2- (one member needs basis)
 - M8+ (formal and individual needs basis 1 on 1)
 - Group sessions
 - M8+ (common learning themes related to PMM)
 - Psychologist attends major crew meetings (keeps the coach sane!!)

ATHLETE

COACH
AGE GROUP
DATE OF IPP
FAMILY
RELATIONSHIP
STUDY
WORK
OTHER

Noel Donaldson
Elite
Nov-14

PERSONAL VISION

--

PERSONAL GOALS 2014-2015

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KEY PERFORMANCE AREAS	KEY IMPROVEMENTS					NOTES
	<u>KI 1</u>	<u>KI 2</u>	<u>KI 3</u>	<u>KI4</u>	<u>KI5</u>	
<u>PHYSICAL</u>	* Gain and maintain a bodyweight of 85-90kg.	* Improving my ability to be explosive and powerful.				
<u>TECHNICAL</u>	* Hang off catch, eliminating any snatch/grab with shoulders.	* Blending all parts of my stroke together, particularly the back turn.	* Being able to identify and make changes to fit into different boats (eg; at trials).	* Connecting and effectively applying power at the front.		
<u>PSYCHOLOGICAL</u>	* Ability to remain relaxed in pressure situations. Racing and erg testing.					
<u>HOLISTIC/LIFE STYLE</u>	* Making sure I am able to switch off from rowing when I'm away from it.					
<u>X-FACTOR</u>						

KEY ATHLETE REQUIREMENTS FROM COACH AND PROVIDERS	GREEN	A Strength To Keep Working On
	YELLOW	Improving But Focus Needed
	ORANGE	Corrective Action Needed 4-6 weeks
	RED	Urgent Corrective Action Needed - Prior

High Performance Coaching

- **TECHNIQUE:**

- There is a National Technical Model (Mahe)
- Coaches responsible for crew technique
- Selectors will give their opinions on crew and individual technique – improvement!!
- M2- (uniquely developed over time – copy them?)
- M8+ (progressive development, Ian Wright bringing commonality, now need speed)
- Technical analyst – Biomechanist (Peach system)
 - Performance v's Technique

TECHNICAL ESSENTIALS

Technical descriptions endorsed by Rowing New Zealand High Performance Coaching Staff. Photos: Andrew Matheson, RNZ High Performance Manager, Sculler: Mahé Drysdale, 2005, 2006, 2007 World Champion Men Single, World's Fastest Time 2006.



CATCH/ENTRY
Place blade in water at farthest reach. Cover the blade quickly in one motion. Hands move to execute catch - keep shoulders/body from lifting.



DRIVE 1A
Start drive with LEGS. Body connects hands to feet; holds pressure.



DRIVE 1B
Connect the legs at same instance as blade enters the water. Bodyweight suspended off handle.



DRIVE 2
Body and arms naturally blend into leg drive to maintain pressure.



DRIVE 3
Blade(s) taken out of water still under some pressure. Handles pulled almost as wide as shoulders.

“I have always found that telling a beginner to watch his blade, and to make it cut through, will in five minutes, bring him to manipulating his blade correctly, whereas, when working through the body and not the blade, I found it used to take fully two years of teaching body form to get the same truly controlled movement of the blade, which means the same true working of the body. “This is not exaggeration. I used to tub for body form at first, and I noticed the truly drawn blade only began to show regularly at the end of the second year, and now, coaching for watching the blade, I can get the same true blade in ten minutes. So the best way to get the blade to work truly through the water is to watch it; and to make it feather high and carry forward truly and evenly is also to watch it. Further, watch your blade moving evenly through the air freely, away from the water, and sometimes waggle it in the air to sense the feeling that the blade is in your hands. This feeling will give you a true balance.”
Steve Fairbairn, *Some Secrets of Successful Rowing* in: Ian Fairbairn (ed.), *Steve Fairbairn on Rowing*, 1951, pp. 282-283



Blade Entering



Blade in and loaded.



RELEASE
In rowing the outside hand takes blade out of water. Inside hand feathers the blade. In sculling, feather mostly with fingers.



RECOVERY 6
Blade(s) squared before arriving at Catch.



RECOVERY 5
Seat rolls in behind ankles until shins vertical. (Thighs rise to chest.)



RECOVERY 4
Catch position with body by half slide. Body stays relaxed and stable to frontstop.



RECOVERY 2/3
R2: Relaxed body pivots from hips. Maintain good posture. R3: Hold legs until the handle(s) clear(s) knees without interference.



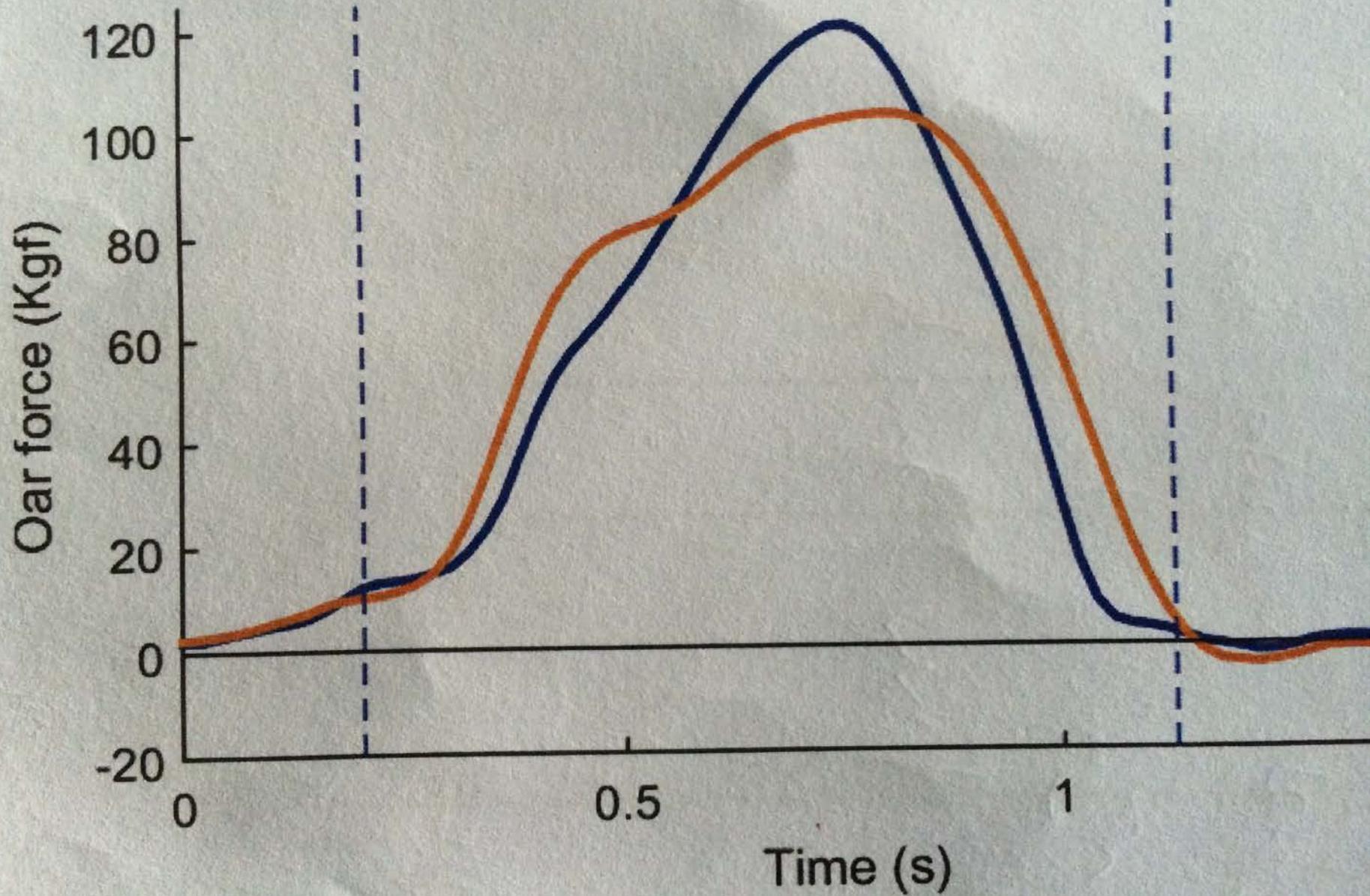
RECOVERY 1
Hands lead away. Body led away by relaxed, straight arms.

Rowing New Zealand gratefully acknowledges the support of the following:

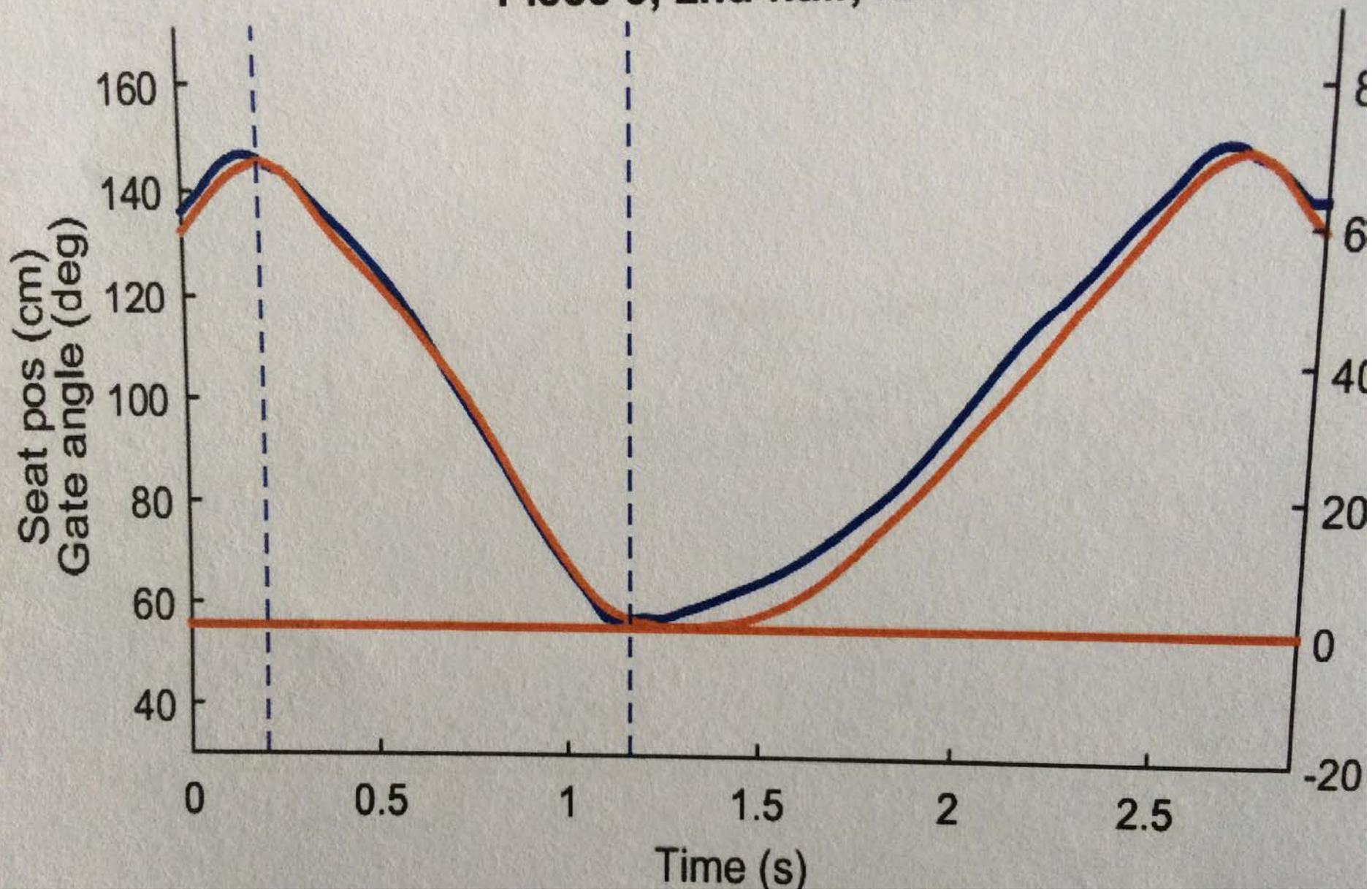




Piece 2, 2nd half, r26.4

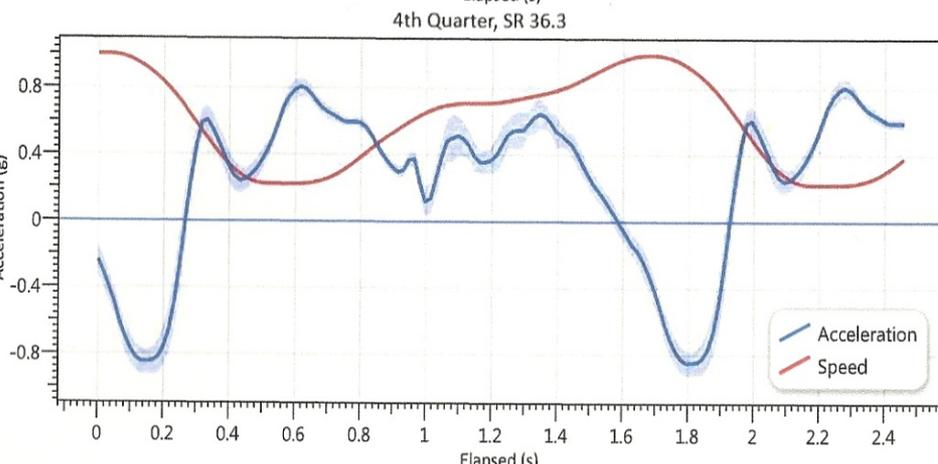
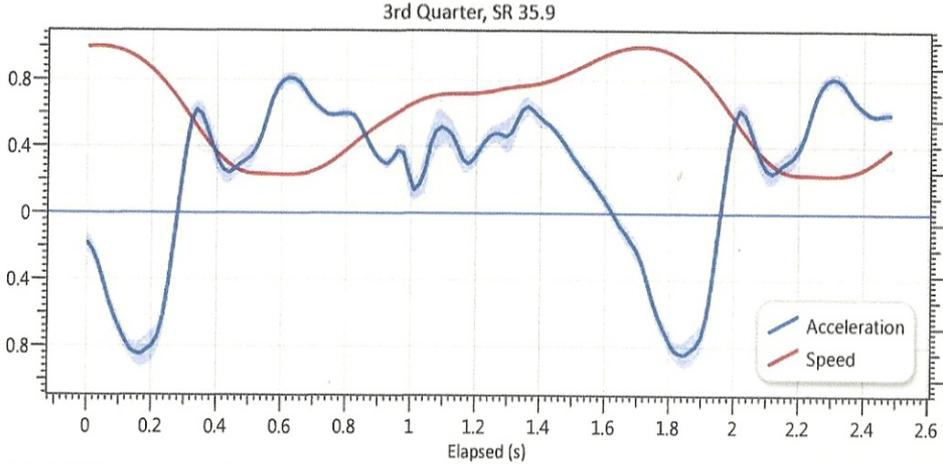
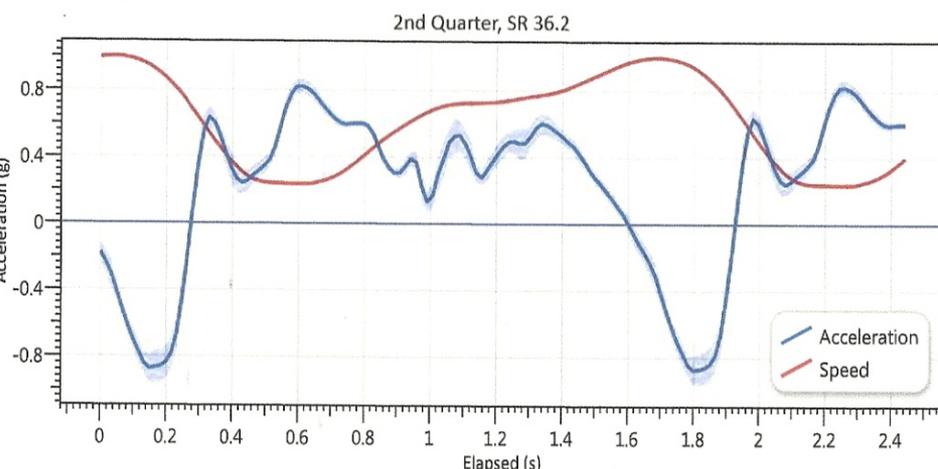
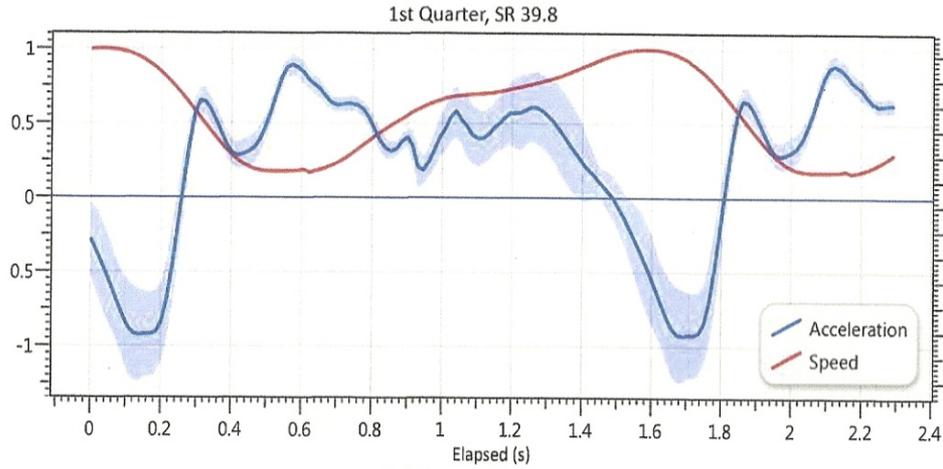


Piece 3, 2nd half, r24.4



Options

Acceleration/Speed vs Stroke Elapsed



High Performance Coaching

- **SELECTION:**
 - Relatively simple
 - Selection pool from Summer Squad and RPC's
 - Ergometers (5km, 2km, 2km)
 - Small boat (1x, 2-, 2x) regatta – end January (M2- in 1x)
 - Selectors watch other events and training
 - Invitation to trials end of February
 - Seat racing (1500 – 2000m) (M8+ in 4- and or 8+)
 - Speed order race 2000m (M2- and M8+)

High Performance Coaching

- **COMPETITION:**

- Domestic season consistent
 - Nov 2000m (some), Xmas 2000m (all)
 - Jan 2000m (all – small boat selection)
 - Feb 2000m (all – Nationals for their RPC's)
 - Mar (Selection Trials)
 - End May – June 2000m (Winter Series 1&2 team racing)
 - Mar> World Champs - mandatory weekly team workouts of various distances (all teams at Karapiro)
 - Regular all year various distances (like speed crew training)
 - M2- (LM2x, M2x, W4x, MU234+); M8+ (M4x, M4-'s)

High Performance Coaching

- **COMPETITION:** (cont.)
 - International season consistent
 - World Cups 2 and 3 (M2- only WC 3 in 2015)
 - Sometimes other events, Holland Beker, Henley
 - Invitational events (Kiwi's popular! – Windermere, HofC, etc)
 - Analysis
 - Significant analysis of all relevant performances of NZ crews and opposition
 - Race knowledge and strategy. M2- 61 races
 - Respect opponents but no fear – control own races, learn from mistakes (M2-, M8+)

2014 INTERNATIONAL SEASON

TEAM WORKOUTS

<u>year week</u>	<u>week no.</u>	<u>w/end Sun</u>	<u>away week</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
11	1	16-Mar		Commence training	Karapiro	own training	own training
12	2	23-Mar			Karapiro	5km rate "30"	8km rate "28"
13	3	30-Mar		Sydney - World Cup 1 (28-30) Dep. Mon 24	Karapiro/Penrith	No WC (Syd) crew; 5km rate "30"	No WC (Syd) crew; 4x4km (22-28)
14	4	6-Apr		U23 commence - Mon 31st	Karapiro/U23 break?	No U23's; 8km rate "28"	Elite; 4 x 2km repeat (WS1a)
15	5	13-Apr		New daylight (Mon 7th)	Karapiro	5km open rate or set rate TBC	4 x 4km (rates "22-28")
16	6	20-Apr		Easter (Fri 18 - Sun 20)	Karapiro	5km open rate	Easter Saturday - 4km open
17	7	27-Apr		Easter (Mon 21)	Karapiro	3 x 3km rates "30,32,34"	5 x 2km sub max's
18	8	4-May		Winter Series 1 (Fri 2 - Sun 4)	Karapiro	TUE: 5km open	<u>Winter Series 1</u>
				<i>Power Continuum during WS1 week</i>	<i>Mon. 1x100m; Tue. 5km open; Wed. 1x250m training; Thur. 1x10 str/1x500m training; Fri.-Sun racing 2km</i>		
19	9	11-May			Karapiro	5km rate "30"	8km open rate
20	10	18-May			Karapiro	5km open rate	2 x 4km rates "28, 30"
21	11	25-May			Karapiro	5km open rate	5 x 2km sub max's
22	12	1-Jun		Winter Series 2 (Fri 30 - Sun 1) Junior com.	Karapiro	TUE: 4km open (No juniors)	<u>Winter Series 2</u> (Jun. 1 race)

TEAM WORKOUT - Wednesday 8th APRIL 2015 - 5km rate OPEN

		World record	gaps	8:30am	Start	
		21:04.6		START TIMES	Finish	Version 1 - Tuesday 7th 7:00am
1	u23 w1x	7:27.23		00:00.0		C. Davis
2	elite w1x	7:07.71		00:20.0		L. Trappitt
3	elite w1x	7:07.71		00:30.0		O. Loe
4	u23 m1x	6:46.61		00:50.0		R. Power
5	elite m1x	6:33.35		01:00.0		G. Thomas
6	elite m1x	6:33.35		01:05.0		M. Arms
7	elite w2-	6:50.61		01:30.0		K. Bevan, G. Behrent
8	elite w2-	6:50.61		01:30.0		R. Scown, K. Pratt
9	elite w2-	6:50.61		01:30.0		K. Froude, A. Rowe
10	elite w2-	6:50.61		01:30.0		E. Dyke, R. Tew
11	elite ltwt m1x	6:46.93		01:50.0		A. Ling
12	elite w2-	6:50.61		01:50.0		K. Gowler, G.Prendergast
13	u23 w2x	6:51.58		01:50.0		B. Donoghue, C. Hyde
14	ltwt U23 w2x	6:51.58		00:00.0		J.Kiddle, Z.McBride
15	ltwt elite w2x	6:48.56		00:00.0		J. Edward, S. Mackenzie
16	u23 w4-	6:34.61		03:30.0		H. Greenslade, B. Ross, J. Gowler, H. Fletcher
17	u23 w4x	6:22.11		04:00.0		A. Mills, S. Voss, H. Bailey, L. Kerr
18	elite m2-	6:08.50		04:10.0		P. McInnes, A. Dickinson
19	ltwt u23 m2x	6:14.98		04:15.0		M. Dunham, B. Abernethy
20	elite m2-	6:08.50		06:00.0		H. Bond, E. Murray
21	elite w4x	6:06.84		06:03.0		E. O'Brien, L. Spoons, G. Perry, S. Gray
22	ltwt elite m2x	6:05.36		06:06.0		P. Taylor, H. Cohen
23	u23 m4+	6:03.01		06:06.0		D. Conradie, L. VanVelthooven, C. Webster, C. McCaffrey, S. Bosworth (cox)
24	elite m2x	5:59.72		06:12.0		C. Harris, R. Manson
25	elite m4-	5:37.86		08:00.0		A. Allen, A. Bardoul, B. Kells, F. Howard
26	elite m4-	5:37.86		08:00.0		S. Jones, S. Kirkham, J. Wright, I. Grainger
27	elite m4-	5:37.86		08:00.0		A. Kennedy, B. Robertson, M. Brake, T. Murray
28	ltwt elite m4-	5:43.16		08:05.0		C.Rapley, A. Bond, J. Lassche, J. Hunter
29	u23 m4x	5:39.62		08:05.0		L. Hollows, R. Crampton, C. Crampton, J. Parry
30	elite m4x	5:32.26		08:15.0		K. Manson, G. Bridgewater, J. Storey, J. Uru

NZL MEN'S PAIR (BOND/MURRAY) INTERNATIONAL RESULTS

<u>RACE NO.</u>	<u>EVENTS</u>	<u>YEAR</u>	<u>EVENT</u>	<u>VENUE</u>	<u>RACE</u>	<u>RESULTS</u>	<u>TIME</u>	<u>MARGIN</u>	<u>2ND PLACE</u>	<u>MARGIN</u>	<u>3RD PLACE</u>
		2009	W Cup 1	Banyoles	Heat	<i>DNS</i>					
				Banyoles	SF	<i>DNS</i>					
				Banyoles	FA	<i>DNS</i>					
1			W Cup 2	Munich	Heat	1st	6:24.55	2.67	GBR (PR/ATH)	43.20	HUN (AJ/BS)
				Munich	SF	<i>NR</i>					
2	1			Munich	FA	1st	6:35.47	2.71	GBR (PR/ATH)	8.95	NED (DK/MS)
3			W Cup 3	Lucern	Heat	1st	7:01.79	7.75	FRA (SL/BL)	8.87	CZE (JM/VC)
				Lucern	SF	<i>NR</i>					
4	2			Lucern	FA	1st	6:27.00	5.47	GBR (PR/ATH)	9.90	USA (DB/CC)
5			World Ch	Poznan	Heat	1st	6:31.29	8.87	RSA (SK/RD)	11.45	CAN (DC/ML)
6				Poznan	SF	1st	6:29.86	4.90	FRA (GC/DM)	7.02	USA (DB/CC)
7	3			Poznan	FA	1st	6:15.93	1.52	GBR (PR/ATH)	7.08	GRE (NG/AG)
8		2010	W Cup 1	Bled	Heat	1st	6:29.60	3.52	GBR (CN/TB)	3.78	GER (KW/RS)
9				Bled	SF	1st	7:07.47	7.07	GBR (PR/ATH)	10.39	GRE (NG/AG)
10	4			Bled	FA	1st	6:33.30	1.22	GBR (PR/ATH)	7.76	GRE (NG/AG)
11			W Cup 2	Munich	Heat	1st	6:26.25	12.24	GBR (CN/TB)	18.41	HUN (AJ/BS)
12				Munich	SF	1st	6:46.39	5.87	SRB (MM/NS)	8.82	ROU (IM/ML)
13	5			Munich	FA	1st	6:30.05	0.79	GBR (PR/ATH)	13.48	SRB (MM/NS)
14			W Cup 3	Lucern	Heat	1st	6:26.75	6.91	ITA (NM/LC)	14.30	GER (AK/FD)
15				Lucern	SF	1st	6:27.78	4.12	GER (AK/FD)	5.21	GRE (GT/IC)
16	6			Lucern	FA	1st	6:25.15	2.56	GBR (PR/ATH)	6.39	GRE (GT/IC)
17			World Ch	Karapiro	Heat	1st	6:25.12	10.20	SRB (MM/NS)	12.08	USA (DM/RM)
18				Karapiro	SF	1st	6:50.88	6.55	GBR (PR/ATH)	14.84	ITA (LC/NM)
19	7			Karapiro	FA	1st	6:30.16	0.32	GBR (PR/ATH)	5.84	GRE (GT/IC)

WORLD BEST TIMES

<u>YEAR</u>	<u>EVENT</u>	<u>VENUE</u>	<u>NATION</u>	<u>ATHLETES</u>		
2012	OG	ETON	NZL	(EM/HB)	6:08.50	
2014	W Champ	AMSTERDAM	NZL	(EM/HB)	6:09.34	
2014	W Champ	AMSTERDAM	GBR	(JF/ML)	6:13.75	
2002	W Champ	SEVILLE	GBR	(MP/JC)	6:14.27	
2013	W Champ	CHUNGJU	NZL	(EM/HB)	6:14.67	
2011	W Champ	BLED	NZL	(EM/HB)	6:14.77	
2002	W Champ	SEVILLE	RSA	(RD/DC)	6:15.60	
2015	W Champ	AIGUEBELETTE	NZL	(EM/HB)	6:15.83	
2009	W Champ	POZNAN	NZL	(EM/HB)	6:15.93	
2002	W Champ	SEVILLE	CRO	(SS/NS)	6:15.97	<u>EM/HB - 5</u>
2013	W Cup	ETON	NZL	(EM/HB)	6:16.01	6:12.62
2002	W Champ	SEVILLE	AUS	(DG/JT)	6:16.02	<u>Ave top 10</u>
2011	W Champ	BLED	GBR	(PR/ATH)	6:16.27	6:13.86
2012	OG	ETON	NZL	(EM/HB)	6:16.65	
2014	W Champ	AMSTERDAM	RSA	(VB/SK)	6:16.85	

NB: The FRA have rowed 6:17/6:18 in 2012/2013

WORLD BEST TIMES BY EVENT

2013	W Cup	ETON	NZL	(EM/HB)	6:16.01
2014	W Champ	AMSTERDAM	NZL	(EM/HB)	6:09.34
2012	OG	ETON	NZL	(EM/HB)	6:08.50

MARGINS IN FA (largest/smallest)

2013	W Cup	ETON	POL	(WG/JG)	15.73
2013	W Champ	CHUNGJU	FRA	(GC/DM)	6.76
2012	OG	ETON	FRA	(GC/DM)	4.46

2010	W Cup	MUNICH	GBR	(PR/ATH)	0.79
2010	W Champ	KARAPIRO	GBR	(PR/ATH)	0.32
2012	OG	ETON	FRA	(GC/DM)	4.46

AVERAGES 2009 - 2015

Ave race time	6:28.66	61 races
Ave Wch/OG FA	6:19.67	7 races
Ave Wcup FA	6:26.65	14 races
Ave Wcup/Wch/OG FA	6:24.32	21 races

High Performance Coaching

- **TOURING:** (Icing on the cake! Winter in NZ)
 - Big investment and commitment, 3 months away. First time for M8+ (boredom?) M2- (vegetate!)
 - Good for M2- (distractions of home gone, progress >>)
 - Need 2 teams
 - Need large amount of equipment, good staff (tight team)
 - Keep like speed crews together (coaching appointments need to align as all coaches have multiple crews – challenge as a coach with M2- and M8+ not compatible speed)
 - Suitable training venues. Replicate home centralised, all facilities program. Good now but cost.....

High Performance Coaching

- **COACHING STYLE:**
 - Communicative
 - *Adaptable to needs*
 - Men's Pair: (2 very different people)
 - Manager, Program designer with Dan P.
 - Consensus “innovator” – variety
 - Individual needs and management
 - Time manager (on line diary to manage corporate responsibilities – “career”)
 - Needs based
 - Facilitator (who does what)

High Performance Coaching

- **COACHING STYLE:** (cont.)
 - Communicative
 - *Adaptable to needs*
 - Men's Eight:
 - Move from “dictator” when younger to more crew and individual ownership
 - Still needs strong leadership and common direction in everything (squad / crew size)
 - Routine
 - Keep the fun and variety

High Performance Coaching

- **SUCCESS FACTORS:**
 - Centralisation (athletes with you 11 months of the year – progress, monitor)
 - Good planning and support
 - Hard work (culture)
 - Team workouts (keep competitive edge)
 - Trust in program – success breeds success.
 - Enjoyment (eg; M8+ “mates”)

