



Ruderverein „Treviris 1921“ e.V. Trier



# **FISA Youth Coaches Conference,** **Hamburg, Germany, 25. – 27.10.2013**

Regional State and Club Development -  
building long term performance  
oriented structures  
using the example of Rhineland Palatine



## Basic conditions/back ground for youth development in Regional and Club entities national framework

### German Rowing Federation

- The German Rowing Federation (DRV) is one of the oldest and most successful in the world.
- A history of numerous world and Olympic titles naturally create the highest possible ambitions
- Funding of DRV is largely dependent on success at Olympic Games. The number of Olympic medals determines the level of federal grant support for a 4 year cycle

### Junior development scheme

- is generally based on a fixed regatta timeframe
- comprising central long distance races, national test races/rankings in small boats (singles and pairs), physical performance monitoring
- strict application of selection criteria
- centralised selection execution (who, when, how)
- building of national Junior teams approx. six weeks before JWC in central training camp

### Roles of Clubs

- regional entities prepare grounds for a successful participation of their athletes in national selection processes.
- They therefore need to be themselves in a position to foster talent and bring talented oarsmen/women to an international top level.



## Junior Rowing

A continuous success story for more than 20 years, but growing competition

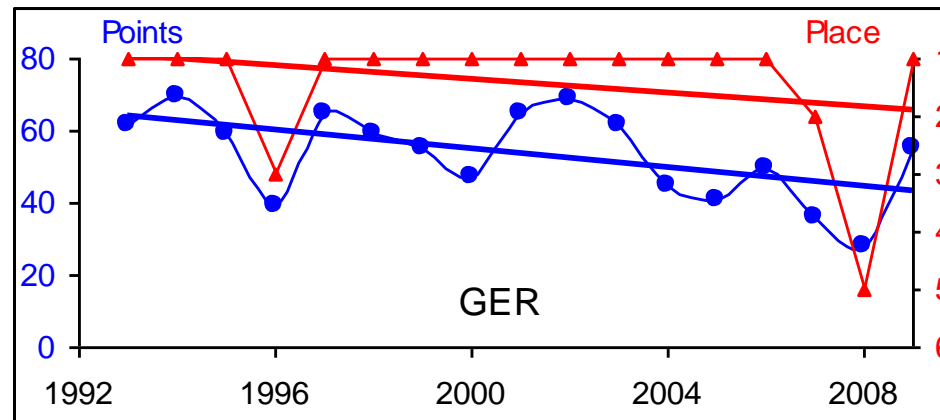
Abschneiden der deutschen Junioren bei den JWM  
Medaillen, Platzierungen bei den JWM seit 1991

Jahr	Ort	JF1x	JF2x	JF4x-	JF2-	JF4-	JF8+	JM1x	JM2x	JM4x-JM2-	JM4-	JM4+	JM8+	JM2+	Medaillen			ges.	Fin.-pl.	
															G	S	B			
2013	Trakai	4	5	3	4	3	2	7	1	1	1	9	2	1	x	4	2	2	8	11
2012	Plovdiv	1	3	4	4	6	4	4	1	7	4	3	2	2	x	2	2	2	6	12
2011	Eton	1	2	1	2	5	1	1	1	3	4	1	5	3	x	6	2	2	10	13
2010	Racice	1	3	1	3	4	3	1	1	1	2	4	7	2	x	5	2	3	10	12
2009	Brive	1	1	3	11	4	3	1	1	1	7	6	1	1	x	7	0	2	9	11
2008	Ottensh.	1	1	1	1	4	3	2	1	1	2	3	1	1	x	8	2	2	12	13
2007	Peking	2	5	1	2	2	2	2	1	5	4	2	3	1	x	3	6	1	10	13
2006	Amsterdam	2	5	1	1	1	3	1	3	1	6	2	3	2	x	5	3	3	11	13
2005	Brandenbg.	10	2	1	2	3	1	2	1	2	3	2	1	2	x	4	6	2	12	12
2004	Banyoles	5	3	1	3	1	4	krank	3	4	6	3	8	3	4	2	0	5	7	12
2003	Athen	Totalausfall wegen Erkrankung der gesamten Mannschaft																		
2002	Trakai	9	3	2	4	2	2	7	1	2	5	5	6	4	3	1	4	2	7	12
2001	Duisbg.	3	2	1	3	3	3	3	3	2	3	5	1	4	2	2	3	7	12	14
2000	Zagreb	1	2	3	2	3	2	16	9	1	6	1	2	1	1	5	4	2	11	13
1999	Plovdiv	1	2	1	2	1	3	9	3	2	1	3	2	2	1	5	5	3	13	13
1998	Ottensh.	3	1	2	1	2	1	2	1	1	2	3	1	2	2	6	6	2	14	14
1997	Hazew.	4	1	1	1	4	1	4	6	2	2	3	2	6	1	5	3	1	9	14
1996	Strathclyde	2	1	2	1	1	1	7	8	7	2	3	5	2	3	3	4	3	10	11
1995	Poznan	1	1	1	2	1	1	1	1	5	2	5	5	1	1	9	2	0	11	14
1994	München	*	2	1	1	3	1	2	2	1	1	1	2	2	2	6	6	1	13	13
1993	Aarungen	1	1	1	4	1	1	8	1	1	1	1	1	1	1	12	0	0	12	13
1992	Montreal	1	1	2	2	2	1	2	1	2	1	2	1	2	1	7	7	0	14	14
1991	Banyoles	2	1	1	1	1	2	1	1	1	2	3	6	2	1	8	4	1	13	14



## Senior Rowing Olympic Cycle performance – a somewhat differentiated picture

Against the need to emphasise on OG results in order to ensure funding for the next Olympic cycle, german senior teams produced their best results at international level and in Olympic boat classes in non- or even post-Olympic years

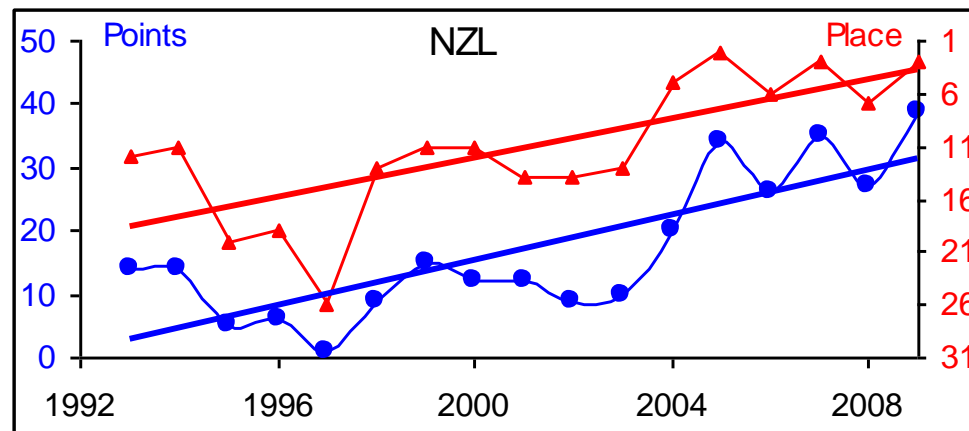


Charts of the number of points and the ranking of the 12 best countries during 1993-2009 in 14 Olympic boat types



## New Zealand Senior Rowing Olympic Cycle performance – a different approach?

The performance of the New Zealand Senior Rowing Team on the comparable cycle differs remarkably from the German long term performance and brought the country close to topping the medal tables in the 2012 London Olympic Games

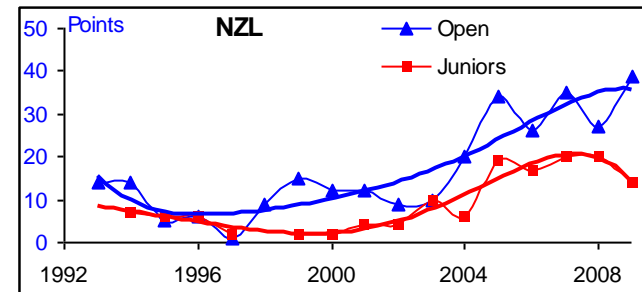
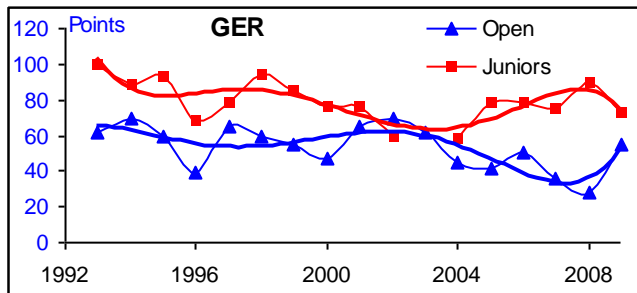


Charts of the number of points and the ranking of the 12 best countries during 1993-2009 in 14 Olympic boat types



## Correlation between Senior and Junior performances

Illustratively, the performances between Junior and Senior Rowing seem rather negatively correlated for the German federation, for New Zealand the rise in Junior rowing was accompanied in parallel by an increase in Senior Rowing results



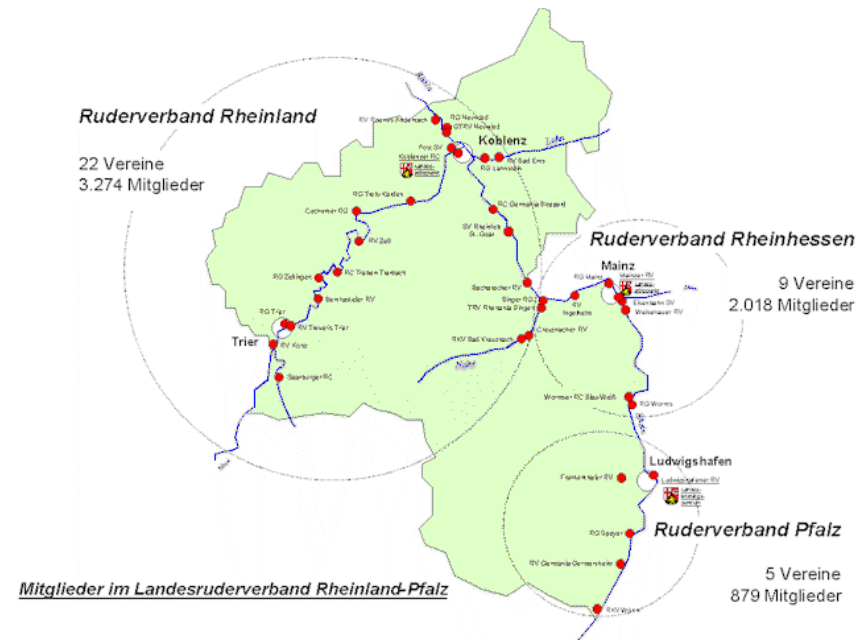
Correlation of the points in the open (adult) and juniors categories



## Regional Rowing Federation Rhineland Palatine – Conditions for success?

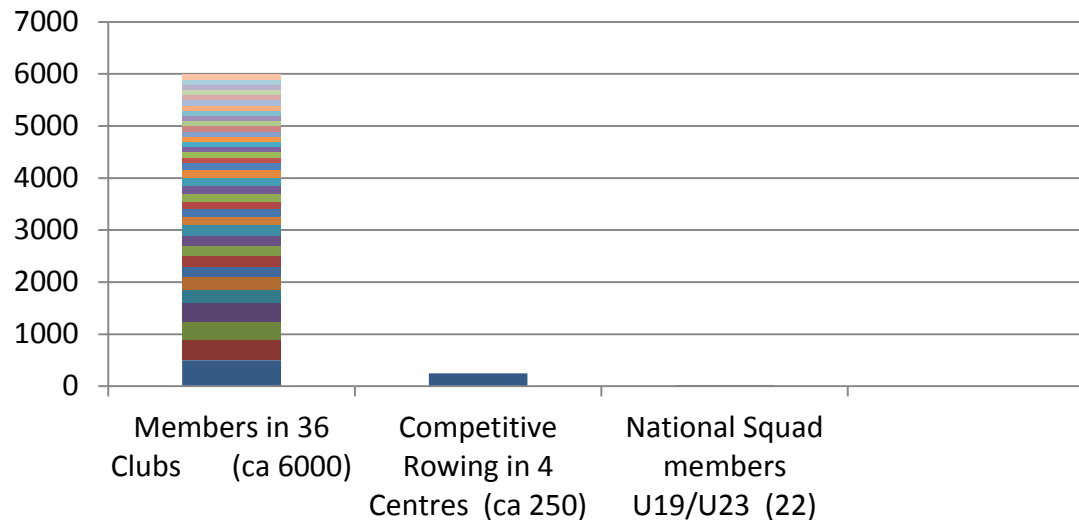
- Rowing developed in 36 clubs along Rivers (Rhine, Mosella, Nahe, Lahn)
- Rich history in rowing, some of the oldest clubs in Germany
- Resulting in a certain weight of the past:

- ➔ Rhineland Palatine Federation sub-divided in 3 entities
- ➔ relative isolation of smaller clubs
- ➔ limited infrastructure
- ➔ limited support for needs of competitive rowing





## LRV RLP - Can a heterogeneous club environment breed Olympic Champions?



The structure of the Rhineland Palatine Rowing Association (LRV RLP) evidences the importance of Club involvement in the development of Competitive Rowing

- Good geographic coverage
- Strong membership (and growing)
- BUT: limited cohesion, relatively small number of active athletes, limited resources due to mostly small club structures
- NEVERTHELESS: consistently high proportion of squad members in relevant U19/23 age groups (ca. 25% of active rowers)



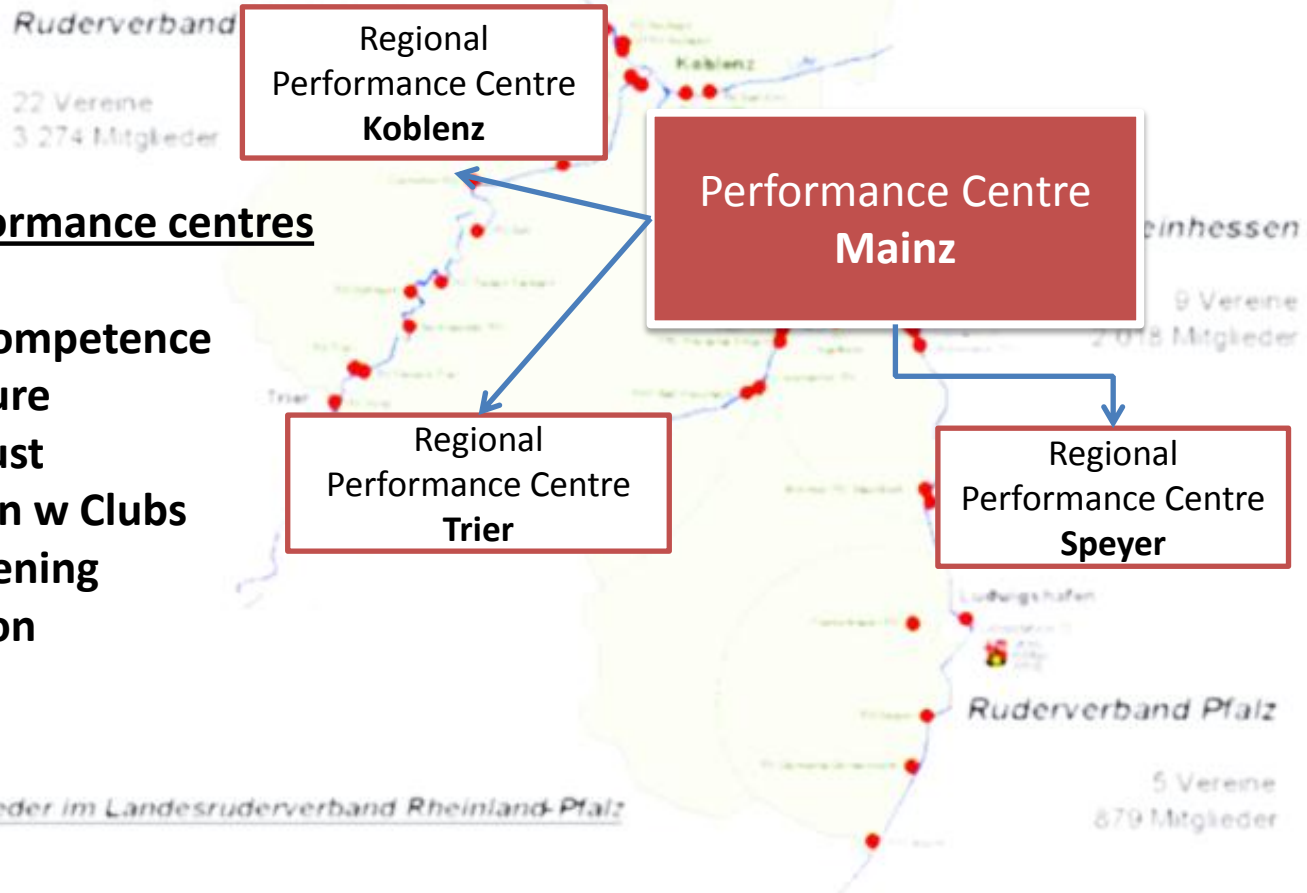


## Turning diversity into strength – federation through Performance Centres

### Role of Performance centres

- Coaching competence
- Infrastructure
- Building trust
- Cooperation w Clubs
- Talent screening
- Coordination

Mitglieder im Landesruderverband Rheinland-Pfalz





## Rising to the challenge – key pillars of the LRV RLP’s high performance concept

### Vision

How to establish the path to from interested youth to high performance Rowing?  
How does the Olympic gold medallist 2020 looks like?

### Tasks

- Screening for Olympic talents
- Establishing long term education (attitude, working ethics, team play, physiological, senso-motorical, mental, tactical)

### Means

- building on LRV structures to access hopefuls early on (14y )
- **small boat focus => walking the technical extra mile**
- establishing a lifestyle based on long term vision in Rowing
- away from exclusive focus on Junior year in Youth coaching
- **long term coach-athlet relation => the non-disruptive approach**
- focus on long term development (incl. career assistance OSP)
- trying to build strong personality in athletes



## The COACH – the critical piece in the puzzle of long term success

- importance of people and people management
- importance of management at club level
- importance of Coaches being good managers:
  - managing time and money
  - creating vision, leading people, managing processes
  - managing change (in age of athletes, conditions, techniques, material, science)
  - motivation of hierarchy, including participative approach, transparency, fostering acceptance of what is seen as an expensive hobby by vast majority even of sport interested public/members
- creating success, dealing with high individual pressure in the “borderline” environment of competitive sport

### Coaches will need:

- Qualification
- Confidence
- Material perspectives combined with a healthy level of competition
- Coaches/Mentors



## SWOT Analysis - Summary LRV High Performance Programme

### Strengths

- Diversified Club background, access to talent
- Well established Performance Concept based on 4 Regional Centres
- Successful track record
- Qualified, motivated, experienced coaches
- Unified support by Board of LRV and major Clubs
- Integration of LRV structures in the Federal U23/U19 performance hub Mainz/Frankfurt

### Opportunities

- Small but extremely talented base of athletes
- Perspective for Coaches to accompany athletes at highest levels
- Growing network between science and rowing ("simulative analysis of training effects")
- Good use of Olympic Centres (Olympiastützpunkt Rheinland-Pfalz)

### Weaknesses

- Lack of Infrastructure
- Lack of professional initiation to Rowing
- Weak funding base
- Potential competition between Clubs
- Rowing not a publicised Sport
- No material incentives to enter the Sport
- Competition Rowing demands the right family background

### Threats

- Lack of medium term funding
- Lack of development perspectives for Coaches
- Conflict of interest with national structures post-U23 level
- Capacity limitations of Coaches
- Widened gap between base and top level



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# Thank you for your Attention!

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