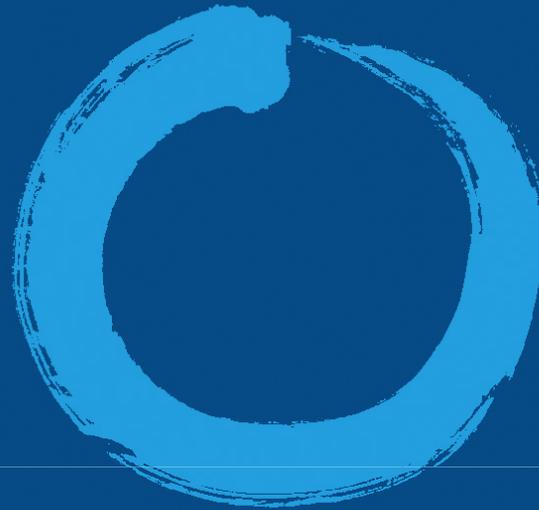


2012
world
rowing

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**

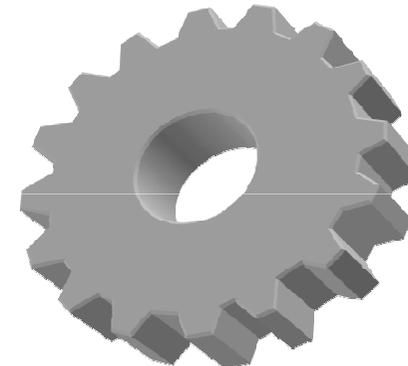
Established Development Program

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

Financial Supportsystem

- **To be discussed**

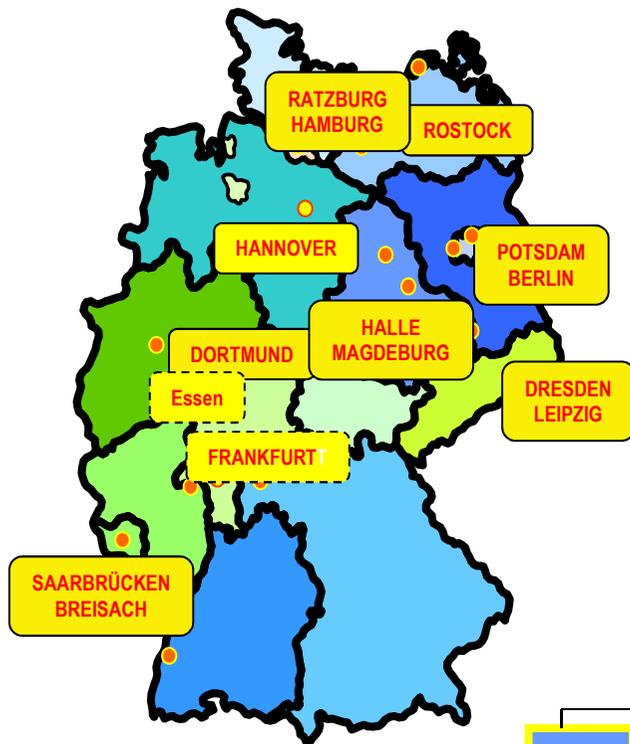
Tradition and System



German Rowing

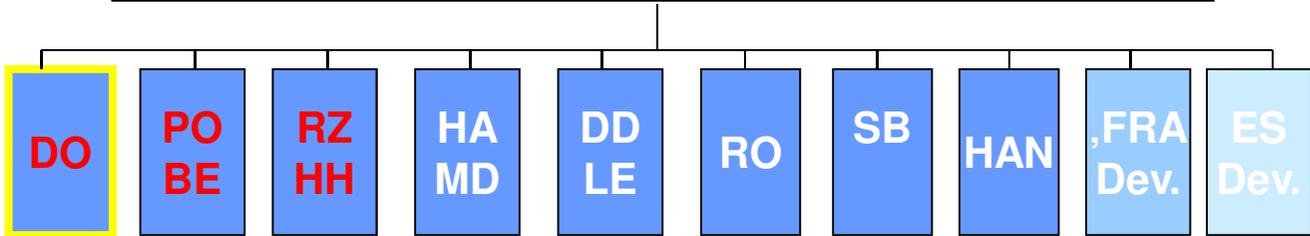
The story behind the M8+ and M4x

The background to success



10 bases
14 sites

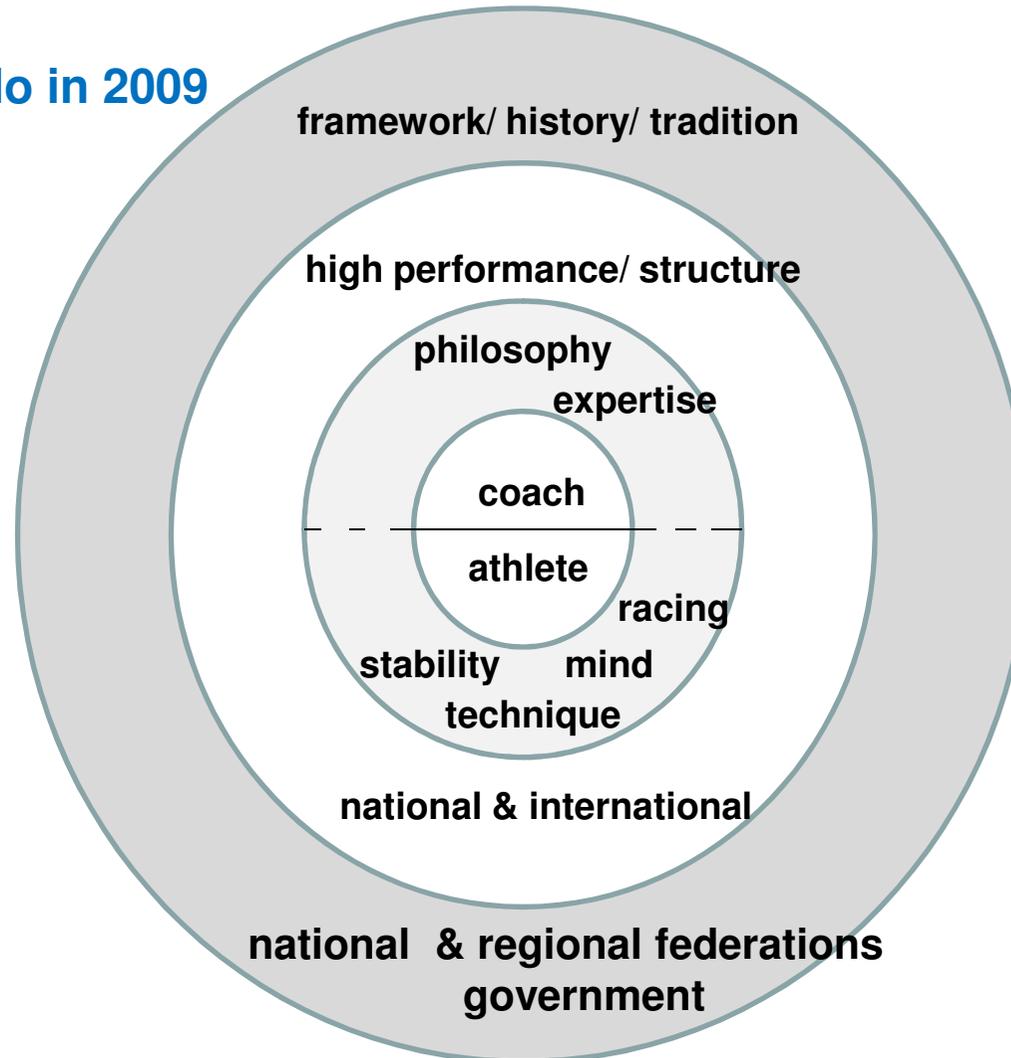
Training Center Structure 2009-12



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

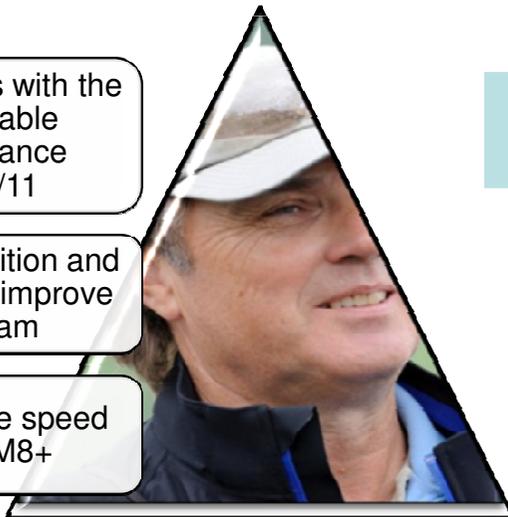
The story behind the M8+ and M4x

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 -



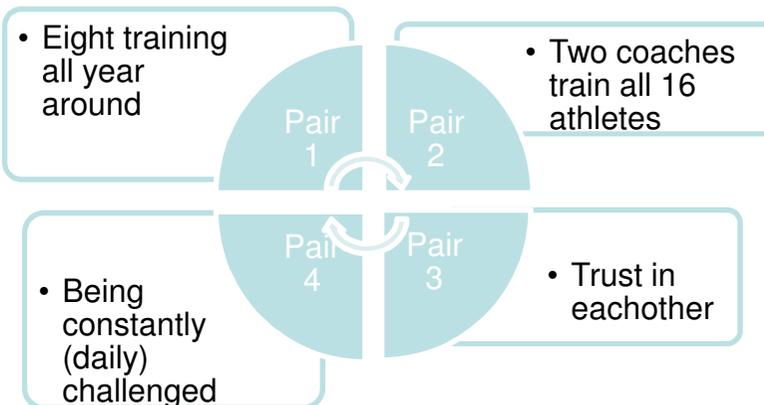
Pair

Ergo
Aerobe P.

Technique
Small boat
versus big boat

Mental Strength
Training / Racing

= Big Boat



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

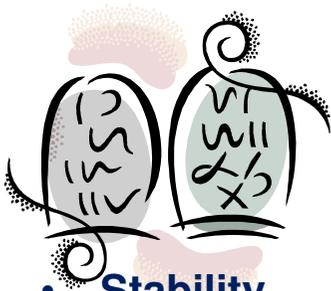
8% increase in watts

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"> • Top 4 pairs • Pool of athletes • Constant training • Finding talent 	<ul style="list-style-type: none"> • Top 4 pairs • Pool of athletes • Constant training • Molding talent 	<ul style="list-style-type: none"> • Top 4 pairs • Pool of athletes • Constant training • Unfolding talent 	<ul style="list-style-type: none"> • Pool of athletes • Permanent training • Honing talent
Poznan: 6:00,98	Karapiro: 5:58,73	Bled: 5:53,88	London: 5:51,5

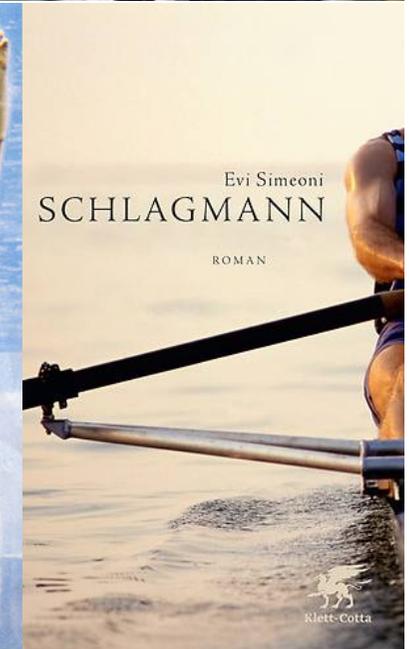
German Rowing

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	06:46,4	1 05:44,3	18:12,4
2	06:50,4	2 05:46,8	
3	06:50,9	3 05:47,3	
4	06:51,0	4 05:48,5	19:05,5
5	06:51,2	5 05:51,3	
6	06:53,9	6 05:52,1	
7		7 05:53,0	
8		8 05:53,2	
Finale B	06:53,6	9 05:55,3	
2	06:54,2	10 05:55,7	
3	06:54,7	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
GER	Krüger Bertram Gruhne Schreiber Platz 6	Grohmann Brodowski Hacker Bartels Platz 3	Gruhe Grohmann Schoof Rocher Platz 4	Schulze Wende Schoof Grohmann Platz 2	Schulze Wende Schoof Grohmann Platz 1
CRO	DNS	Sain Sinkovic Martin Sinkovic Platz 4	Sain Sinkovic Martin Sinkovic Platz 1	Sain Sinkovic Martin Sinkovic Platz 3	Sain Sinkovic Martin Sinkovic Platz 2
AUS	Long Morgan McRae Noonan Platz 4	Hudson Crawshay Bidwell Noonan Platz 2	Forsterling Crawshay McRae Noonan Platz 3	Morgan McRae Forsterling Noonan Platz 1	Morgan McRae Forsterling Noonan Platz 3
EST	Taimsoo Raja Kuzmin Latin Platz 9	Jamsae Endrekon Kuzmin Latin Platz 10	DNS	Jamsae Endrekon Kuslap Anderson Platz 16	Jamsae Endrekon Taimsoo Raja Platz 4
GBR	DNS	Abgem.	Rowbotham Cousin Townsend Lucas Platz 7	Rowbotham Solesbury Townsend Lucas Platz 7	Rowbotham Cousins Solesbury Wells Platz 5
POL	Wasilewski Kolbowicz Jelinski Korol Platz 1	Wasilewski Kolbowicz Jelinski Korol Platz 1	Wasilewski Kolbowicz Jelinski Korol Platz 1 (EM)	Wasilewski Kolbowicz Jelinski Licznanski Platz 4	Wasilewski Kolbowicz Jelinski Korol Platz 6

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

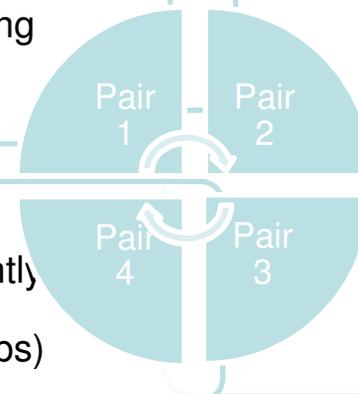
Multiple role as a coach – club, base, boat class ...vulnerable to critics regarding selection (preference of own athletes)

• 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



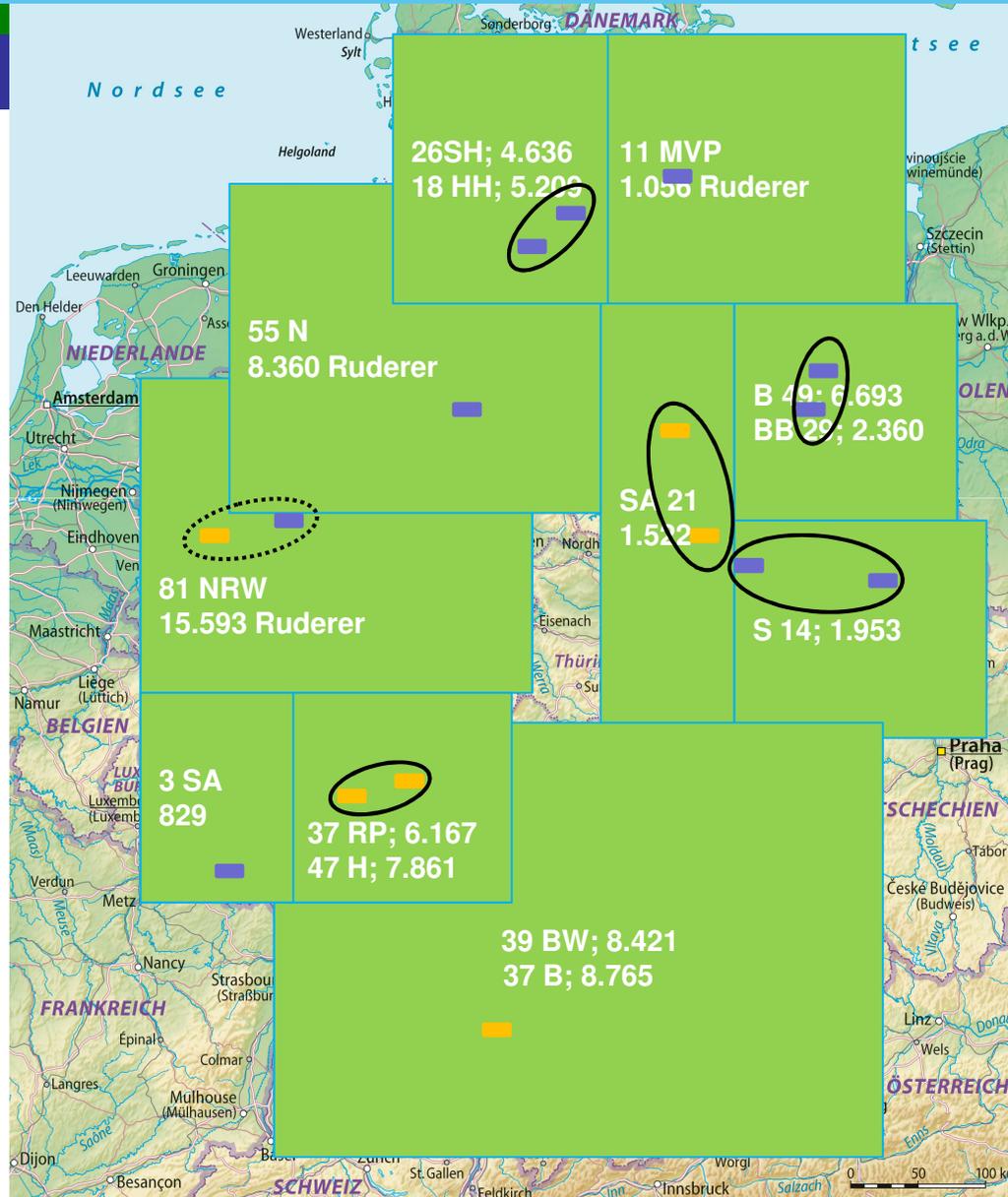
The German Structure

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

German Rowing

The story behind the M8+ and M4x

Structure 2013-2016



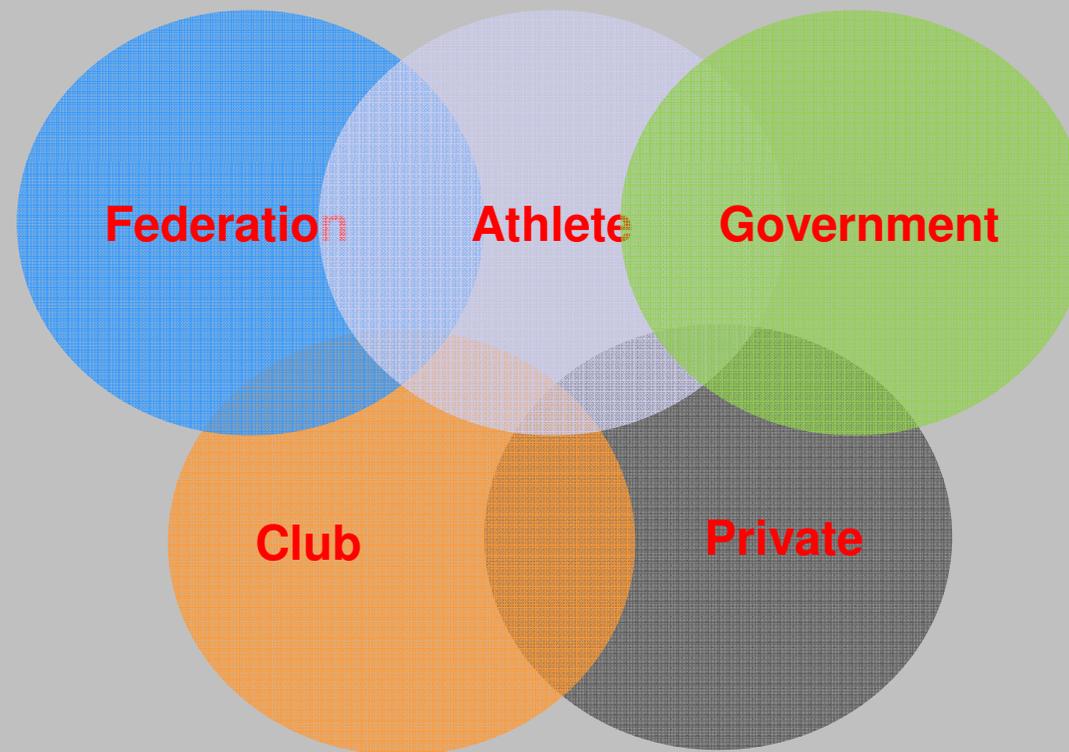
Senior base

Development base

German Rowing

The story behind the M8+ and M4x

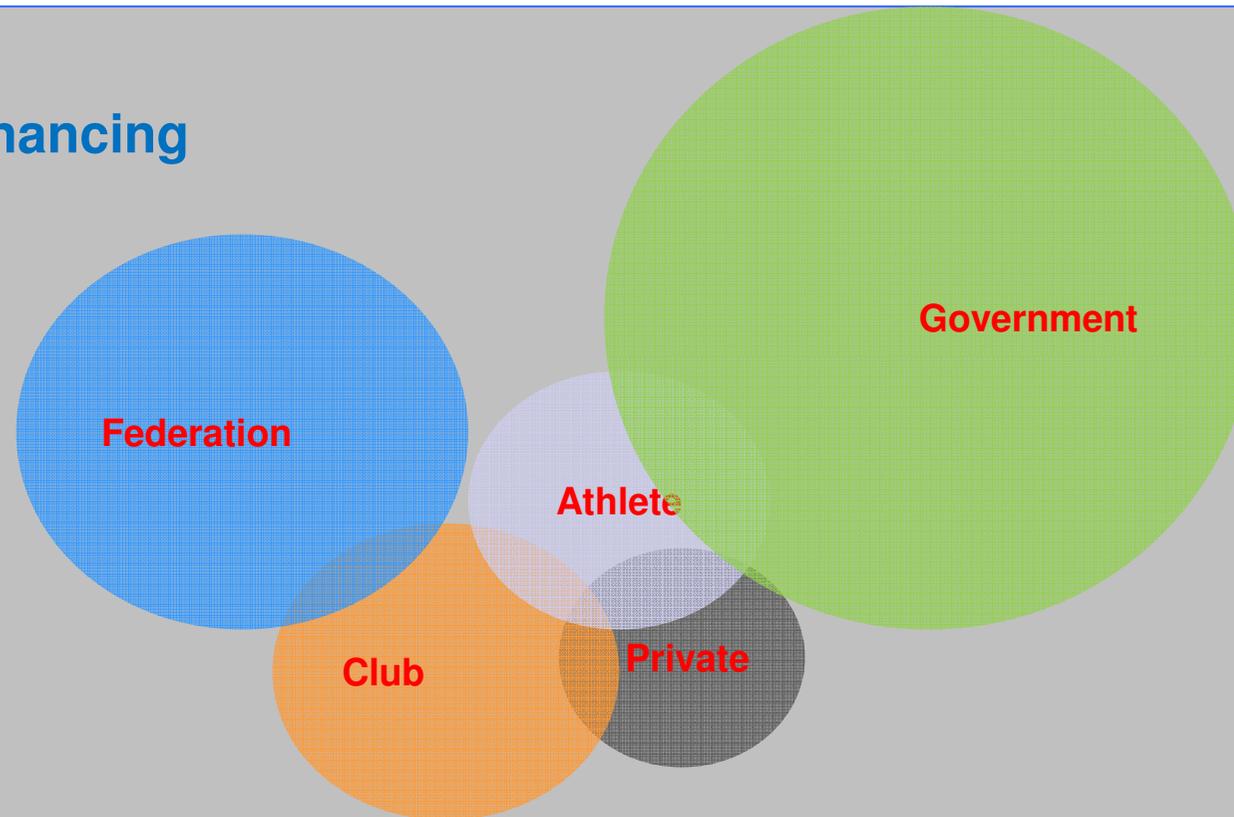
Olympic Financing



German Rowing

The story behind the M8+ and M4x

Olympic Financing



German Rowing

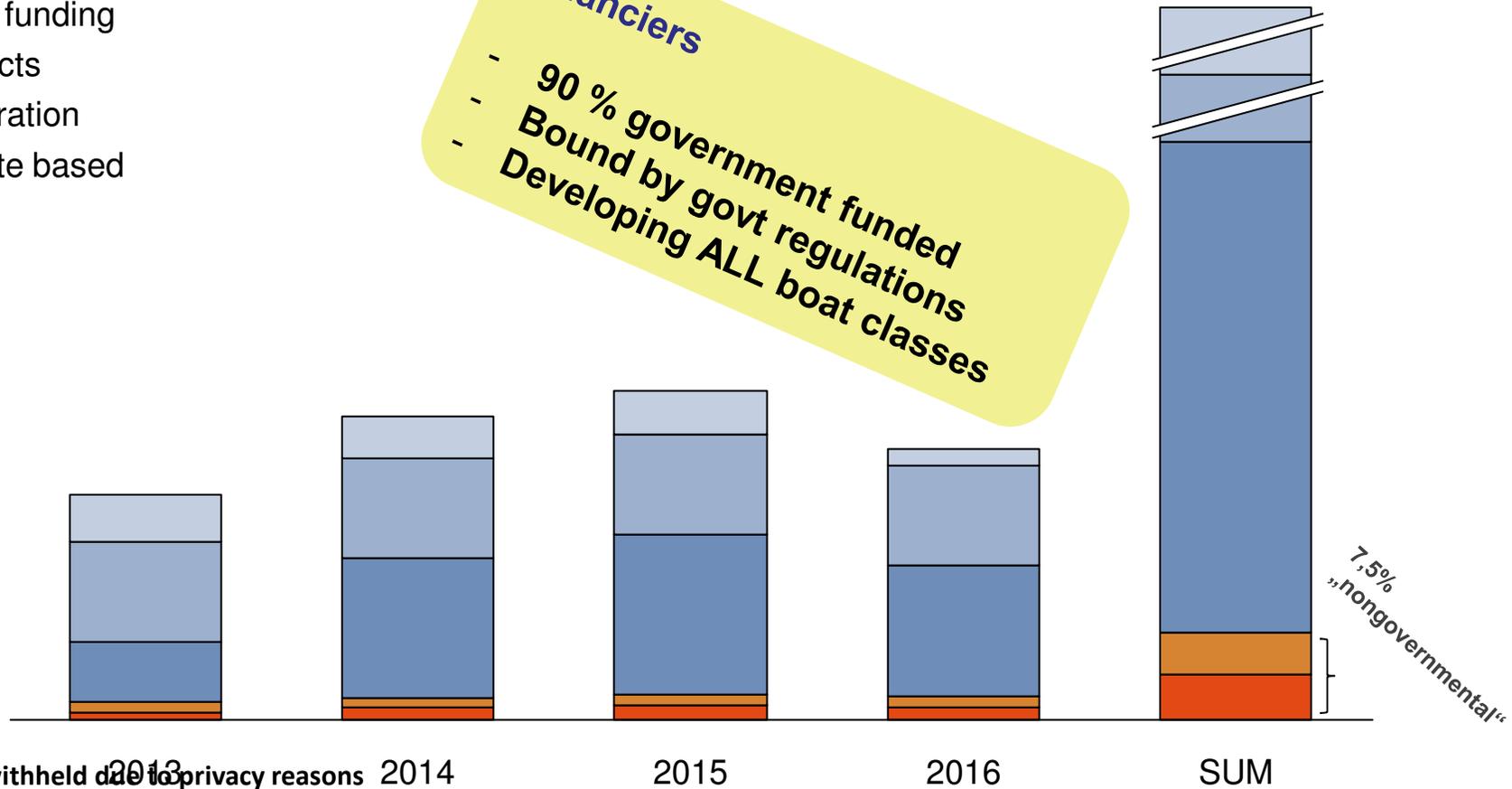
The story behind the M8+ and M4x

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



exact EUR are withheld due to privacy reasons

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
GER	2	2	2	6
NZL	1	0	2	3
CHN	1	0	1	2
LTU	1	0	0	1
CZE	1	0	0	1
USA	0	4	0	4
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
GBR	0	0	1	1
SUI	0	0	1	1

U 23 WM*				
	G	S	B	Total
GER	4	6	5	15
ITA	3	2	1	6
USA	2	1	0	3
NZL	2	0	3	5
AUT	2	0	0	2
AUS	1	2	2	5
GBR	1	1	1	3
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
GBR	4	2	3	9
NZL	3	1	2	6
GER	3	1	0	4
DEN	2	2	1	5
POL	2	0	1	3
ITA	1	2	1	4
USA	1	0	3	4
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:
...

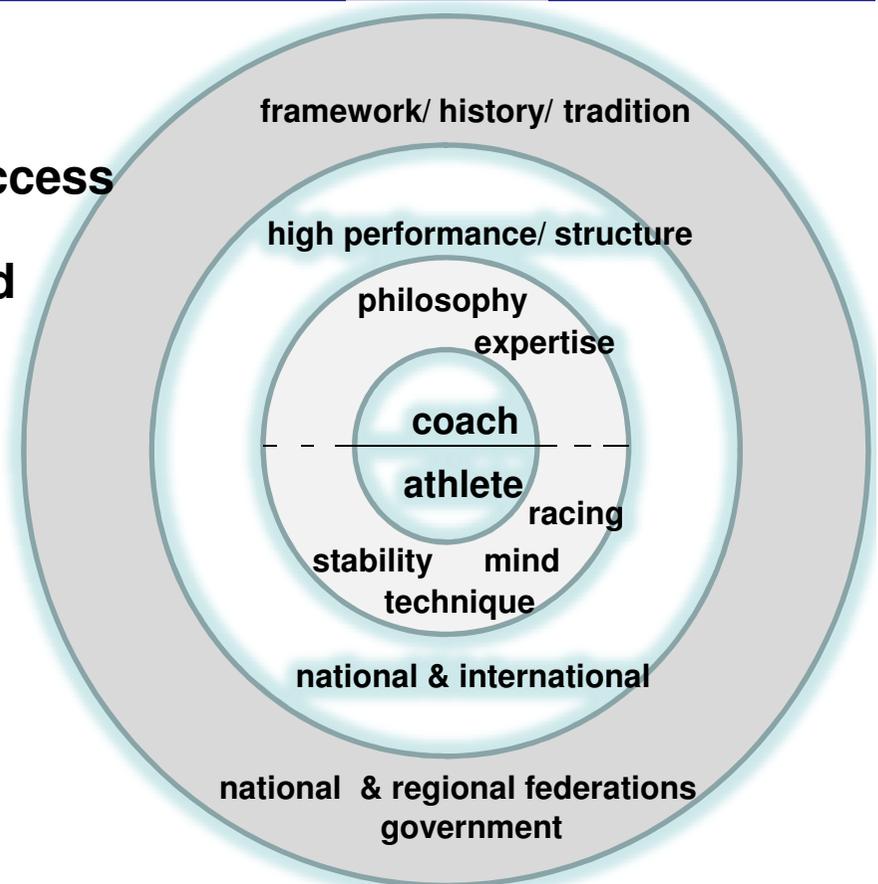
* Inkl. nicht olympischer Bootsklassen

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 ?