



DRV

Titel

How to prepare young talented rowers for international competition based on the JM8+ experience

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U 19 Coach of the 8+

The basis for a successful working process with young talents in competitive rowing sport are the clubs. They are settled in all regions of Germany and develop children and young rowers .

They focus on:

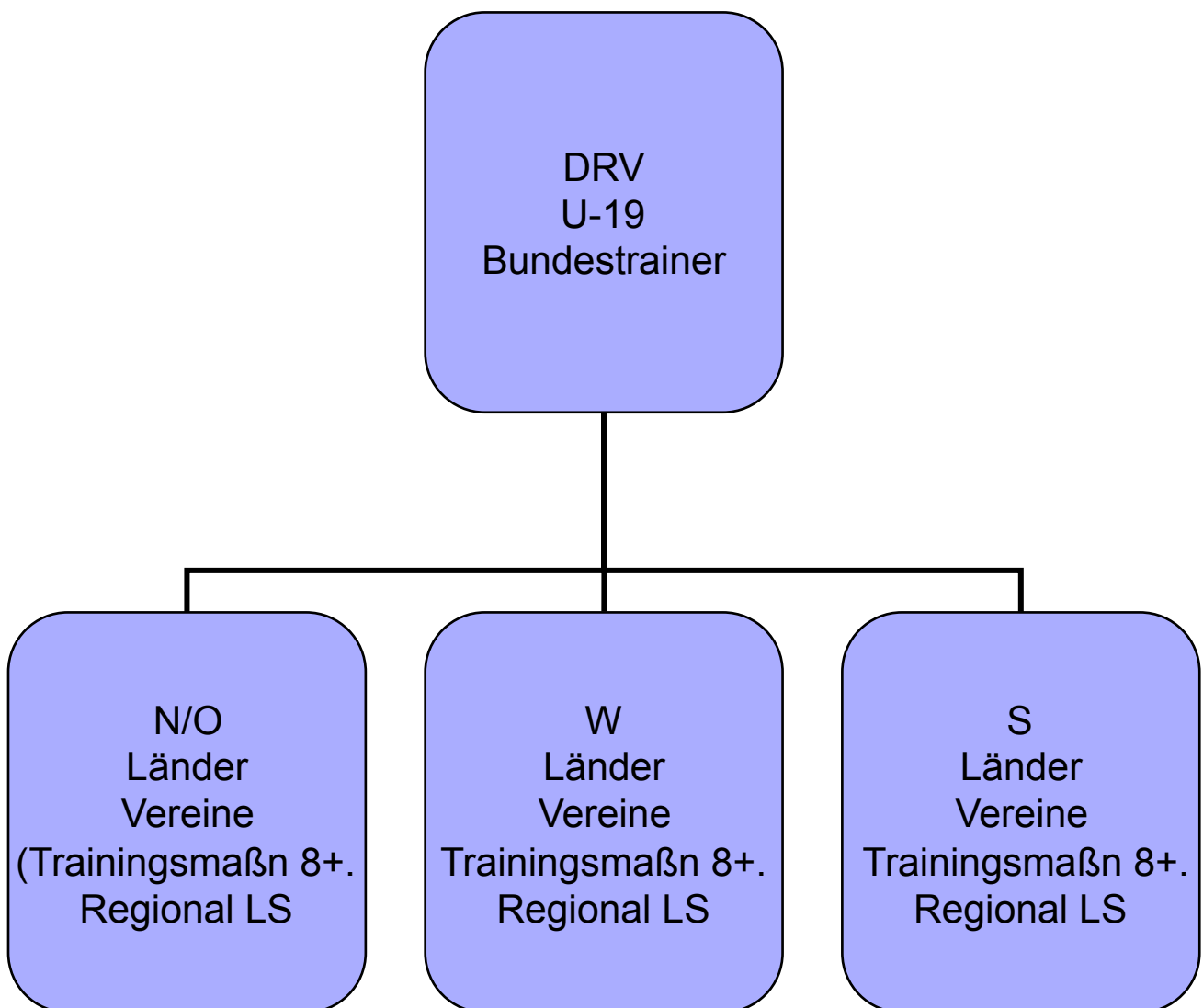
- The progress on the rowing techniques
- Fitness training/workout based on general and specific methods
- Rowing is a sport for amateurs that is there priority on a parallel orientation to school and profession

Training -stages

Dr,D.Altenburg

Grundlagentraining Club/School	Basic – Training 50% / 50% landtraining watertraining rowing technique ! contest	AK 13/14 2-5 TE/W
Aufbautraining Club/	Building –Training 45% / 55 % landtraining Watertraining rowing technique 8+ national contest 8+m/4-w	AK 15/16 3-7 TE/W
Anschlussstraining Club/ Region	(connection U23 --) 40% / 60% landtraining watertraining national contest 8+ m/w international junior championship	AK 17/18 4-10 TE/W

U 19 Struktur DRV



Regionalgruppen U 19

DRV

N/O W S



Regionalgruppen DRV



U19

Bereich Riemen m/w

N/O W S



Wettkämpfe/Contest seasonal

- *Regional Contest : long distance / training weekend* oct/nov
- *Regional Contest : long distance / training weekend* april
- **1. Test** 2- (4-) april
- **Int.Regatta Munich** 2-/4-/8+ may
- **Regatta Köln** 2-/4-/8+ may
- **Int Regatta Hamburg** rank.2- june
- **National Champion chip** june

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- **Begin** Trainings Camp july
Building the eight m/w --- Training ----- JWM

U 19 National Team &

eight building to prepare
the junior world champion chip

(july)

Priority DRV

1.Nominate 2-

2.Nominate 4-

3.Nominate 8+ *(with individual strong athletes)*

4.Nominate 4+

5.Nominate E 2-

2- Hamburger 2-

Michael Trebbow RV Wandsbek HH

Malte Großmann RC Favorite Hammonia HH





Leistungsbestimmende Faktoren 8+

kond.Leistungsvoraussetzungen (condition)	
6000m Test	CII
Krafttest	
2000m Test	CII
Leistung Kleinboot / <i>Mittelboot</i>	
Meßboot 2000m	
(körperlichen Vor.)	
	Zielstellung int.



Leistungsbestimmende Faktoren 8+

rudertechn. Fertigkeiten (rowing technique)	
<p>rudertechn .</p> <p>unter WK-Bedingungen Rennfrequenz</p> <p>(Meßboot / nationale Wettkämpfe GB/ Prognosezeiten-Training/WK)</p>	<p>Fertigkeiten im Großboot</p> <p>Zielstellung</p>



Leistungsbestimmende Faktoren 8+

Psychische .Leistungsvoraussetzungen (mentality)	
Teamgeist	
Motivation	
Identifikation mit int. Zielstellungen	
.....	



Fahrzeiten JMA 8+

Speed -----training -----contest

Fahrzeit 8+

Zielzeit 2000m

Trainingsbel. 90%

geschw.orient.Training 75%-80%

Jun. A	05:34 5,99 m/s	06:11	06:37
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SF > 37/38	SF > 30	SF 20
Kraft / Schlag		

Trainingscamp (UWV) Berlin- JWM

The following 5 tasks have to be done :

- 1. Identification with the aim successful participation of the U 19 world champion chip**
- 2. Adjustment of rowing techniques under conditions of the 8+**
- 3. Improvement of the fitness under specific conditions of the 8+**
- 4. Coaching for the first race of the „new“ 8+ as the national team against international competitors**
- 5. Being in conversation with the rowers to show them a longlasting perspective in rowing sport**

U19 JWM Trakai JM8+

- 1.Ger 5:50,05
- 2.Ital 5:50,06
- 3.Serb 5:50,28



Deutschland Achter

Olympiasieger 2012

2. Platz WM 2013

- Kristof Wilke JWM 2003 4-
- Richard Schmit JWM 2005 4- 2. Platz
- Felix Drahotta JWM 2007 8+ 1. Platz
- Anton Braun JWM 2008 4- 3. Platz
- Max Reinelt JWM 2006 8+ 2. Platz
- Eric Johannesen JWM 2006 8+ 2. Platz
- Max Munki JWM 2006 8+ 2. Platz
- Hannes Ocik JWM 2009 8+ 1. Platz
- cox Martin Sauer JWM 2000 8+ 1. Platz



Conclusion

- Young talents in rowing are well prepared for international tasks by the regional concept .
- The training and selection of Talents is succesful and because of that there are always new talents in the team
- The very succesful Eight of the U19 has proved that even athlet not beeing the fastet ones in 2- /4- can participate In the olympic games
- The competitors are becoming increasingly stronger in U19 and in the eight This is obvious because the times of the races are getting contionusly faster and the gap between the medalwinners is decreasing
- The development of the coaching methods should be oriented to the methods and aims of the highcompeetive sport .The different demands of the methods in different demands of the methods in different training years have to be noticed
- In additions to physical and social skills the rowing in the eight needs a special skills in rowing techniques. Besides a good estimation of the coach objective methods are needed,for example biomechanical analyses (Meßboot/Geschw.Training)

Fragen /Diskussion

