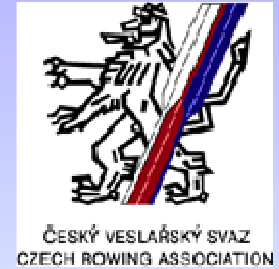


2015 FISA Coaches Conference

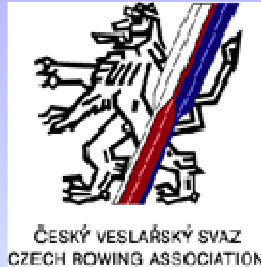


Sarasota – Bradenton * Florida, USA

2017 World Rowing Championships
24th September–1st October

2018 World Rowing Masters Regatta
???

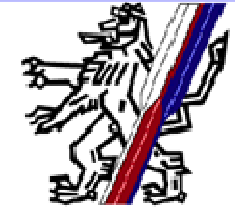
2015 FISA Coaches Conference



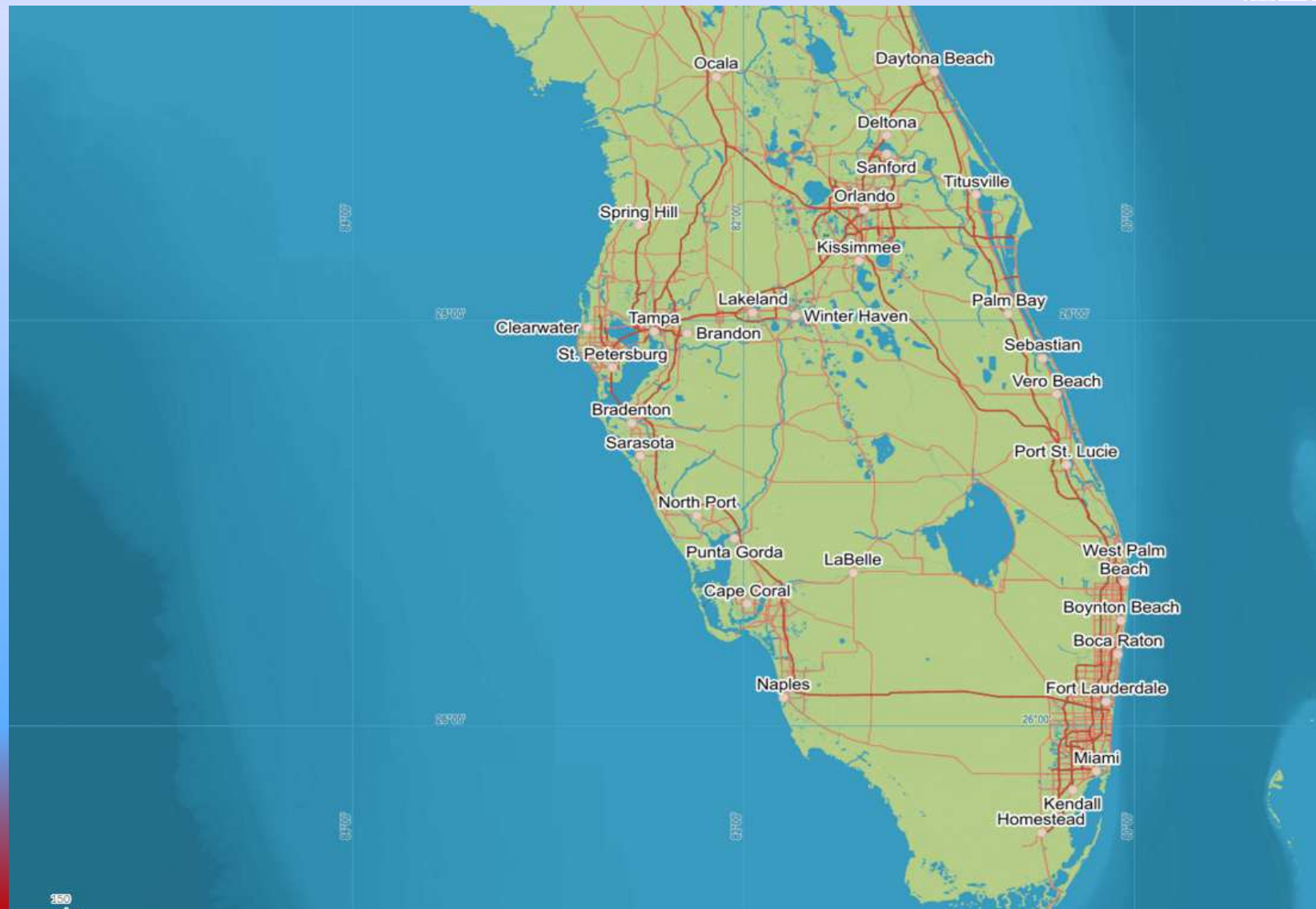
Sarasota – Bradenton * Florida, USA



2015 FISA Coaches Conference



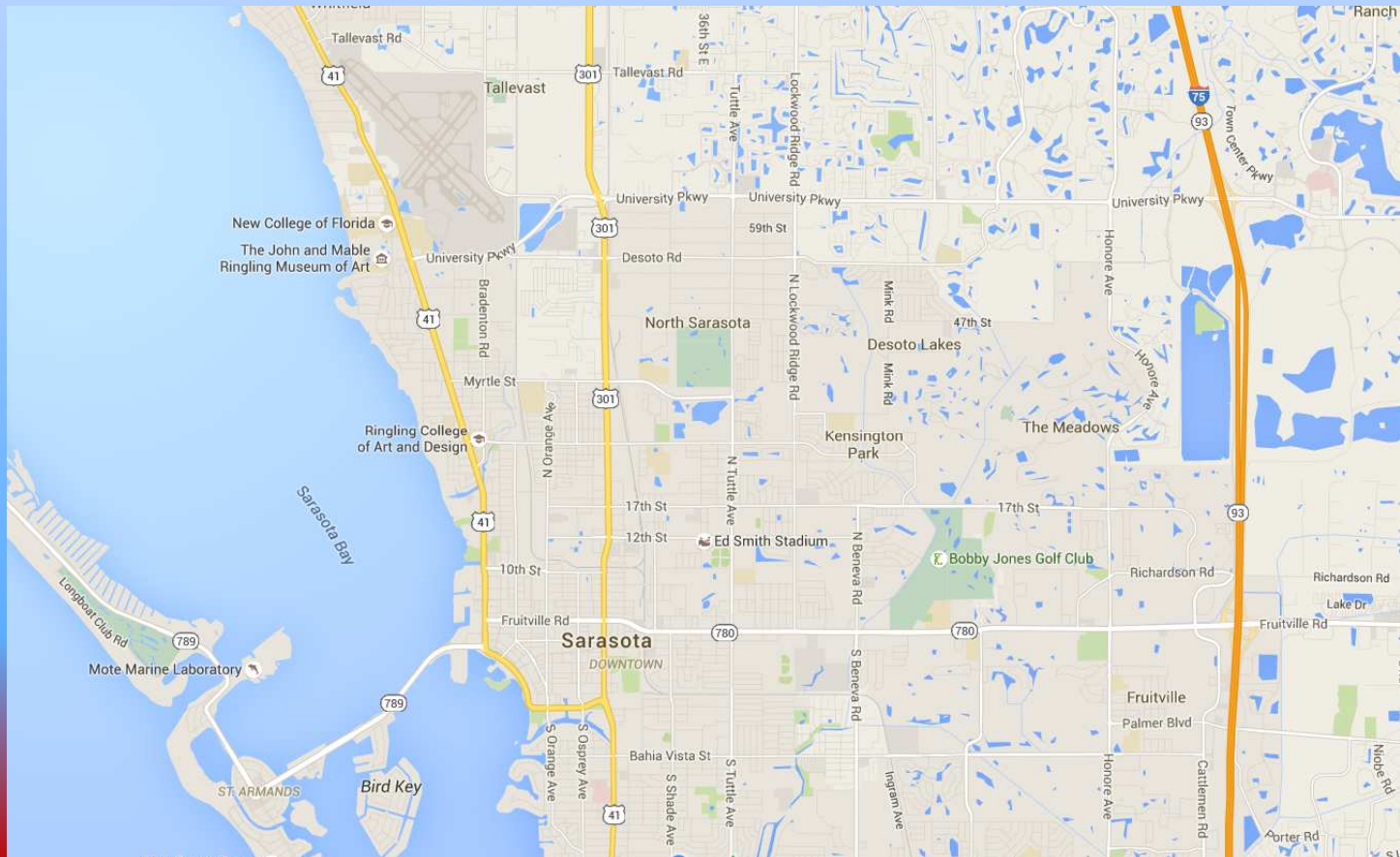
ČESKÝ VESLAŘSKÝ SVAZ
CZECH ROWING ASSOCIATION



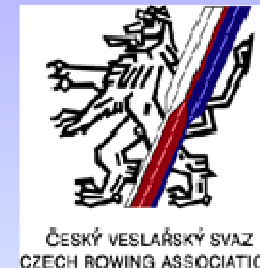
2015 FISA Coaches Conference



Sarasota – Bradenton



2015 FISA Coaches Conference



Závodišťě – Nathan Benderson Park



2015 FISA Coaches Conference



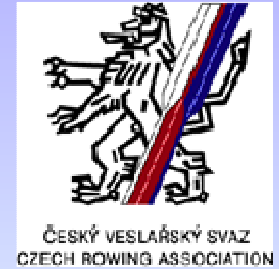
Odborný program

- Australian; 1979 kormidloval 8+
- od r. 1980 profesionální trenér
- hlavní trenér mužské AUS repr.
- 2013 ved. trenér nepár. mužů NZ
- 2-m Bond/Murray ; 8+m (4.)

Noel Donaldson



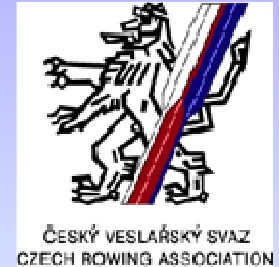
2015 FISA Coaches Conference



Birthdate 13 Feb 1986
Height 190 cm
Weight 85 kg
Place of residence Cambridge , New Zealand
Clubs Otago Boys HS
Started Rowing in 2000

Birthdate 6 May 1982
Height 195 cm
Weight 97 kg
Place of residence Cambridge , New Zealand
Clubs Avon RC
Started Rowing in 1997

2015 FISA Coaches Conference



Veslování na Novém Zélandě

2015

Mistrovství NZ

- 65 zapojených klubů
- 682 aktivních závodníků
- 16.2.2016 národní mistrovství (5 dnů)
- 27.2.2016 „Elite national selection“

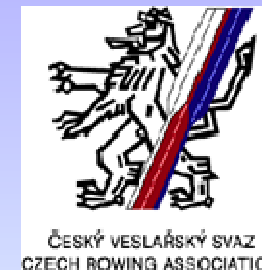
Aon Madi Cup (pohár školních týmů)

- 120 zapojených škol
- 2100 aktivních závodníků
- mistrovství NZ v dubnu

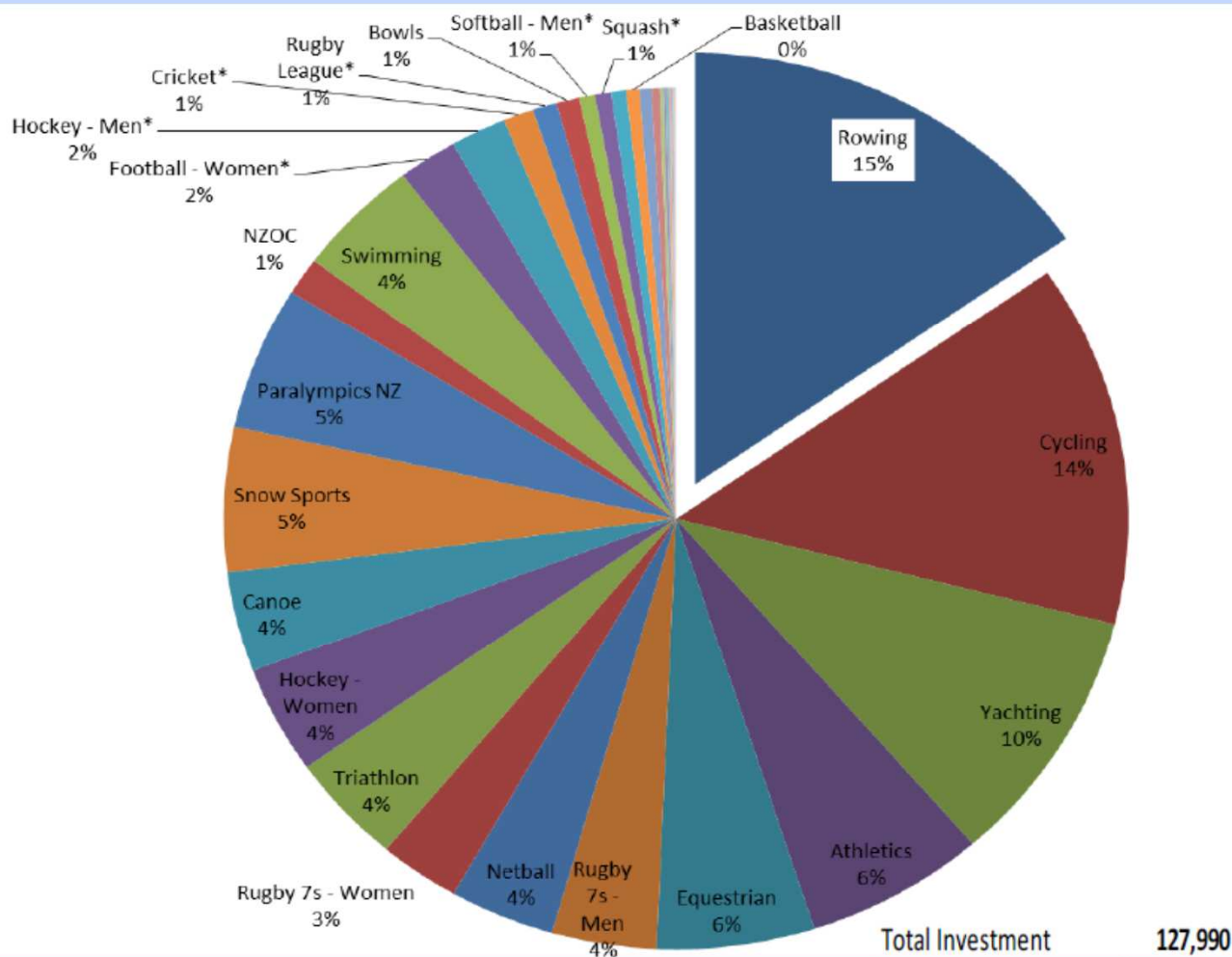
Organizace vrcholového veslování

- „vrcholové centrum“ – Lake Karapiro – 6 trenérů, 3 manažeři; repr.posádky
- 4 regionální centra – vždy 2 trenéři a 1 administrativní pracovník

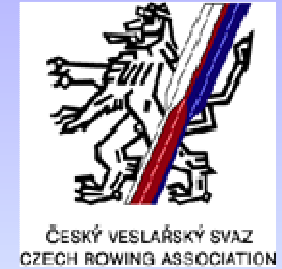
2015 FISA Coaches Conference



Veslování na Novém Zélandě - finance



2015 FISA Coaches Conference

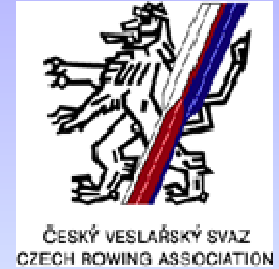


Odborný program

Kate Burks



2015 FISA Coaches Conference



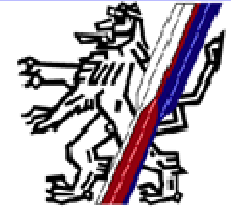
Odborný program

- Sport Nutrition Consultant, USA
- Olympic Training Center, Chula Vista - Kalifornie
- rowing, track cycling, BMX, triathlon, archery, and rugby
- plánování výživy: trénink, doprava, závody (hotel, závodistiště)

Elisabeth Fusco



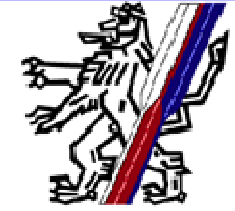
2015 FISA Coaches Conference



ČESKÝ VESLAŘSKÝ SVAZ
CZECH ROWING ASSOCIATION



2015 FISA Coaches Conference



ČESKÝ VESLAŘSKÝ SVAZ
CZECH ROWING ASSOCIATION

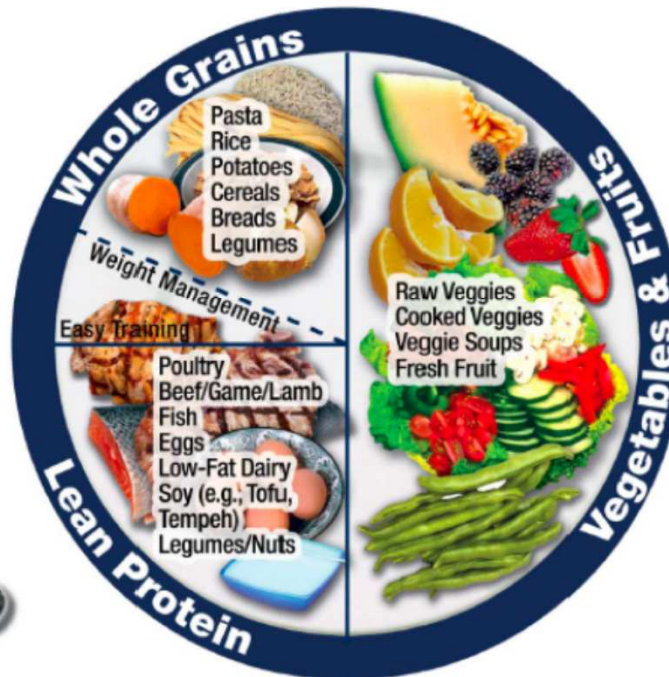
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



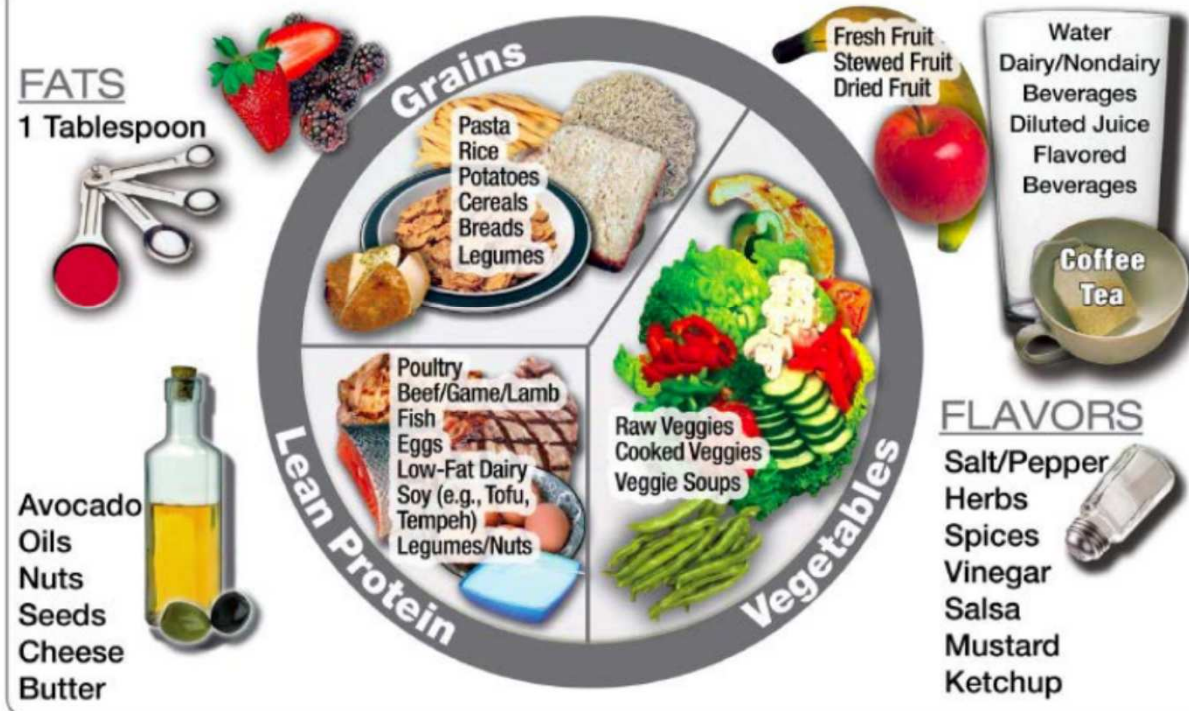
The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

2015 FISA Coaches Conference



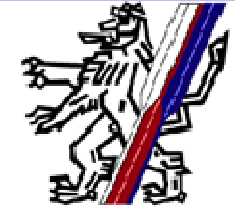
ČESKÝ VESLAŘSKÝ SVAZ
CZECH ROWING ASSOCIATION

MODERATE TRAINING:



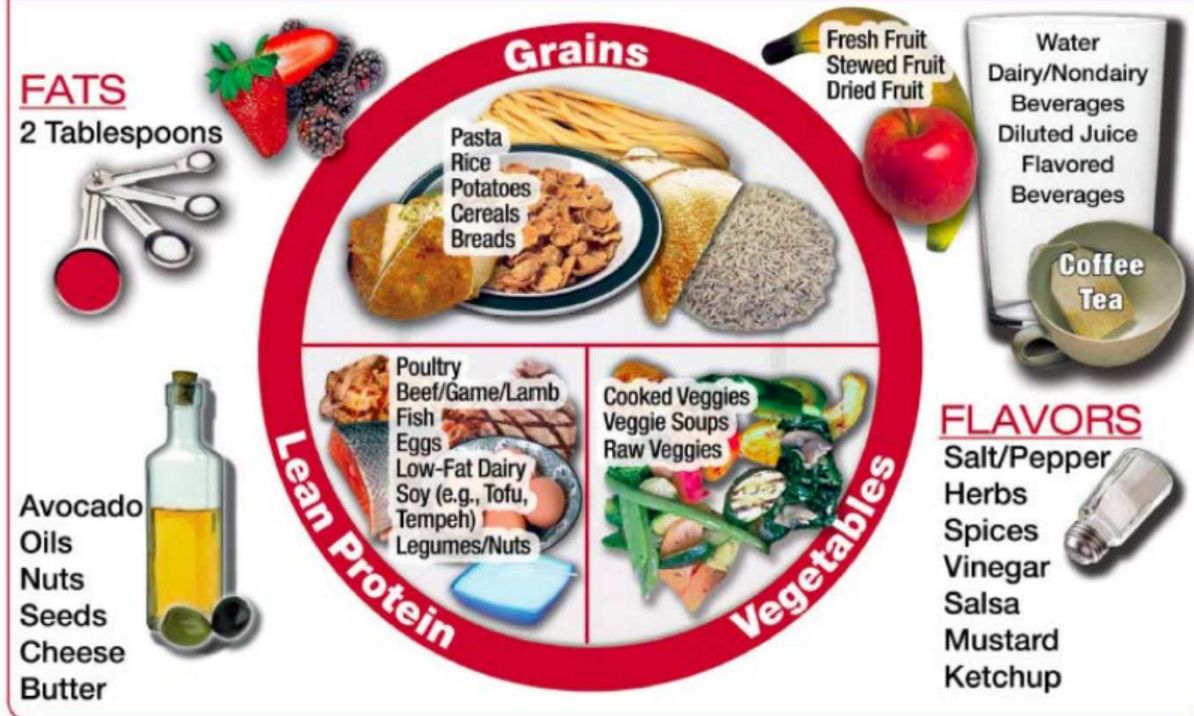
The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

2015 FISA Coaches Conference



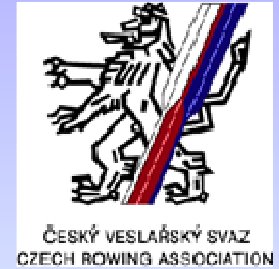
ČESKÝ VESLAŘSKÝ SVAZ
CZECH ROWING ASSOCIATION

HARD TRAINING / RACE DAY:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

2015 FISA Coaches Conference



Awards gala dinner

**2015 Coach of the Year:
Nikola Bralic**

