

# Selection and Racing

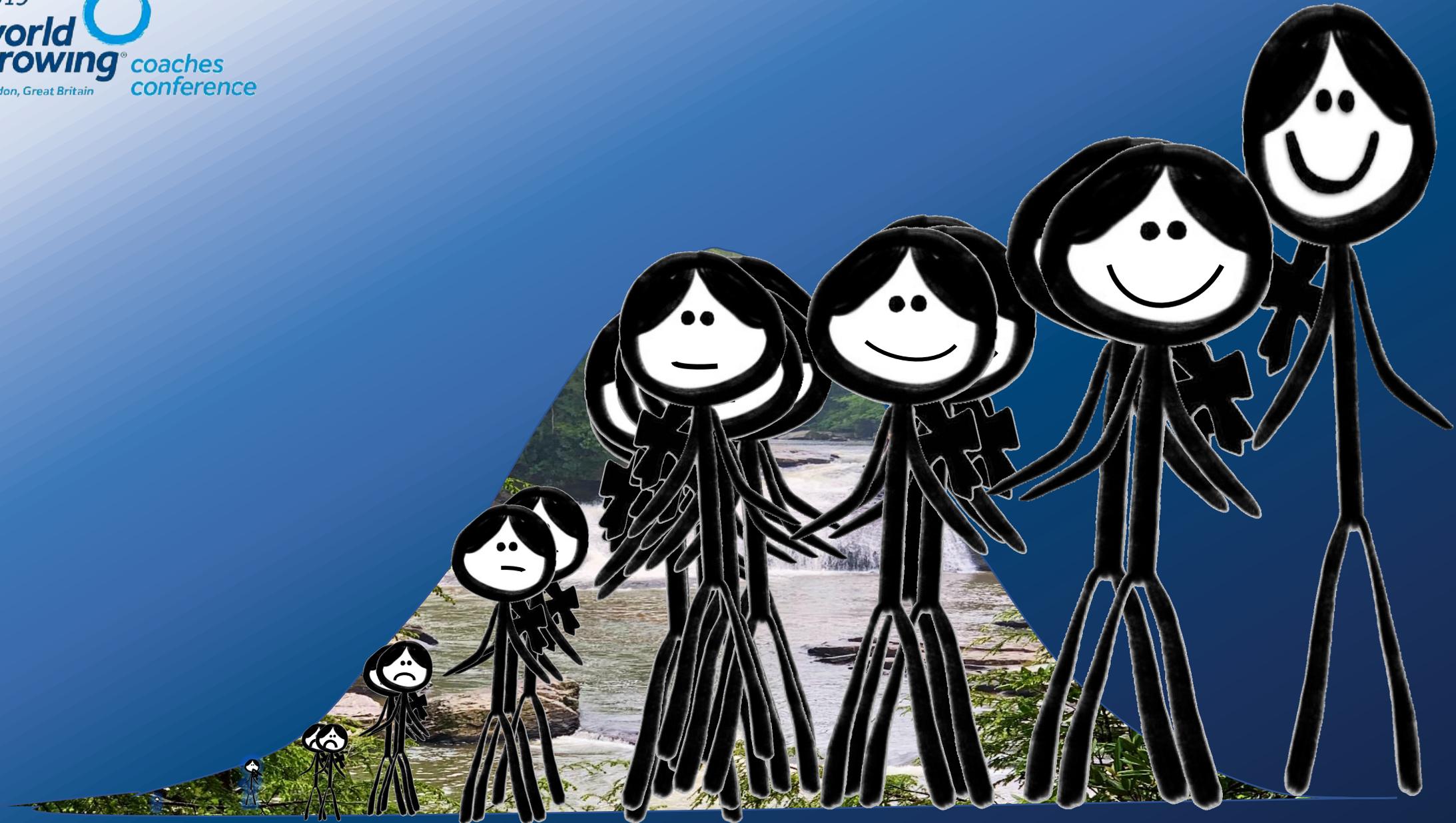


**Laurel Korholz,  
U.S. Assistant Women's  
Rowing Coach**

**21 November 2019**

2019

**world rowing**  **coaches conference**  
London, Great Britain

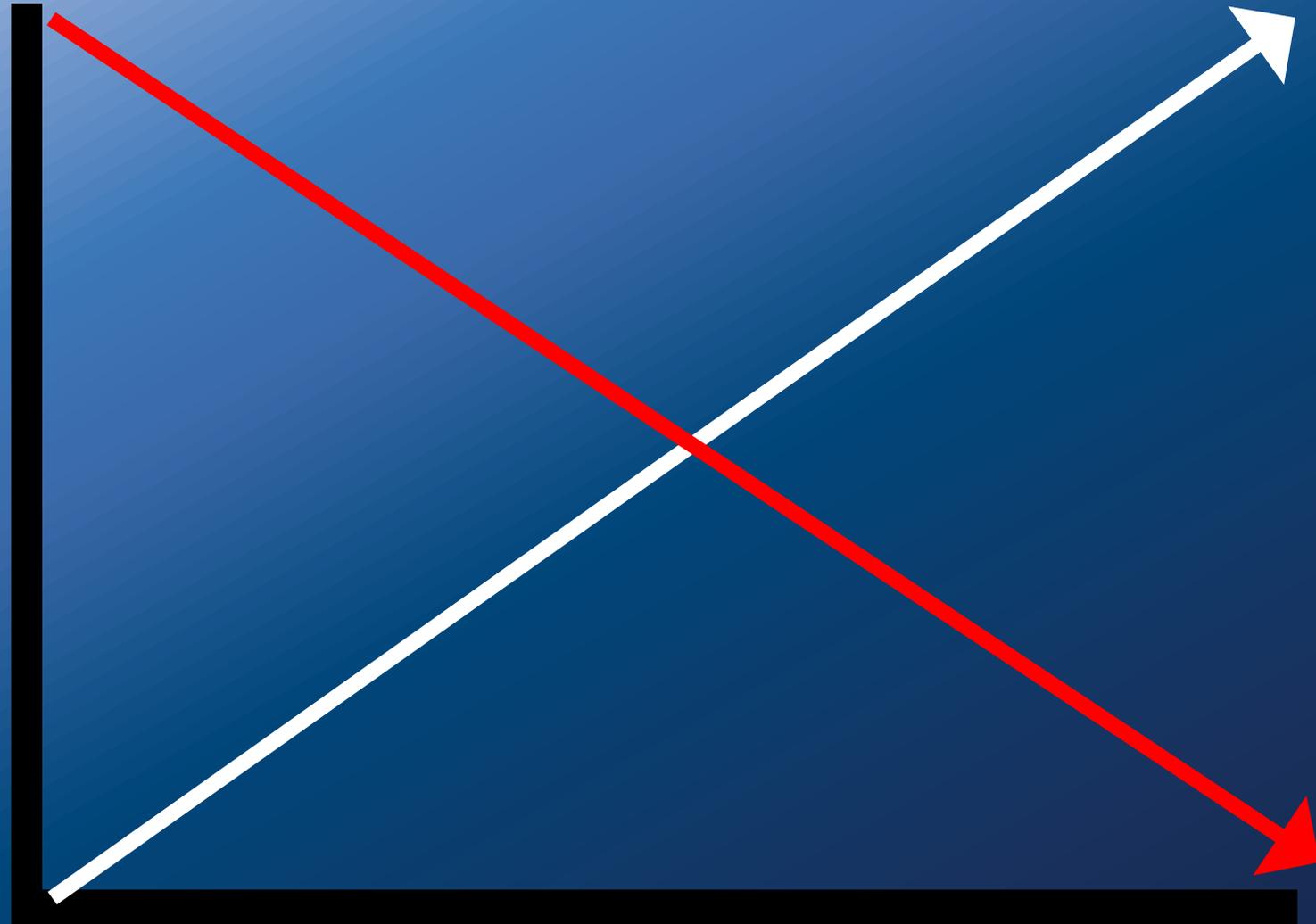




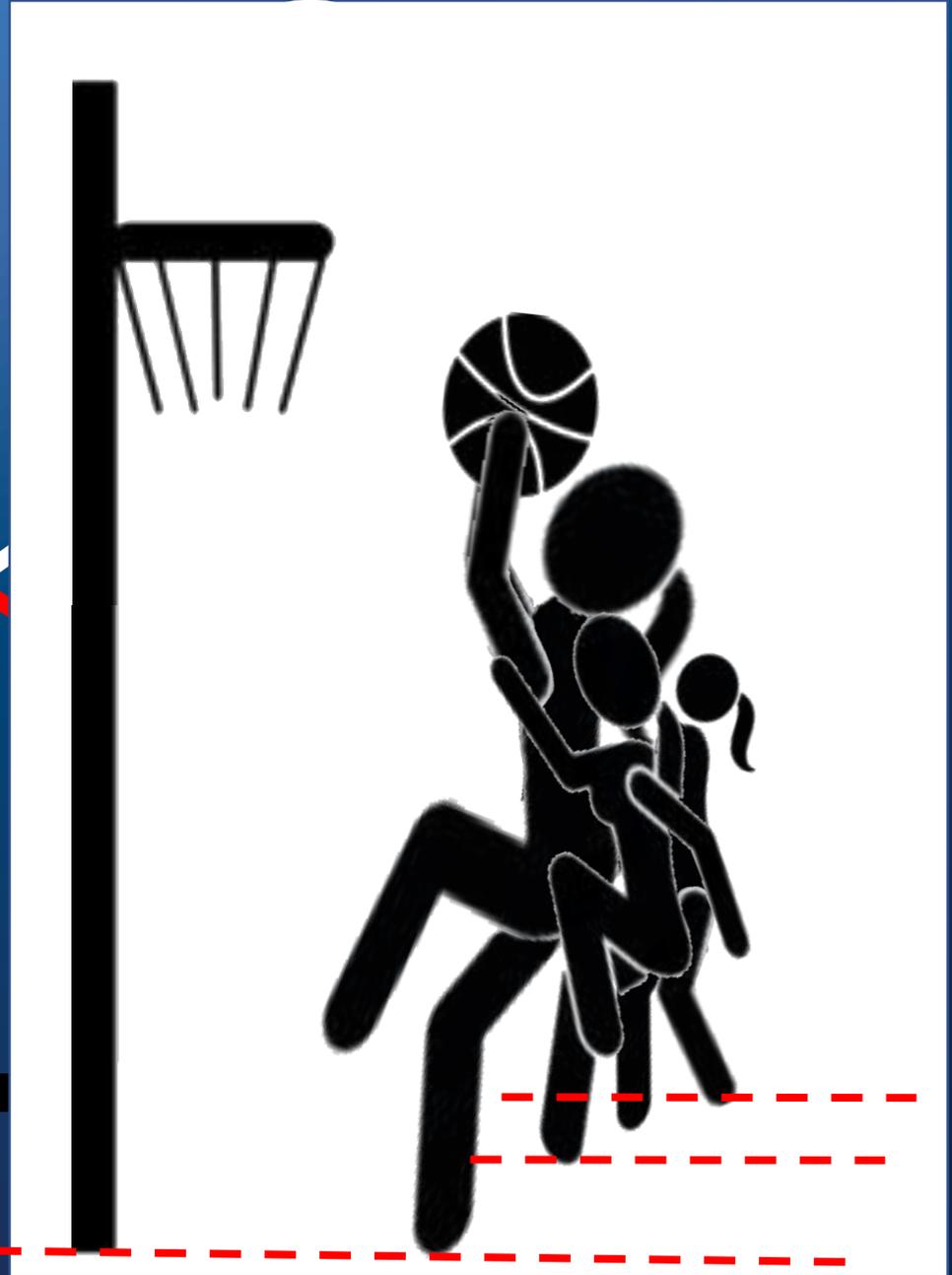
Easy stuff first . . . .



Technique



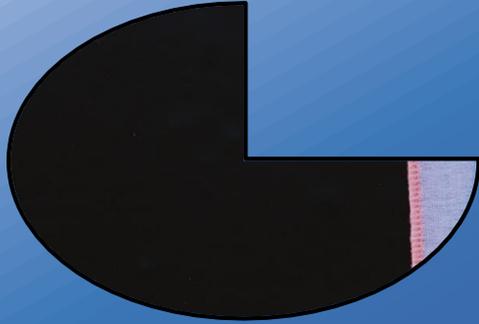
Potential



-Potential-

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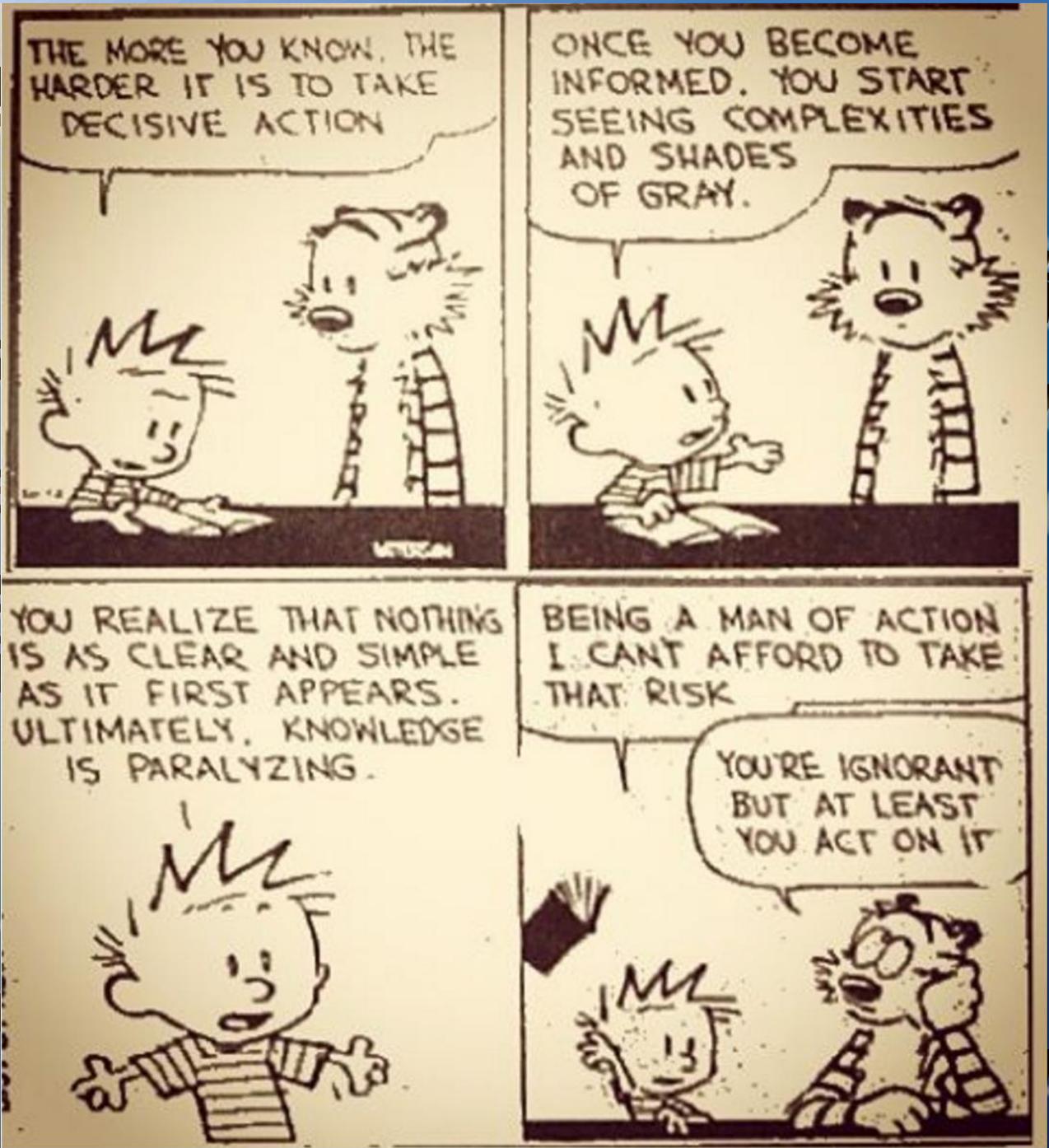






2019

Important  
pair skills



resilient  
C2 score

very good  
you  
been

consistent

every day

good technical  
team

able to make  
All distances

professional  
adjust  
technical