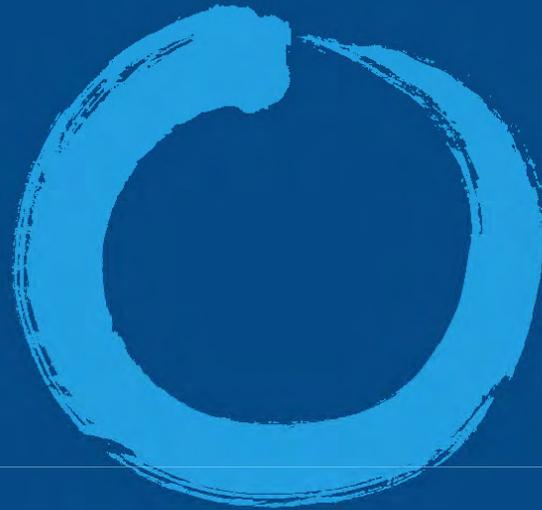


*2012*  
***world***  
***rowing***

*Limerick, Ireland*



*coaches*  
*conference*

# German Rowing

The story behind the M8+ and M4x



**Ralf Holtmeyer**

**Germany**  
**M8+ / M4x**



**Marcus Schwarzrock**

## Agenda

- The structure of German Rowing I
- A recap of the M8+ M4x: *structure and tradition*
- The boats in detail
  - M8+ *instinct*
  - M4x *analysis*
- The structure of German Rowing II
- The Essence

# German Rowing

## The story behind the M8+ and M4x

### Great History concerning Success in Rowing:

- **Men's Eight ( Adam + Holtmeyer)**
- **Sculling Program = Kolbe – Lange – Hacker**
- **Women's Sculling = continuously medalling at the OG**

### High Performance Principles / Science Support

- **Training Center Structure**
- **Many Clubs are performance oriented**
- **Universities / FES / IAT**

### Coaches in Rowing

- **Training Center ( 12 ft coaches)**
- **+20 Coaches in Development**
- **+Club Coaches**

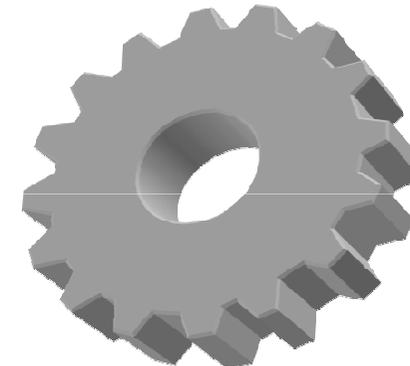
### Established Development Program

- **Clubs / Recruiting**
- **U 19**
- **U 23**

### Financial Supportsystem

- **To be discussed**

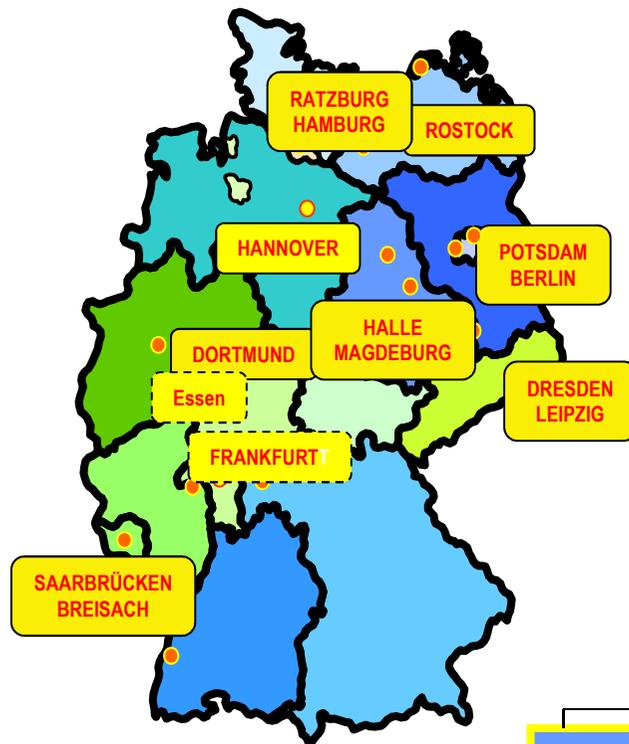
## Tradition and System



# German Rowing

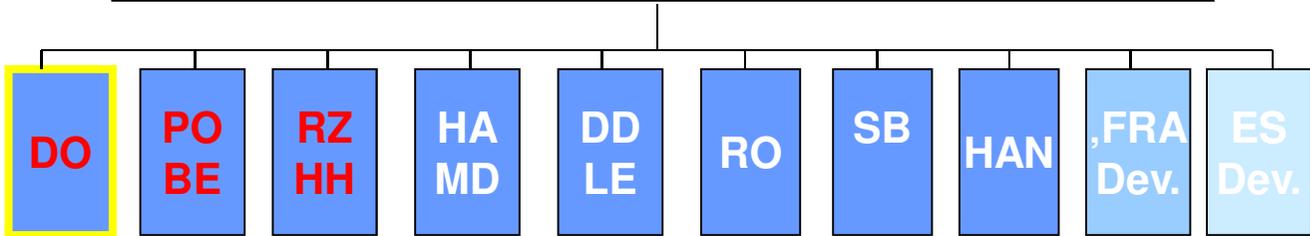
## The story behind the M8+ and M4x

### The background to success



10 bases  
14 sites

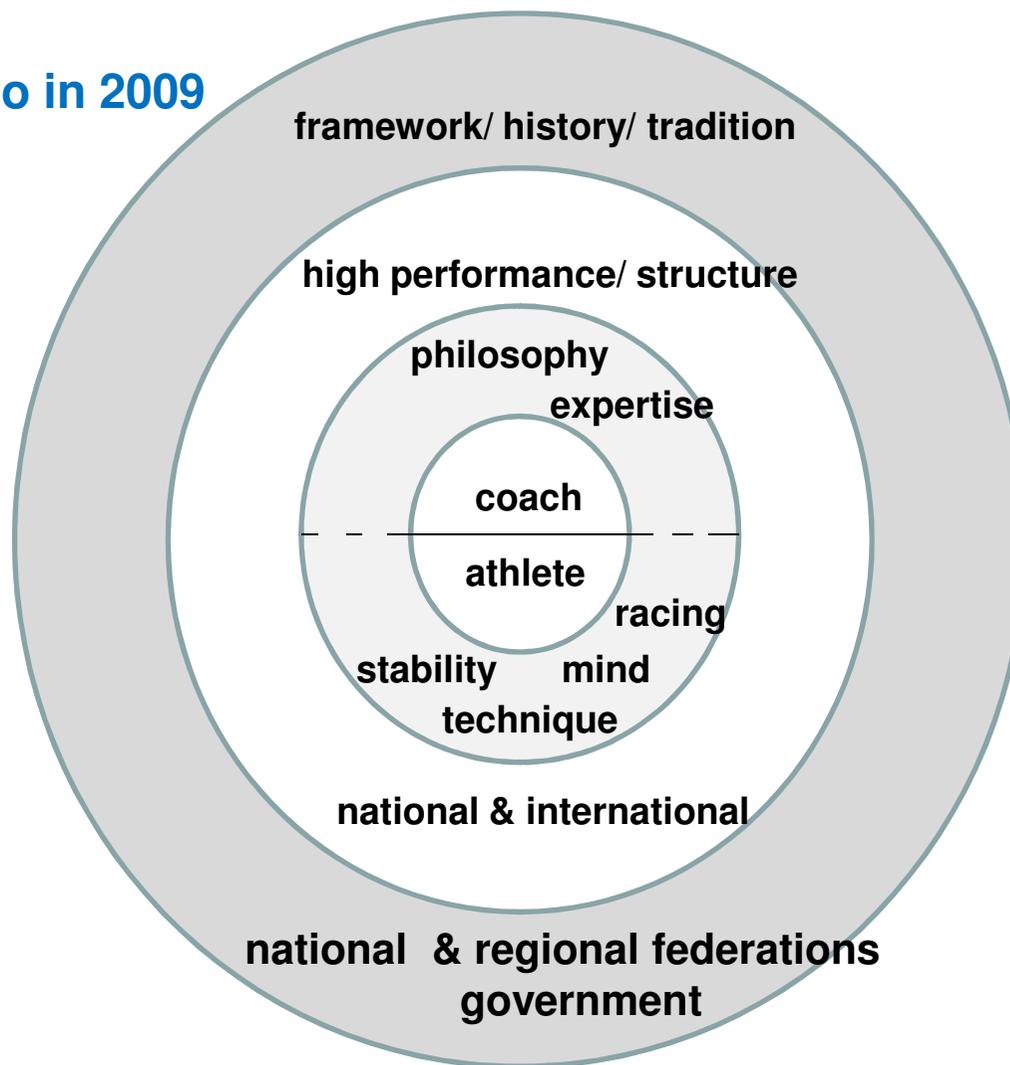
### Training Center Structure 2009-12



# German Rowing

The story behind the M8+ and M4x

## What we set out to do in 2009



# German Rowing

The story behind the M8+ and M4x



## The German Structure

M8+

# German Rowing

## The story behind the M8+ and M4x

### History and Motivation

#### M8+

- 1988 Olympic Gold Medalist
- 1992 Olympic Bronze Medalist
- 1996 Olympic Silver Medalist

#### 2008 Dismantle the German Eight

- 2009 World Champion
- 2010 World Champion
- 2011 World Champion
- 2012 Olympic Gold Medalist



# German Rowing

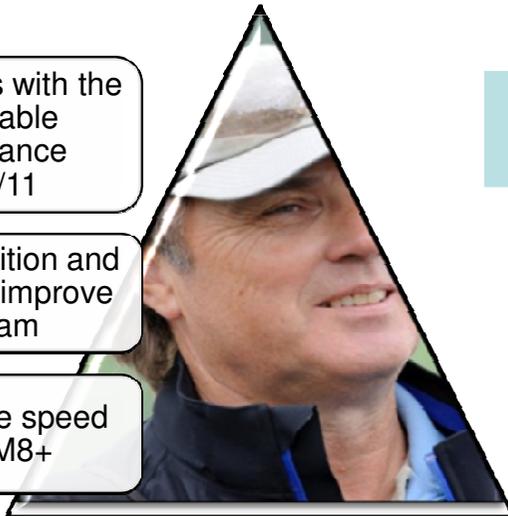
## The story behind the M8+ and M4x

### What they set out to do in 2009

find athletes with the most stable performance  
09/10/11

use competition and success to improve the team

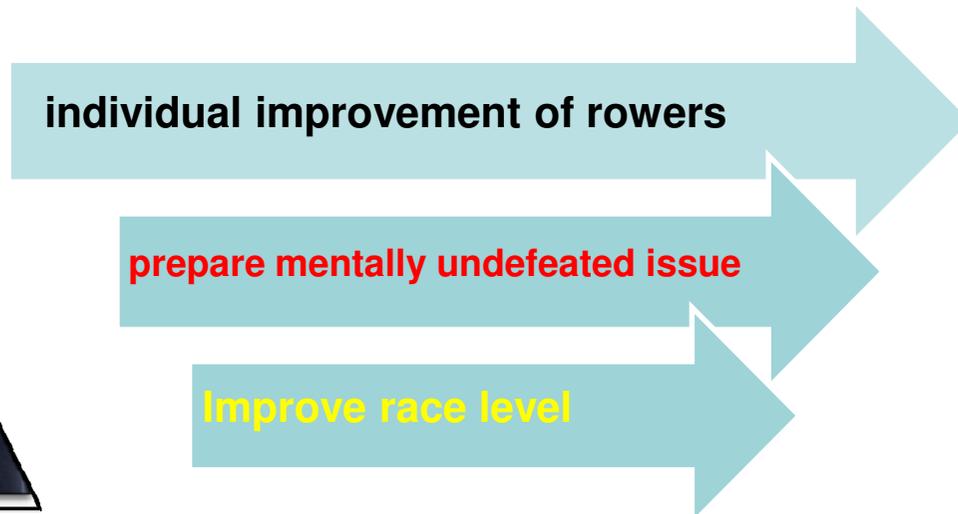
improve the speed of the M8+



**individual improvement of rowers**

**prepare mentally undefeated issue**

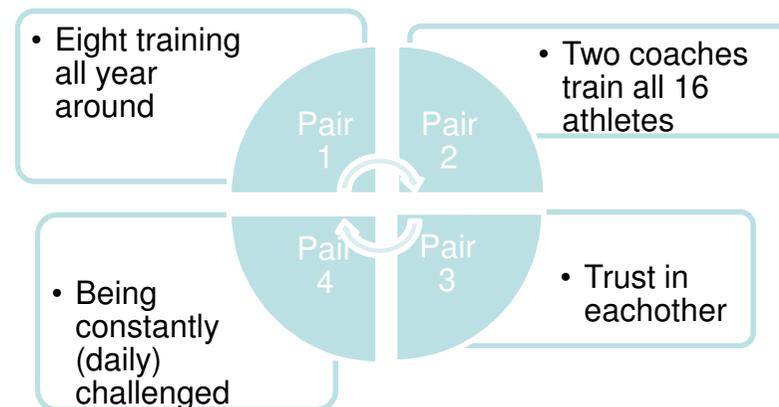
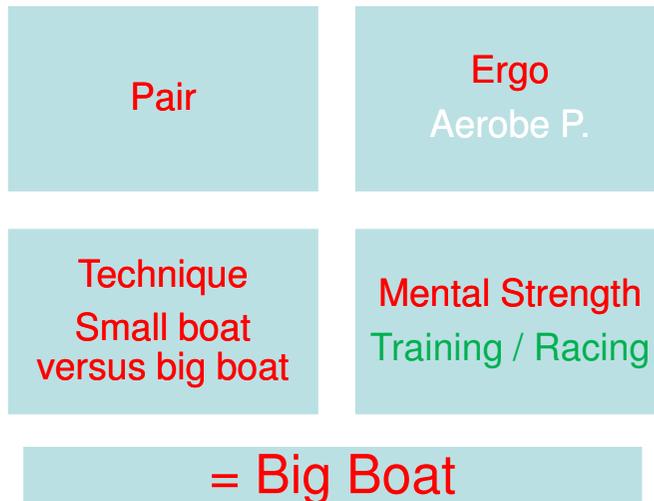
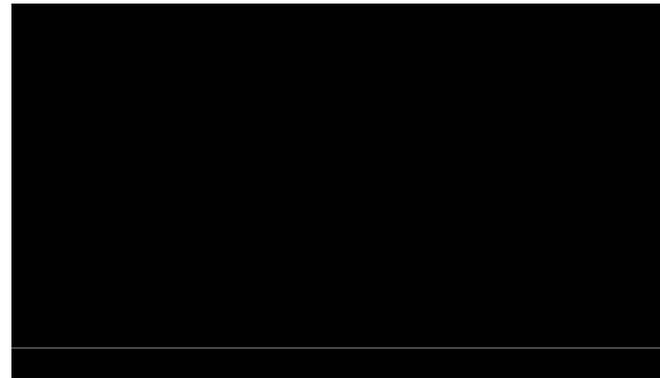
**improve race level**



# German Rowing

## The story behind the M8+ and M4x

### Selection of - Big Boats -



# German Rowing

## The story behind the M8+ and M4x

### Selection of - Big Boats -



M2- test 2009:  
1-6: Ø 87,88%

M2- test 2010:  
1-6: Ø 91,64%

M2- test 2011:  
1-6: Ø 92,97%

M2- test 2012:  
1-6: Ø 94,87%

3% increase in erg time

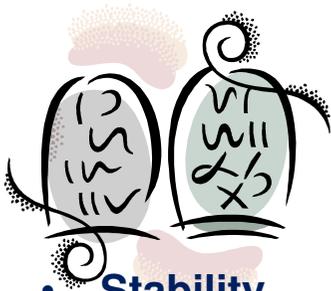
8% increase in watts

A typical Olympic preparation	TC	WC 2012	Test	TC Dec	TC Jan	TC Mar	Test	Test	Test	WC I
	M8+	M8+	M2-	25 h 200 km M2-	22 h 180 km M4- M8+	22 h 180 km M2-	M2-	M2-	M2-	M8+

# German Rowing

## The story behind the M8+ and M4x

### What they did



- **Stability**
- **Racing**
- **Technique**
- **Mind**

2009 8 athletes based on pairs	2010 2 new athletes 6 remain	2011 2 further athletes 4 remain	2012 balanced boat with 50% change to '09
<ul style="list-style-type: none"> <li>• Top 4 pairs</li> <li>• Pool of athletes</li> <li>• Constant training</li> <li>• Finding talent</li> </ul>	<ul style="list-style-type: none"> <li>• Top 4 pairs</li> <li>• Pool of athletes</li> <li>• Constant training</li> <li>• Molding talent</li> </ul>	<ul style="list-style-type: none"> <li>• Top 4 pairs</li> <li>• Pool of athletes</li> <li>• Constant training</li> <li>• Unfolding talent</li> </ul>	<ul style="list-style-type: none"> <li>• Pool of athletes</li> <li>• Permanent training</li> <li>• Honing talent</li> </ul>
Poznan: 6:00,98	Karapiro: 5:58,73	Bled: 5:53,88	London: 5:51,5

# German Rowing

## The story behind the M8+ and M4x

### Pressure: a major factor

#### Men's Eight - Heats

The "big boat," the Men's Eight will not disappoint for great racing this year. The storylines are numerous: Germany, the favorites, is undefeated in 34 races since Beijing. Great Britain has paced the Germans this season and will be looking to pounce on home waters. Canada, the 2008 Olympic champions, have had a quiet few years but punctuated their comeback season this year with a new world record time at the World Cup stop in Lucerne earlier this summer. Australia has looked strong this year, and should be



# German Rowing

## The story behind the M8+ and M4x



### **M8+**

- It's impressive to train for a particular moment
- It's an achievement to train for every moment
- For four years ! In good health ! *Medical staff !*

# German Rowing

The story behind the M8+ and M4x



## The German Structure

M4x

# German Rowing

## The story behind the M8+ and M4x

### History and Motivation

#### M4x

- 1988 Olympic Bronze Medalist
- 1992 Olympic Gold Medalist
- 1996 Olympic Gold Medalist
- 2000 Olympic Bronze Medalist



#### 2004-09 The Rebuilding Phase

- 2010 4th
- 2011 2nd
- 2012 Olympic Gold Medalist



## M4x

- Working together and becoming one
- Rebuilding
- Overcoming selection
- Being second
- Fighting the crab



# German Rowing

## The story behind the M8+ and M4x

### Selection by numbers

Finale A	2000m	2 k	6 k
1	<b>06:46,4</b>	1 05:44,3	18:12,4
2	<b>06:50,4</b>	2 05:46,8	
3	<b>06:50,9</b>	3 05:47,3	
4	<b>06:51,0</b>	4 05:48,5	19:05,5
5	<b>06:51,2</b>	5 05:51,3	
6	<b>06:53,9</b>	6 05:52,1	
7		7 05:53,0	
8		8 05:53,2	
<b>Finale B</b>	<b>06:53,6</b>	9 05:55,3	
2	<b>06:54,2</b>	10 05:55,7	
3	<b>06:54,7</b>	11 05:55,9	
		12 05:57,5	
		13 05:57,8	
		14 05:59,7	
		15 05:59,7	
		16 06:00,6	
		17 06:04,6	

**Depth but  
variance**

### Mannschaftsaufstellungen M 4x 2008 – 2012

Weltmeisterschaften bzw. Olympische Spiele

	2008	2009	2010	2011	2012
<b>GER</b>	Krüger Bertram Gruhne Schreiber <small>Platz 6</small>	Grohmann Brodowski Hacker Bartels <small>Platz 3</small>	Gruhe Grohmann Schoof Rocher <small>Platz 4</small>	Schulze Wende Schoof Grohmann <small>Platz 2</small>	Schulze Wende Schoof Grohmann <small>Platz 1</small>
<b>CRO</b>	DNS	Sain Sinkovic Martin Sinkovic <small>Platz 4</small>	Sain Sinkovic Martin Sinkovic <small>Platz 1</small>	Sain Sinkovic Martin Sinkovic <small>Platz 3</small>	Sain Sinkovic Martin Sinkovic <small>Platz 2</small>
<b>AUS</b>	Long Morgan McRae Noonan <small>Platz 4</small>	Hudson Crawshay Bidwell Noonan <small>Platz 2</small>	Forsterling Crawshay McRae Noonan <small>Platz 3</small>	Morgan McRae Forsterling Noonan <small>Platz 1</small>	Morgan McRae Forsterling Noonan <small>Platz 3</small>
<b>EST</b>	Taimsoo Raja Kuzmin Latin <small>Platz 9</small>	Jamsae Endrekon Kuzmin Latin <small>Platz 10</small>	DNS	Jamsae Endrekon Kuslap Anderson <small>Platz 16</small>	Jamsae Endrekon Taimsoo Raja <small>Platz 4</small>
<b>GBR</b>	DNS	Abgem.	Rowbotham Cousin Townsend Lucas <small>Platz 7</small>	Rowbotham Solesbury Townsend Lucas <small>Platz 7</small>	Rowbotham Cousins Solesbury Wells <small>Platz 5</small>
<b>POL</b>	Wasilewski Kolbowicz Jelinski Korol <small>Platz 1</small>	Wasilewski Kolbowicz Jelinski Korol <small>Platz 1</small>	Wasilewski Kolbowicz Jelinski Korol <small>Platz 1 (EM)</small>	Wasilewski Kolbowicz Jelinski Licznanski <small>Platz 4</small>	Wasilewski Kolbowicz Jelinski Korol <small>Platz 6</small>

# German Rowing

## The story behind the M8+ and M4x

### Selection of - Big Boats -



Small Boat 1x  
most important

**Ergo Performance**  
**Aerobe P.**  
Consider Body Weight

matching  
seat place  
characteristic

**Mental Strength**  
Stability over  
3 years

= M 4x

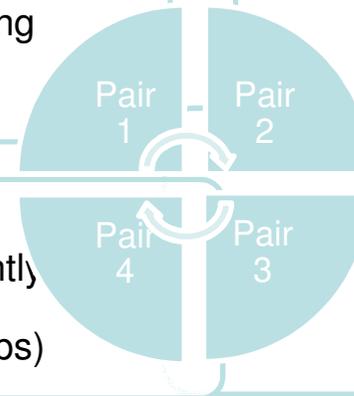
Multiple role as a coach – club, base, boat class ...vulnerable to critics regarding selection (preference of own athletes)

• Frequent quad training

• One coach manages a pool of 10 athletes

• Being constantly challenged (Training camps)

Trust in each other



# German Rowing

## The story behind the M8+ and M4x

### M4x

- It's an achievement to train for a particular moment
- Ø 24,25 years
- selection vs stability
- Health
- Peak performance



# German Rowing

## The story behind the M8+ and M4x

### The murky waters

- **Is there a right or wrong way ?**
- **Can small boats really be a good reference for building an 8+ ?**
  - Ability to move a big boat?
  - Seat racing?
- **What is the goal of the organization and the role of politics ?**
- **Selection: fair, transparent, planned and performance oriented ?**
- **Power: influence of selectors, boat coach, politics**
- **Are coaches unbiased?**



# German Rowing

## The story behind the M8+ and M4x



### The German Structure

- Rowing bases
- Financing
- The Constant Comparison
- The Essence

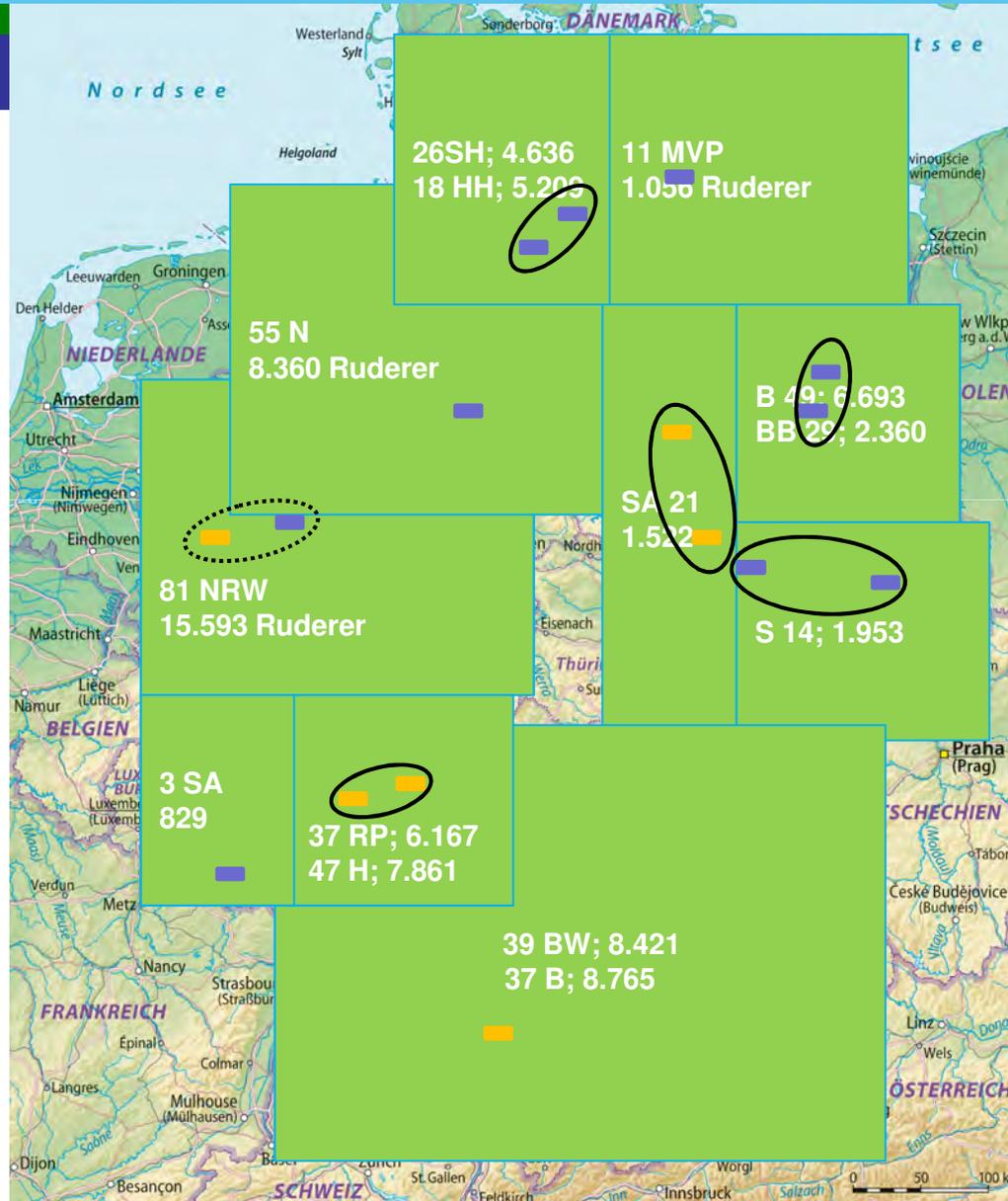
# German Rowing

## The story behind the M8+ and M4x

Deutscher Ruderverband



Structure  
2013-2016



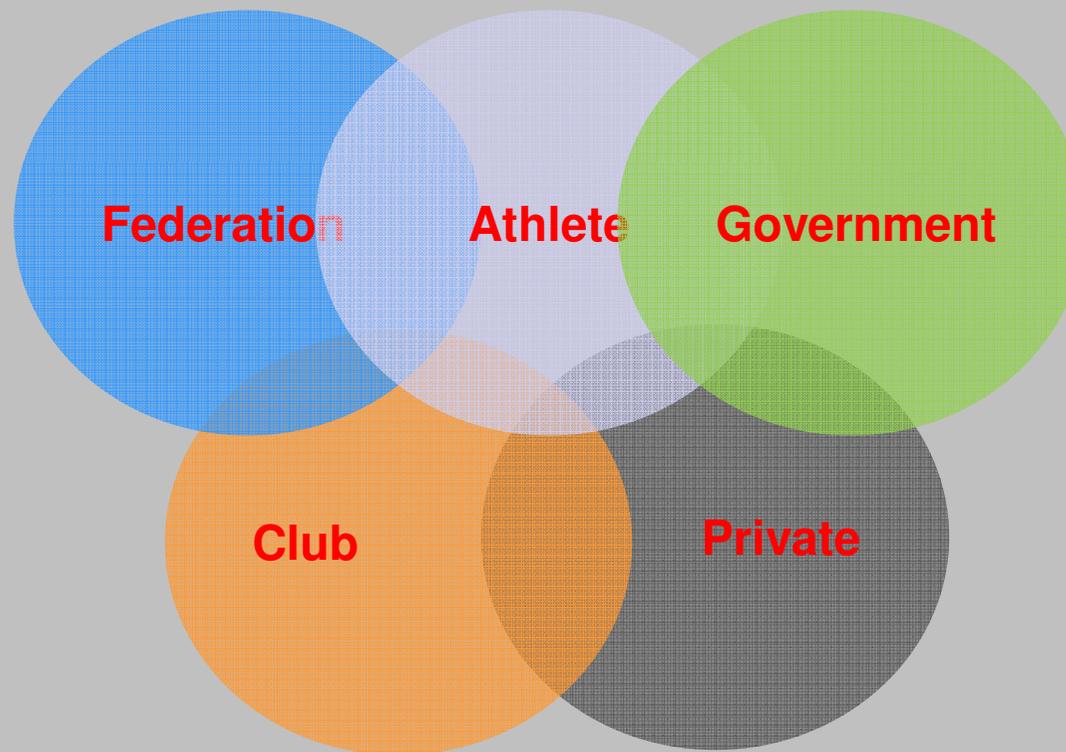
Senior  
base

Development  
base

# German Rowing

The story behind the M8+ and M4x

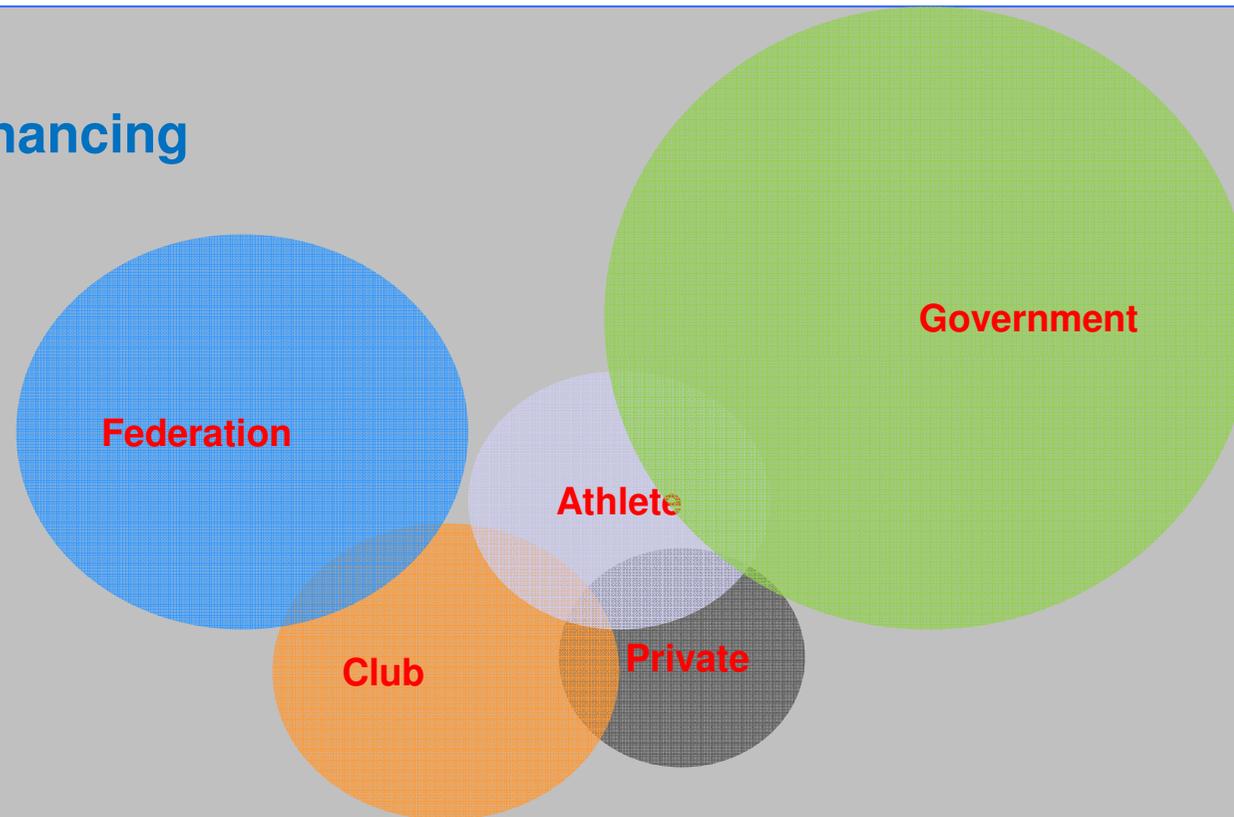
## Olympic Financing



# German Rowing

The story behind the M8+ and M4x

## Olympic Financing



# German Rowing

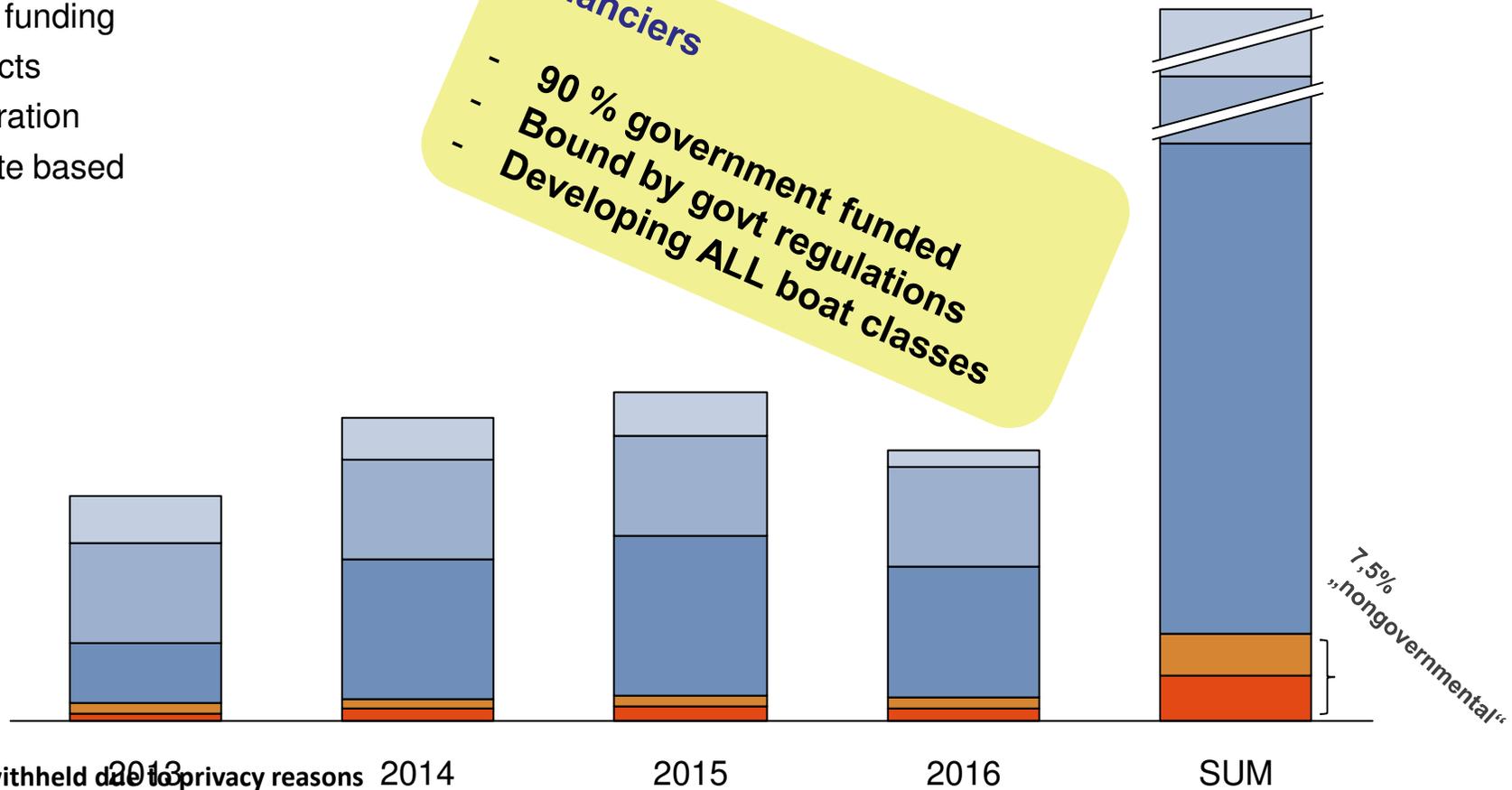
## The story behind the M8+ and M4x

### The Olympic Cycle in „numbers“

- World Championships
- Base funding
- Projects
- Federation
- Athlete based

**Financiers**

- 90 % government funded
- Bound by govt regulations
- Developing ALL boat classes



# German Rowing

## The story behind the M8+ and M4x

U 19 WM*				
	G	S	B	Total
ITA	4	0	1	5
ROU	3	2	2	7
<b>GER</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>6</b>
NZL	1	0	2	3
CHN	1	0	1	2
LTU	1	0	0	1
CZE	1	0	0	1
<b>USA</b>	<b>0</b>	<b>4</b>	<b>0</b>	<b>4</b>
GRE	0	1	1	2
UKR	0	1	0	1
LAT	0	1	0	1
RSA	0	1	0	1
SLO	0	1	0	1
SRB	0	0	2	2
<b>GBR</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>
SUI	0	0	1	1

U 23 WM*				
	G	S	B	Total
<b>GER</b>	<b>4</b>	<b>6</b>	<b>5</b>	<b>15</b>
ITA	3	2	1	6
<b>USA</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>3</b>
NZL	2	0	3	5
AUT	2	0	0	2
AUS	1	2	2	5
<b>GBR</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>
GRE	1	1	1	3
BLR	1	0	1	2
CAN	1	0	1	2
UKR	1	0	0	1
AZE	1	0	0	1
SRB	1	0	0	1
FRA	0	2	1	3
NED	0	1	2	3
ESP	0	1	0	1
DEN	0	1	0	1
POL	0	1	0	1
RSA	0	1	0	1
RUS	0	0	1	1
CYP	0	0	1	1

OS/WM*				
	G	S	B	Total
<b>GBR</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>9</b>
NZL	3	1	2	6
<b>GER</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>4</b>
DEN	2	2	1	5
POL	2	0	1	3
ITA	1	2	1	4
<b>USA</b>	<b>1</b>	<b>0</b>	<b>3</b>	<b>4</b>
CZE	1	1	0	2
BLR	1	0	1	2
UKR	1	0	0	1
RSA	1	0	0	1
GRE	1	1	1	3
AUS	0	3	2	5
CAN	0	2	1	3
FRA	0	2	1	3
CHN	0	1	2	3
NED	0	1	1	2
CRO	0	1	0	1
AUT	0	1	0	1
HUN	0	1	0	1
SLO	0	0	1	1

- GER:  
...
- GBR: ...
- USA: ...
- NZL:  
...
- ITA:  
...

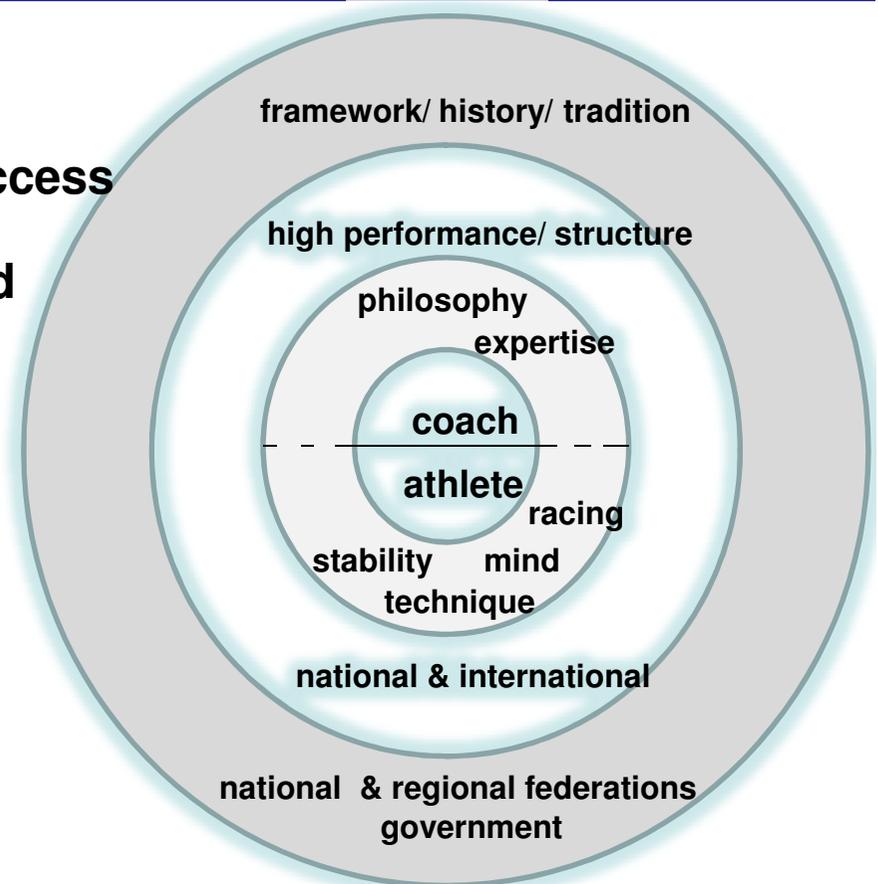
\* Inkl. nicht olympischer Bootsklassen

# German Rowing

## The story behind the M8+ and M4x

### The Essence

- **Different approaches can lead to success**
- **Athletic success cannot be predicted**
- **Success is a combination of**
  - Goal setting,
  - the approach,
  - **the external structure**
  - **internal drive,**
  - talent!
- **Success can be supported in a stable but flexible structure**
- **Success lies in ...**



# German Rowing

## The story behind the M8+ and M4x

### The Essence

## The Coach



## The Team



One is responsible for his own actions.  
Responsibility starts at the bottom and  
works its way up.

# German Rowing

The story behind the M8+ and M4x



**Any Questions ?**