

FISA Athletes Commission
Preparing Rowers beyond sport

Friday, 4th September 2015

Athletes Commission



Structure:

- 3 heavyweight men
- 2 lightweight men
- 2 heavyweight women
- 1 lightweight woman
- 1 Para rower (since 2012)

Current members:

Santiago Fernandez (ARG), Sjoerd Hamburger (NED), Igor Boraska (CRO)
Iain Bramble (CAN), Lawrence Sizwe Ndlowu (RSA)
Frida Svenson (SWE), Lenka Dienstbach-Wech (GER)
Amber Halliday (AUS) just retired
Moran Samuel (ISR)



To represent the rowers in gender, weight category and geographically

Proposed new structure:

Reflective of the sport of rowing we propose the Athletes' Commission should be structured with representation comprised of all racing classes:

- ✓ 1 Heavyweight Man
- ✓ 1 Heavyweight Woman
- ✓ 1 Lightweight Man
- ✓ 1 Lightweight Woman
- ✓ 1 Para-Rower

With up to an additional four members which shall be appointed to ensure diverse representation within the Commission by considering the participation percentages of each racing class, gender equity, and universality of the Commission members.



changing to equality within the next two years!

Commission members will represent Athletes and act as their voice within FISA.

- Review issues of interest to Athletes.
- **PROVIDE A FORUM** in which Athletes may share and develop information or ideas as they relate to Athletes.
- Pursue the development and maintenance of systems, which will **DEFINE AND SECURE ATHLETES RIGHTS**
- Serve as **A SOURCE OF ATHLETES OPINION** and advice to the FISA Council and other Commissions with regard to current or contemplated policies and programs.
- Actively **REPRESENT THE INTERESTS** and concerns of Athletes.



What comes after the sports career?

Why?

Internal factors:

- No plan beyond the next training camp
- Employment by national body without career perspective
- Self promotion
- No knowledge of transferable skills
- Chronic self consciousness

External factors

- High pressure from coaches, sponsors and federations
- Multitude of selection races, competition and training camp
- Increasing training hours

Workforce competition:

- Longer study time
- Older than regular students
- Later entry in the working life
- Less internships
- Lack of (female) network in many countries

ACP Program:

1. Education
2. Life Skills
3. Employment

Methods:

1. NOC-Adecco partnerships in over 30 countries
2. Outreach programmes are delivered in countries without an Adecco partnership and at Olympic & Youth Olympic Games
3. Online resources like the athlete's kit and the IOC Athlete MOOC

Prepare – Understand and commit to the career development process

Discover – Investigate your strengths and passion

Research – Find out more information

Plan – Devise a plan for success

Implement – develop skills to fit with your plan and begin to 'live' your plan





Cooperation with FISA



- Meeting with Chantal Buchser in Lausanne December 2014
- Train the trainer Seminar with Claudia Bokel in Frankfurt February 2015
- IOC outreach session Central America in El Salvador with 7 Rowers

Train the Trainer Seminar



Frankfurt



IOC/FISA outreach session El Salvador



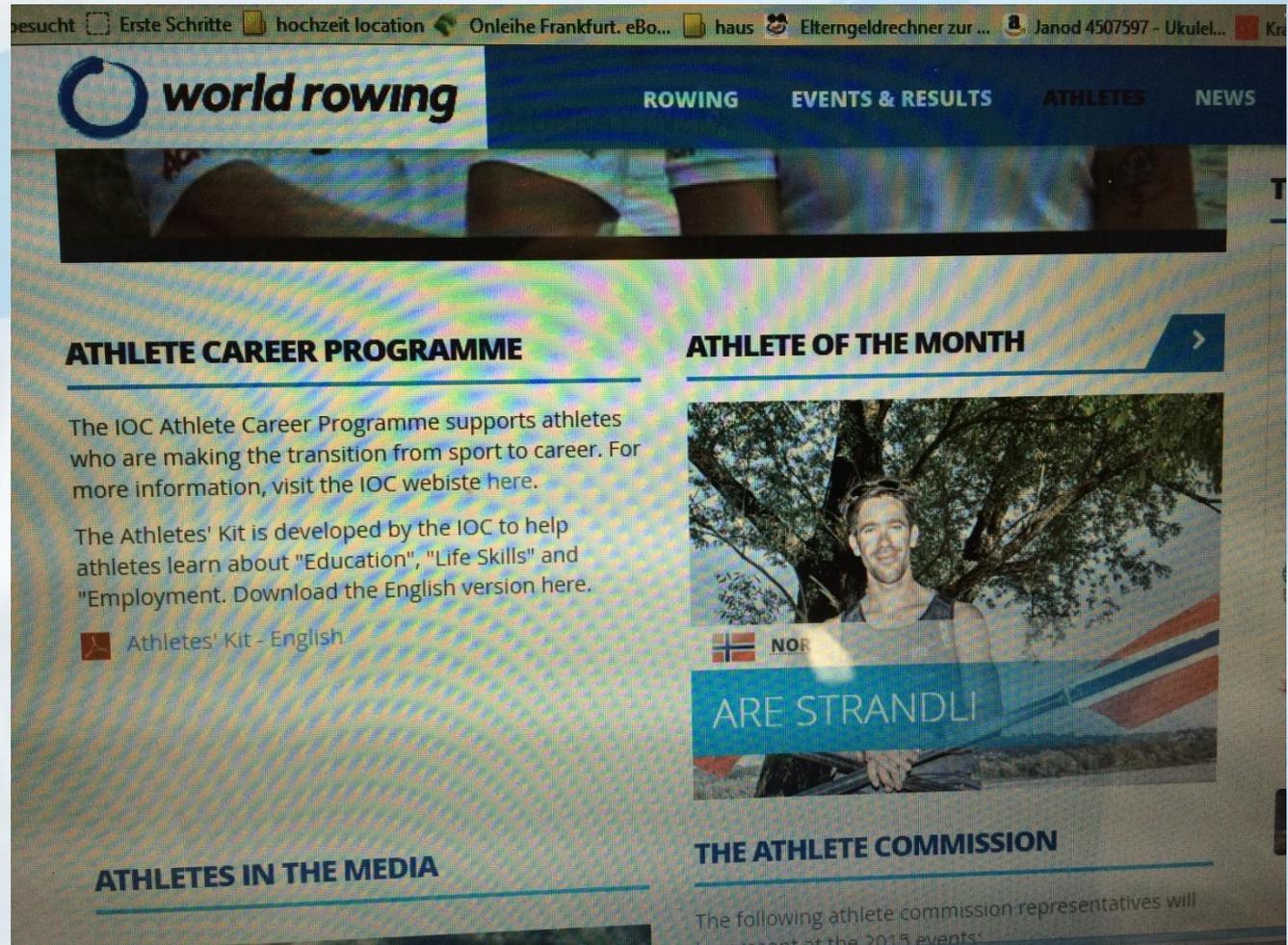
June 6th



Vision:

- **ACP Seminar in Tunisia at the Development Camp with Lawrence Ndlowu**
- **ACP Seminar in Seville at the Women's Development Camp**
- **ACP Seminar around the European Development Camp**
- **ACP Seminar around the Junior Championships**

Athletes Zone

A screenshot of the World Rowing website's Athletes Zone. The page has a dark blue header with the "world rowing" logo and navigation links for "ROWING", "EVENTS & RESULTS", "ATHLETES", and "NEWS". Below the header is a large banner image of rowers. The main content area is divided into two columns. The left column features a section titled "ATHLETE CAREER PROGRAMME" with text about the IOC Athlete Career Programme and the Athletes' Kit. The right column features a section titled "ATHLETE OF THE MONTH" with a photo of a male athlete and the name "ARE STRANDLI" and the Norwegian flag. At the bottom, there is a section titled "ATHLETES IN THE MEDIA" and "THE ATHLETE COMMISSION".

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world rowing ROWING EVENTS & RESULTS ATHLETES NEWS

ATHLETE CAREER PROGRAMME

The IOC Athlete Career Programme supports athletes who are making the transition from sport to career. For more information, visit the IOC website here.

The Athletes' Kit is developed by the IOC to help athletes learn about "Education", "Life Skills" and "Employment. Download the English version here.

 Athletes' Kit - English

ATHLETE OF THE MONTH



ARE STRANDLI

 NOR

ATHLETES IN THE MEDIA

THE ATHLETE COMMISSION

The following athlete commission representatives will be present at the 2013 events:

