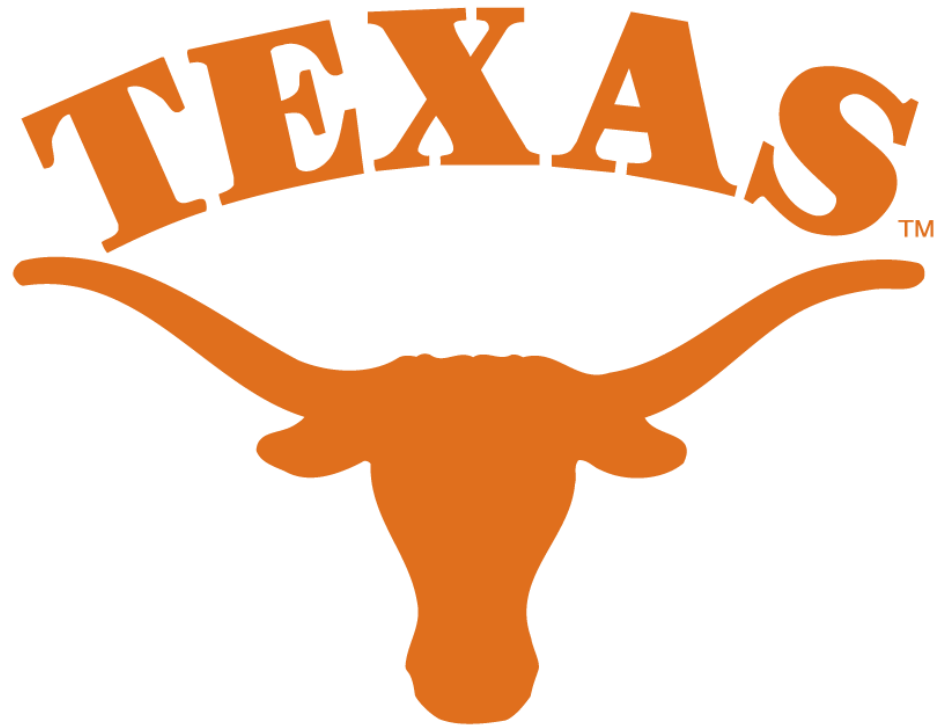


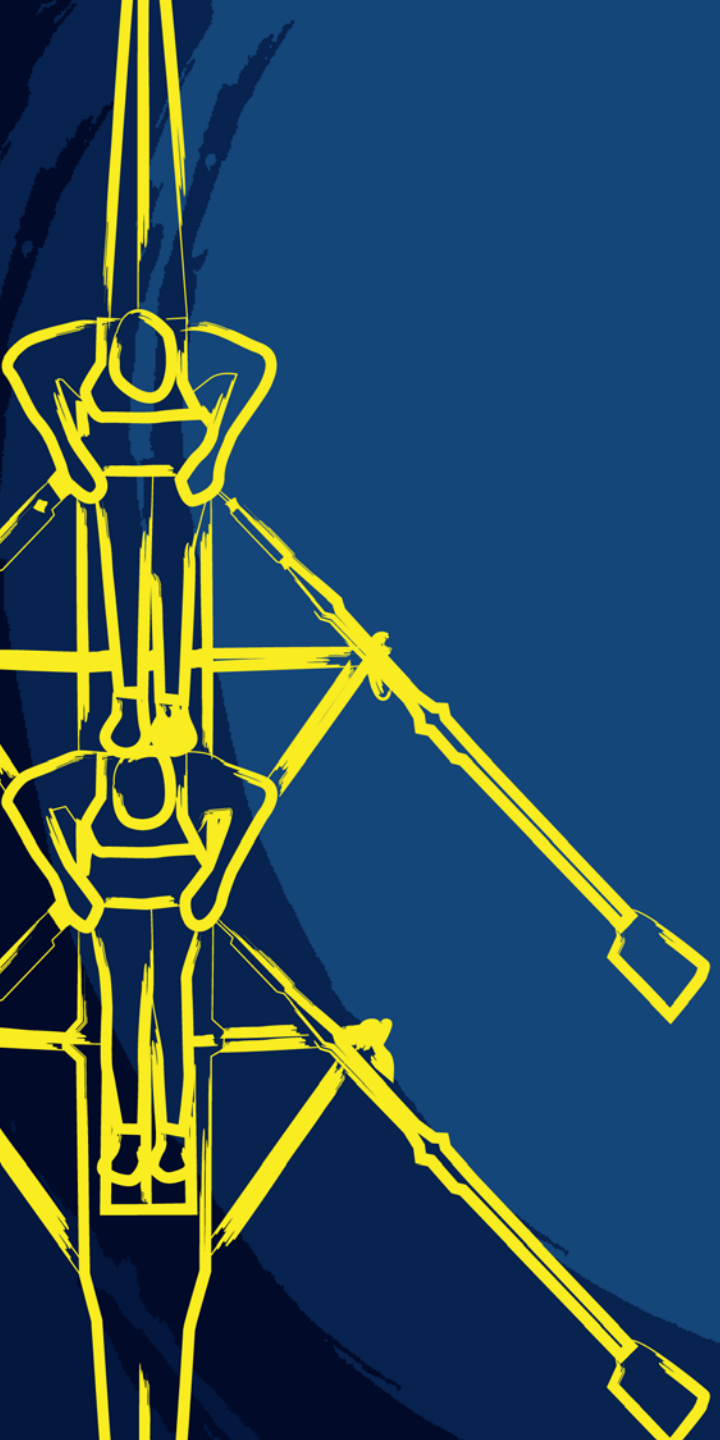
USA U23 women

- 5K run every morning as warm-up and team building.
- Body-weight squats.
- Abs/core work.
- Ergs: 30' @ 22-24-26 spm. 2K test (twice.)



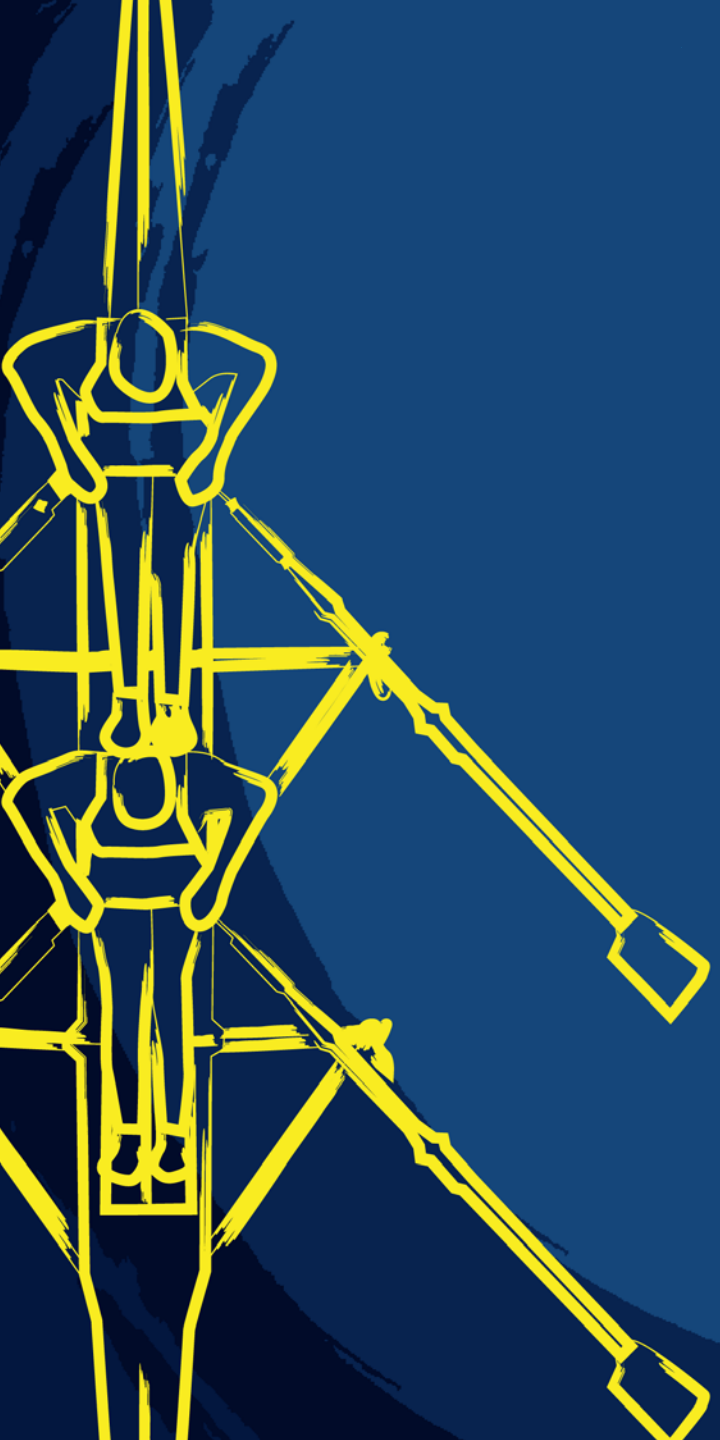


Hook 'em Horns!



COFFEE BREAK

08/11/2014



FISA DISCUSSIONS AND UPDATES ON RIO

Jean-Christophe Rolland (FISA)
Matt Smith (FISA)
Colleen Orsmond (Rio 2016)
08/11/2014

**2014
world
rowing**  TM
*Rio de Janeiro,
Brazil* **coaches
conference**

Topics for discussion

- 2015 International Calendar
- 2016 International Calendar
- Pre-Competition Health Screening
- Sports Science and Medicine Conference
- World Rowing Awards
- Olympic Qualification System
- 2016 Olympic and Paralympic Racing Schedule
- Rio 2016 Update – Colleen Orsmond

2015

- World Cup 1 (double) - Bled 8 – 10 May
- European Champs - Poznan 29 – 31 May
- World Cup 2 - Varese 19 – 21 June
- World Cup 3 - Lucerne 10 -12 July
- World Under 23s - Plovdiv 22 – 26 July
- World Junior Champs and Olympic Test Event
 - Rio de Janeiro 5 – 9 Aug
- World Championships - Aiguebelette
30 Aug – 6 Sept

2016

•World Cup 1 (double)	- Varese	15 – 17 April
•Final Para Qualif Reg	- Gavirate	22 – 24 April
•European Champs	- Brandenburg	6 – 8 May
•Final Oly Qualif Reg	- Lucerne	22 – 25 May
•World Cup 2	- Lucerne	27 – 29 May
•World Cup 3	- Poznan	17 – 19 June
•Olympic Games	- Rio de Janeiro	7 – 14 August
•World Sr/Jr/U23 Chs	- Rotterdam	21 – 28 August
•Paralympic Games	- Rio de Janeiro	9 – 11 Sept

1st World Cup - Double Regatta:

Bled, Slovenia

8-10 May 2015

DRAFT - PROVISIONAL COMPETITION SCHEDULE - DRAFT

(Subject to the Draw at 15:00 hrs on Thursday, 7 May 2015)

(as of 11 April 2014)

			Friday, 8 May - International Regatta						Saturday, 9 May - World Cup						Sunday, 10 May - World Cup			
N°	Event	#	Heats						Final A	Heats				Semi-finals		Final B	Event	Final A
International Events																		
15	W4-	8	09:00	09:06					15:30									
20	LM2-	15	09:12	09:18	09:24				15:40									
18	LM1x	24	09:30	09:36	09:42	09:48			15:50									
17	LW1x	17	09:54	10:00	10:06				16:00									
World Cup Events																		
1	W2-	9	10:12	10:18					16:10	09:00	09:06					09:00	W2-	10:33
2	M2-	21	10:24	10:30	10:36	10:42			16:20	09:12	09:18	09:24	09:30	14:30	14:37	09:06	M2-	10:48
9	LM2x	20	10:48	10:54	11:00	11:06			16:30	09:36	09:42	09:48	09:54	14:44	14:51	09:12	W4x	11:03
8	LW2x	15	11:12	11:18	11:24				16:40	10:00	10:06	10:12		14:58	15:05	09:18	M4-	11:18
5	M4-	14	11:30	11:36	11:42				16:50	10:18	10:24	10:30		15:12	15:19	09:24	W2x	11:33
11	W4x	12	11:48	11:54					17:00	10:36	10:42					09:30	M2x	11:48
12	M4x	15	12:00	12:06	12:12				17:10	10:48	10:54	11:00		15:26	15:33	09:36	M4x	12:03
4	M2x	11	12:18	12:24					17:20	11:06	11:12					09:42	LM2x	12:18
3	W2x	9	12:30	12:36					17:30	11:18	11:24					09:48	LW2x	12:33
10	LM4-	16	12:42	12:48	12:54				17:40	11:30	11:36	11:42		15:40	15:47	09:54	LM4-	12:48
13	W8+	6							17:50	*11:48							W8+	13:03
7	M1x	24	13:00	13:06	13:12	13:18			18:00	11:54	12:00	12:06	12:12	15:54	16:01	10:00	M1x	13:18
6	W1x	19	13:24	13:30	13:36	13:42			18:10	12:18	12:24	12:30	12:36	16:08	16:15	10:06	W1x	13:33
14	M8+	8	13:48	13:54					18:20	12:42	12:48					10:12	M8+	13:48

Questions for the Coaches:

Plan for Double Regatta in Bled is:

- Friday: Heats and Finals (no reps or semis)
- Saturday: Heats and Semis (no reps)
- Sunday: Finals B and A (last final by 14:00 hrs)
- Other Ideas?

- Pre-Competition Health Screening

Bye-Laws to Rule 99 – Health of Rowers

1. Pre-competition Health Screening

1.1 All athletes competing in the 2014 World Rowing Junior Championship regatta must have completed a pre-competition health screening which includes a questionnaire, a physical examination and an ECG following the IOC's recommended procedure. It is the responsibility of the national federation to ensure and certify that these Pre-competition Health Screening procedures have been performed.

1.2 All athletes competing in the 2015 World Rowing Junior, Under 23 and Senior Championships must have completed this procedure.

Sudden Cardiovascular Death in Sport

LAUSANNE RECOMMENDATIONS

Under the umbrella IOC Medical Commission
10 December 2004

PREPARTICIPATION CARDIOVASCULAR SCREENING

"Sudden death" in sport has to be fully appreciated. The leading cause (more than 90%) of non-traumatic sudden death in athletes is related to pre-existing cardiac abnormality.

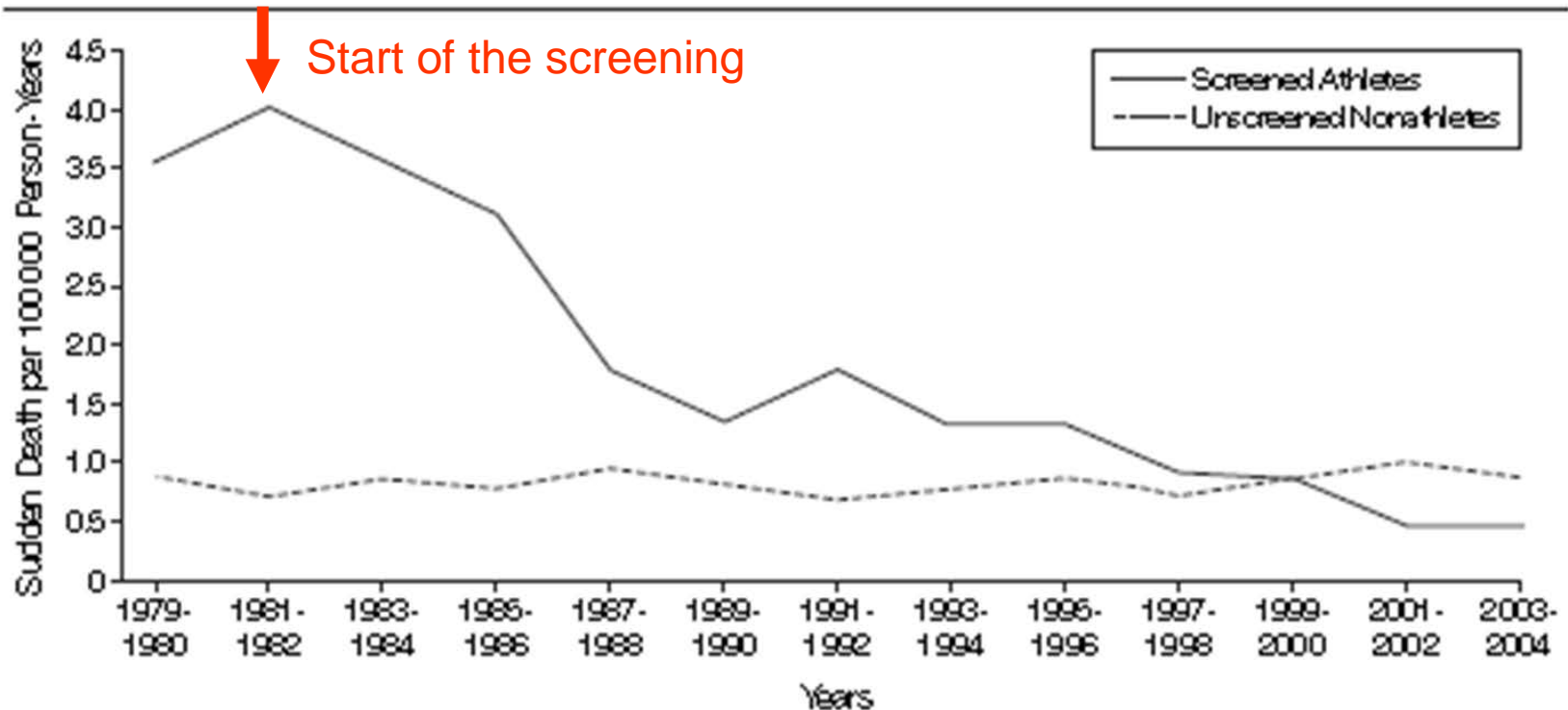
For the purpose of this recommendation, sudden cardiovascular death is defined as:

Death occurring within one hour of the onset of symptoms in a person without a previously recognised cardiovascular condition that would appear fatal: this excludes cerebrovascular, respiratory, traumatic and drug related causes.

The purpose of this recommendation is to identify, as accurately as possible, athletes at risk in order to advise them accordingly.

Sudden Cardiovascular Death in Sport

Figure. Annual Incidence Rates of Sudden Cardiovascular Death in Screened Competitive Athletes and Unscreened Nonathletes Aged 12 to 35 Years in the Veneto Region of Italy (1979-2004)



During the study period, the annual incidence of sudden cardiovascular death decreased by 89% in screened athletes (P for trend $< .001$). In contrast, the incidence rate of sudden cardiovascular death did not demonstrate consistent changes over time in unscreened nonathletes.

2015 Sports Science and Medicine Conference

2015 Sports Science and Medicine Conference “Improving Rowing Performance Naturally” 22 to 25 January 2015

British Rowing and FISA are hosting a joint conference in January aimed at transferring sport science and medicine to boat speed – Improving Rowing Performance Naturally. The Conference will be held at SAS UK & Ireland, Wittington House, Henley Road, Marlow from **22 to 25 January, 2015**. It will focus on a number of Sport Science and Medicine topics, with reference to their impact on boat speed through presentations from a number of keynote speakers.



Speakers will include:

- Dr Richard Budgett IOC Medical and Scientific Director
- Dr Alain Lacoste FISA Sports Medicine Commission Chair
- Dr Henning Bay Nielsen A case study
- Prof Dr Jürgen Steinacher Monitoring rowers and how to determine under- performance
- Dr James Morton Increasing Lean Muscle Mass
- Professor Alison McGregor Injury Prevention and Performance
- Professor Niels Secher What we know makes the boat go faster (40 years of research)
- Professor Sanjay Sharma Endurance Sport and Cardio Vascular Health
- Professor Mike Tipton Training in extreme hot and cold
- Dr Anders Vinther Rib stress fractures
- Professor Greg Whyte Altitude Training
- SAS Analytics Using 'big data' to predict injury and illness



2015 Sports Science and Medicine Conference

For more information:

www.britishrowing.org/ssmconference

Improving Rowing Performance x

www.britishrowing.org/ssmconference


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Improving Rowing Performance Naturally



British Rowing and FISA are hosting a joint conference in January aimed at transferring sport science and medicine to boat speed – Improving Rowing Performance Naturally.

World Rowing Awards

World Rowing Awards



2013 Female Crew of the Year - Kim Crow
© Detlev Seyb/myrowingphoto.com

THOMAS KELLER MEDAL



2014 WINNER

DREW GINN

The 2014 Thomas Keller Medal nominations process is closed.

PARMIGIANI SPIRIT AWARD



The 2014 World Rowing Awards

[Click here](#) to see the 2014 World Rowing Award finalists selected by the FISA Council.

The winners will be decided by FISA's Executive Committee by 13 October 2014. The winners will be presented with

World Rowing Awards:

Questions for the Coaches:

- Nominations? Open or only through NFs?
- Considerations? Criteria for winning?
- Consider career performance?
- Repetitions (once only?)

2016 Olympic Qualification System



Current quota places	2012		2016:	
Men	353	64.3%	331	60%
Women	197	35.7%	219	40%

(Paralympic Programme is Gender Equal)

For 2016: 550 quota places, same 8 men's and 6 women's boat classes

First Qualification: 2015 World Rowing Championships

Continental Qualification Regattas

Final Qualification: 2016 Lucerne

Currently (2012):

Seeking Qualification: 101 NOCs

Participated at the Games: 58 NOCs

Changes to increase Olympic Universality:

- Limitations on no. of boats each NF may qualify from Continental Qualification regattas
- Oceania now included in the Asian Cont Qualif Reg

Rio 2016 – Racing Schedule



Issue – Olympic Regatta Programme

Olympic Regatta Programme – 6 to 13 Aug (14 reserve)

Provisional Start times - 09:30 hrs (sunrise at 06:20 hrs)

Provisional Final times - between 11:30 and 12:30 hrs

Four days of Finals

[illegible]

Issue – Paralympic Regatta Programme

Paralympic Regatta Programme – 9 to 11 Sept (12 reserve)

Provisional Start times - 09:30 hrs (sunrise at 06:20 hrs)

Provisional Final times - between 11:30 and 12:00 hrs

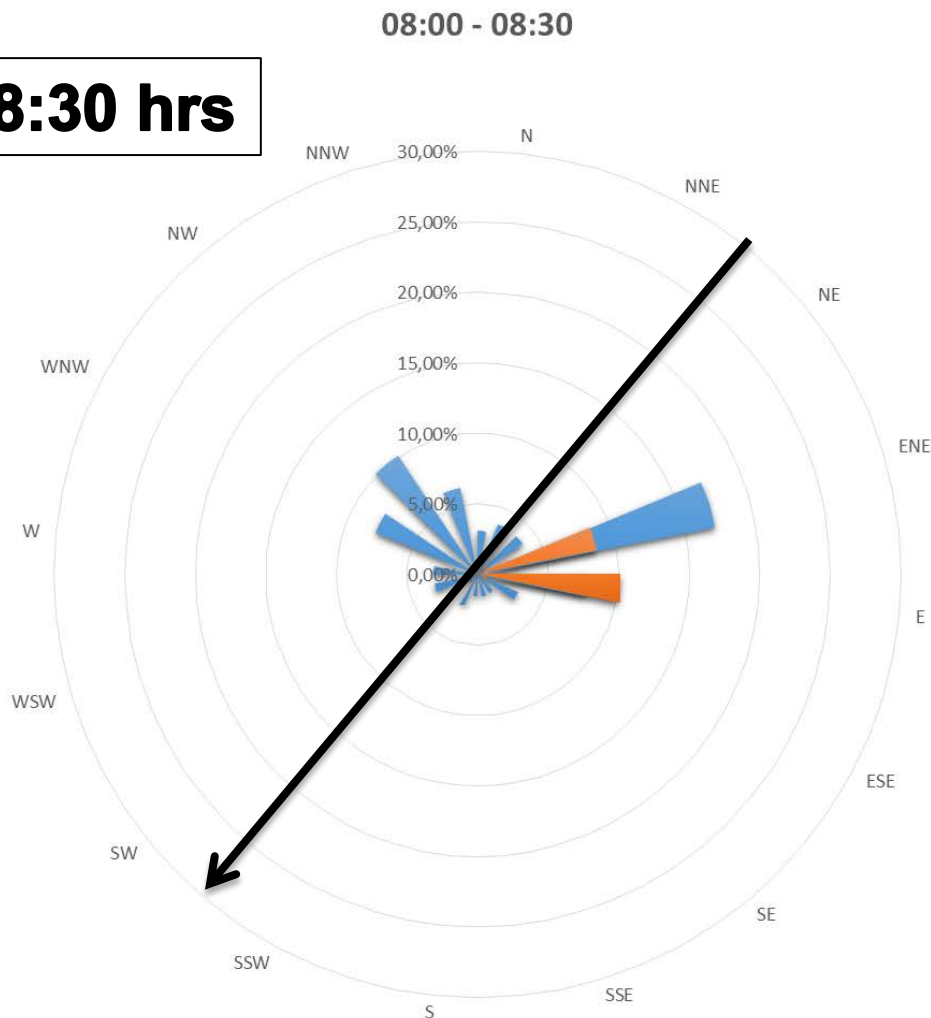
Rowing Regatta of the 2016 Paralympic Games in Rio de Janeiro, Brazil							
Provisional Programme							
(As of 7.11.2014)							
SUNDAY 6 Sept	MONDAY 7 Sept	TUESDAY 8 Sept		WEDNESDAY 9 Sept	THURSDAY 10 Sept	FRIDAY 11 Sept	SATURDAY 12 Sept
Arrivals	09:00 First Jury Meeting	09:00 ITOs Inspection of facilities and equipment		13:30 08:00 FISA/OC Coord Mtg Jury Meeting	FISA/OC Coord Mtg Jury Meeting	FISA/OC Coord Mtg Jury Meeting	Reserve Day
	10:30 Technical Dress Rehearsal			Heats	Repechages	Finals B	
	14:00 Safety Rehearsal			09:30 ASW1x	ASW1x	AWS1x	
				09:50 ASW1x	ASW1x	AMS1x	
				10:10 ASM1x	ASM1x	TA2Mixx	
				10:30 ASM1x	ASM1x	LTAMix4+	
						Finals A	
	11:00-12:00 Practice Starts	11:00-12:00 Practice Starts		10:50 TAMix2x	TAMix2x	ASW1x	
				11:10 TAMix2x	TAMix2x	ASM1x	
				11:30 LTAMix4+	LTAMix4+	TAMix2x	
17:00 hrs TDs and President of the Jury inspection of the racing facilities	15:00 Preliminary Team Managers Meeting	15:00 TEAM MANAGERS MEETING and DRAW		11:50 LTAMix4+	LTAMix4+	LTAMix4+	Entries: ASW1x 12 ASM1x 12 TAMix2x 12 LTAMix4+12

Programme – Wind Roses 2012, 2013, 2014 1 to 16 August, Lagoa Finish Tower



Programme – Wind Roses 2012, 2013, 2014 1 to 16 August, Lagoa Finish Tower

08:00 to 08:30 hrs

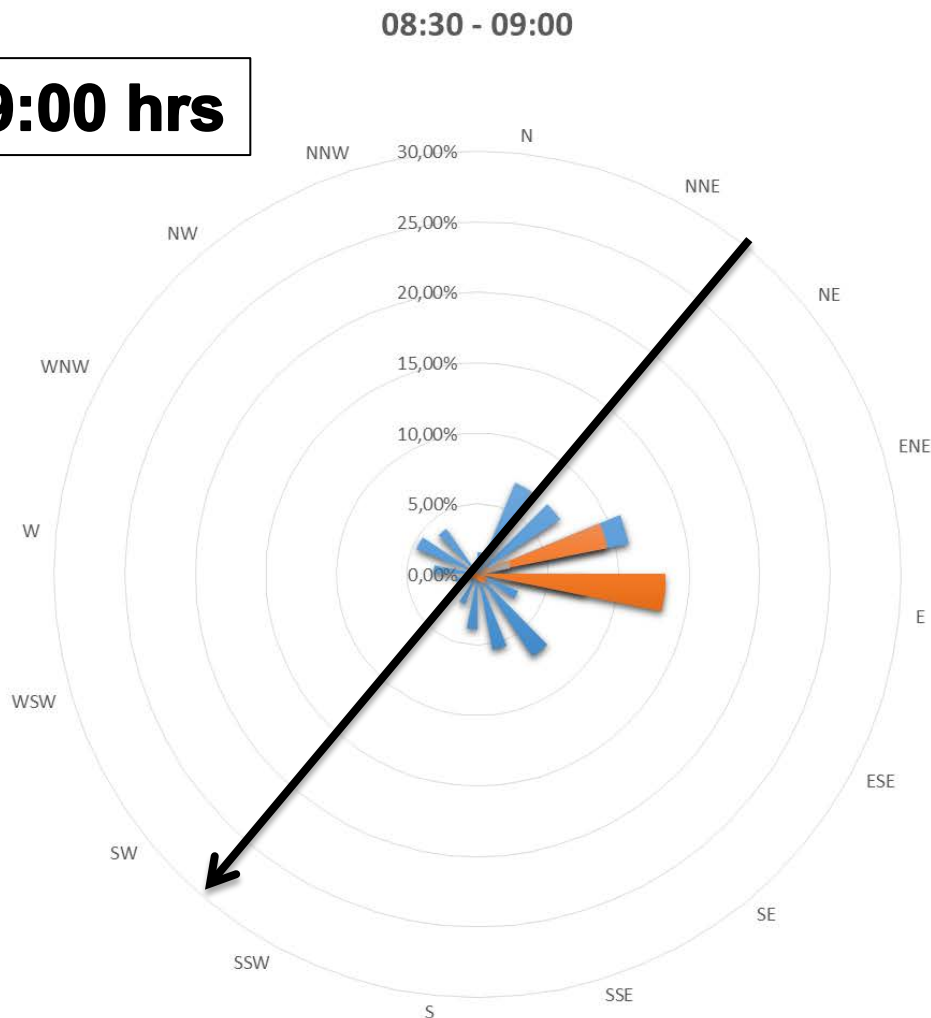


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- 3-6
- 6-9
- 9-12

Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

08:30 to 09:00 hrs

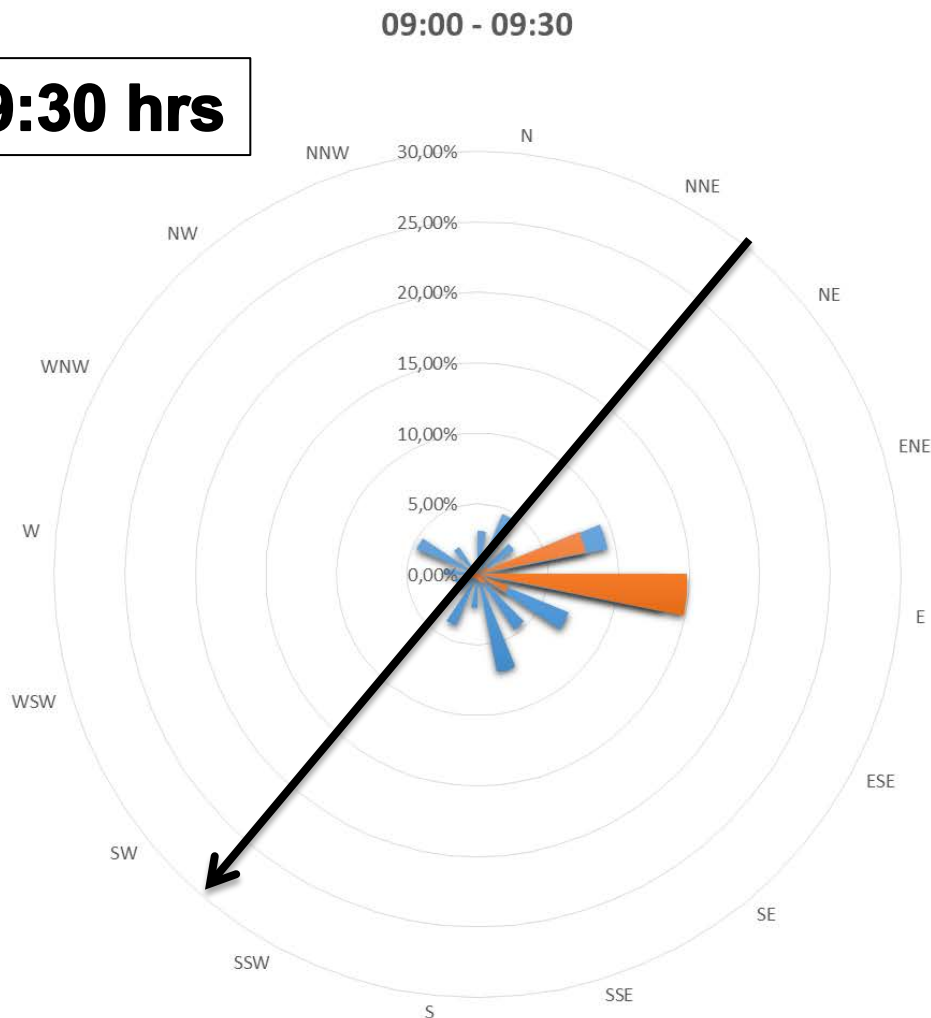


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Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

09:00 to 09:30 hrs

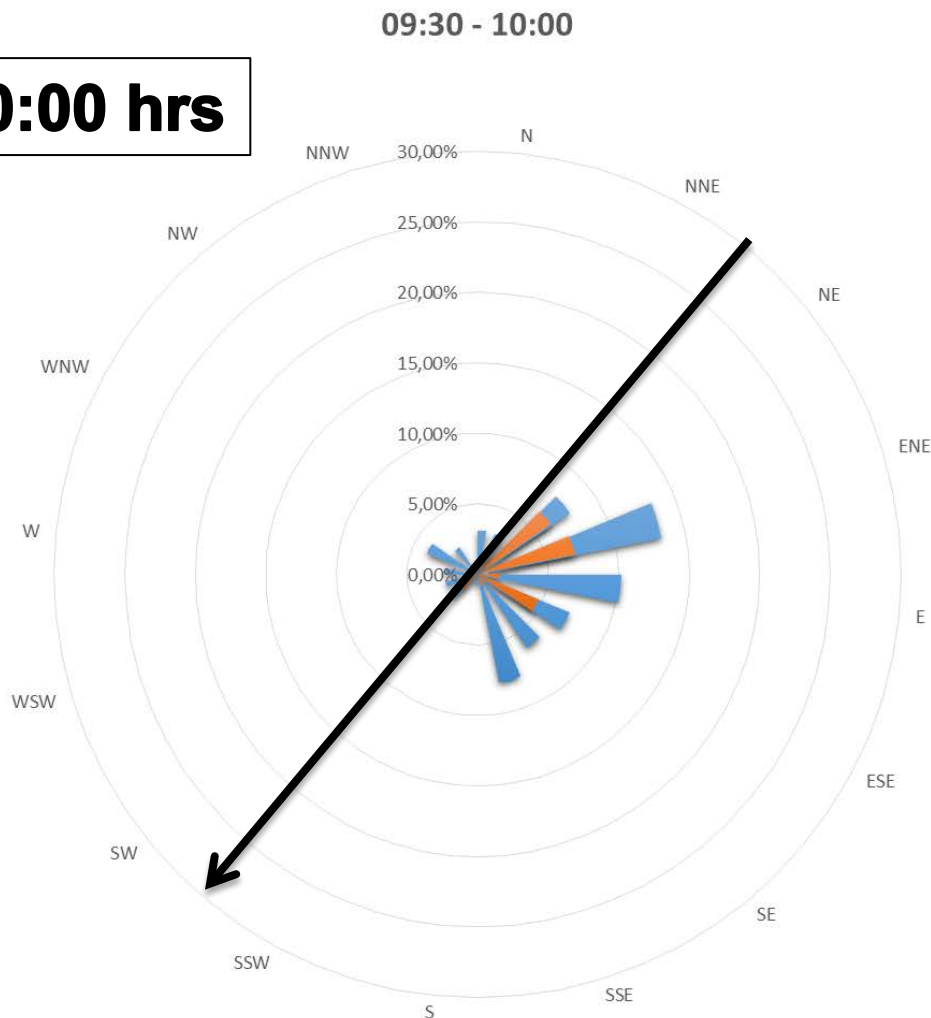


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Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

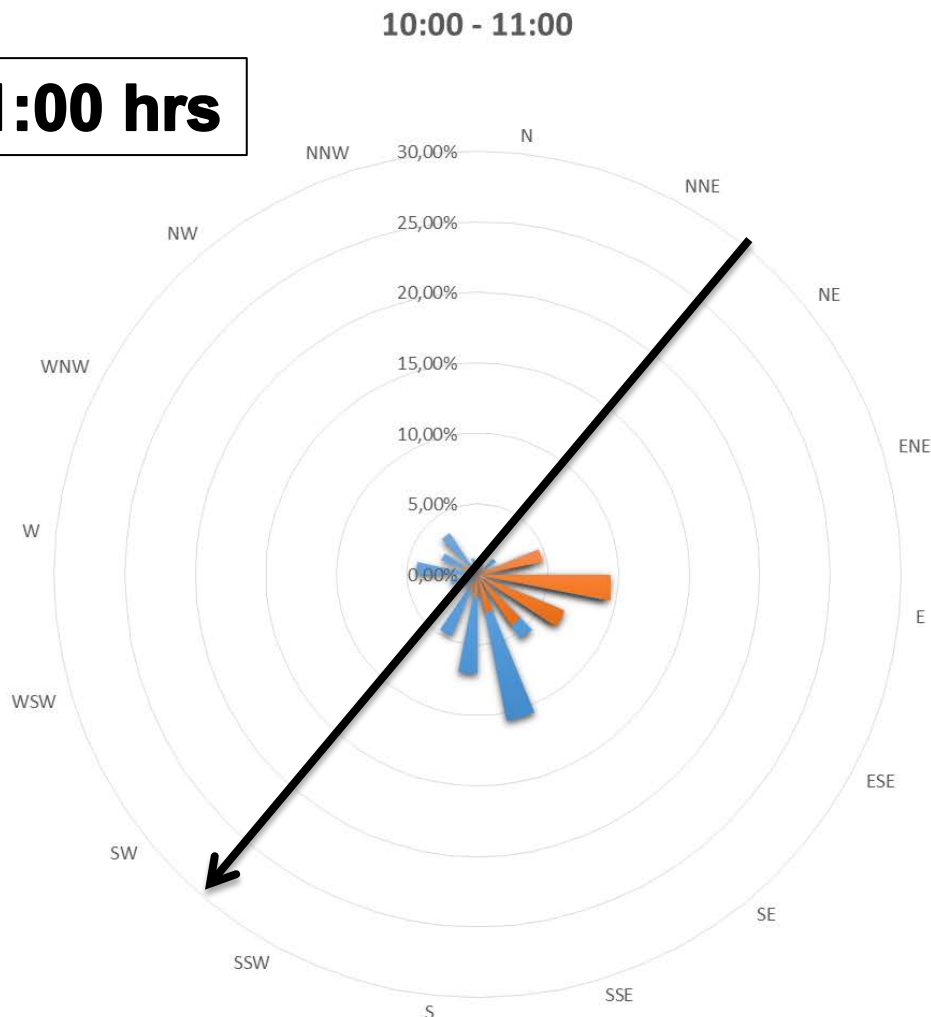
09:30 to 10:00 hrs



Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

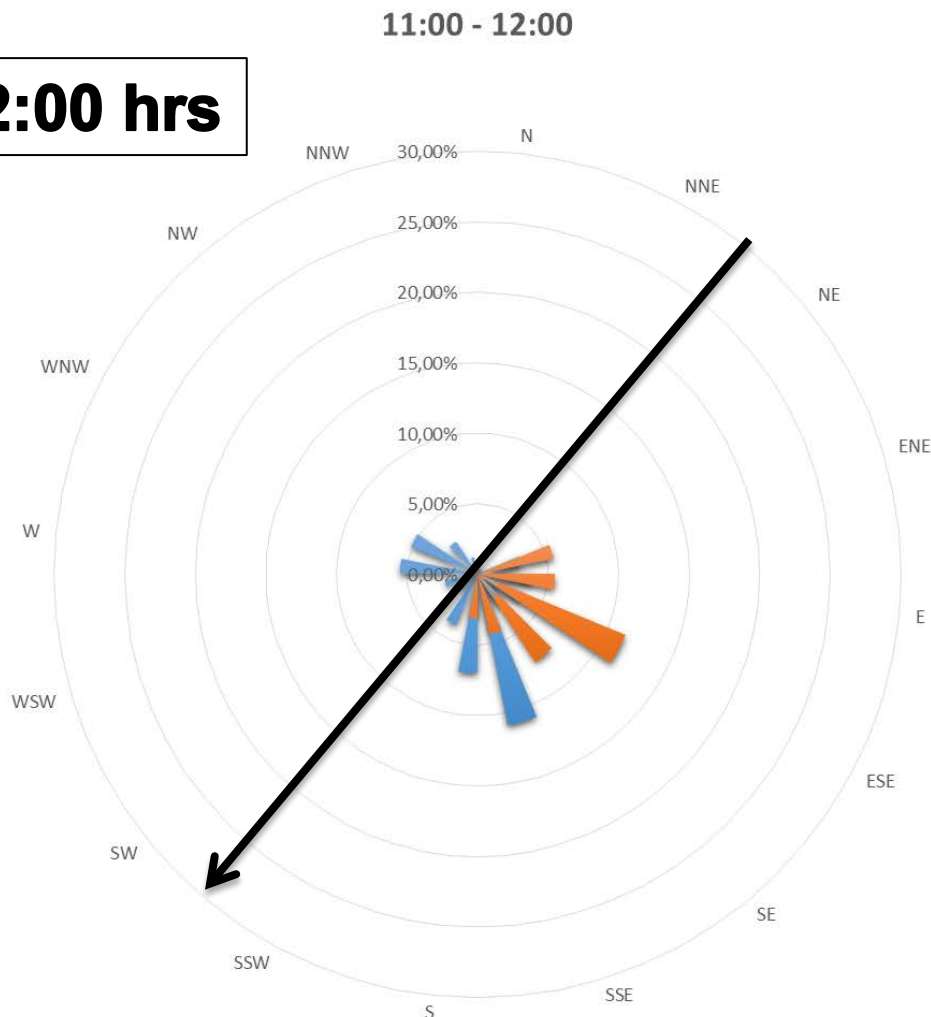
10:00 to 11:00 hrs



Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

11:00 to 12:00 hrs

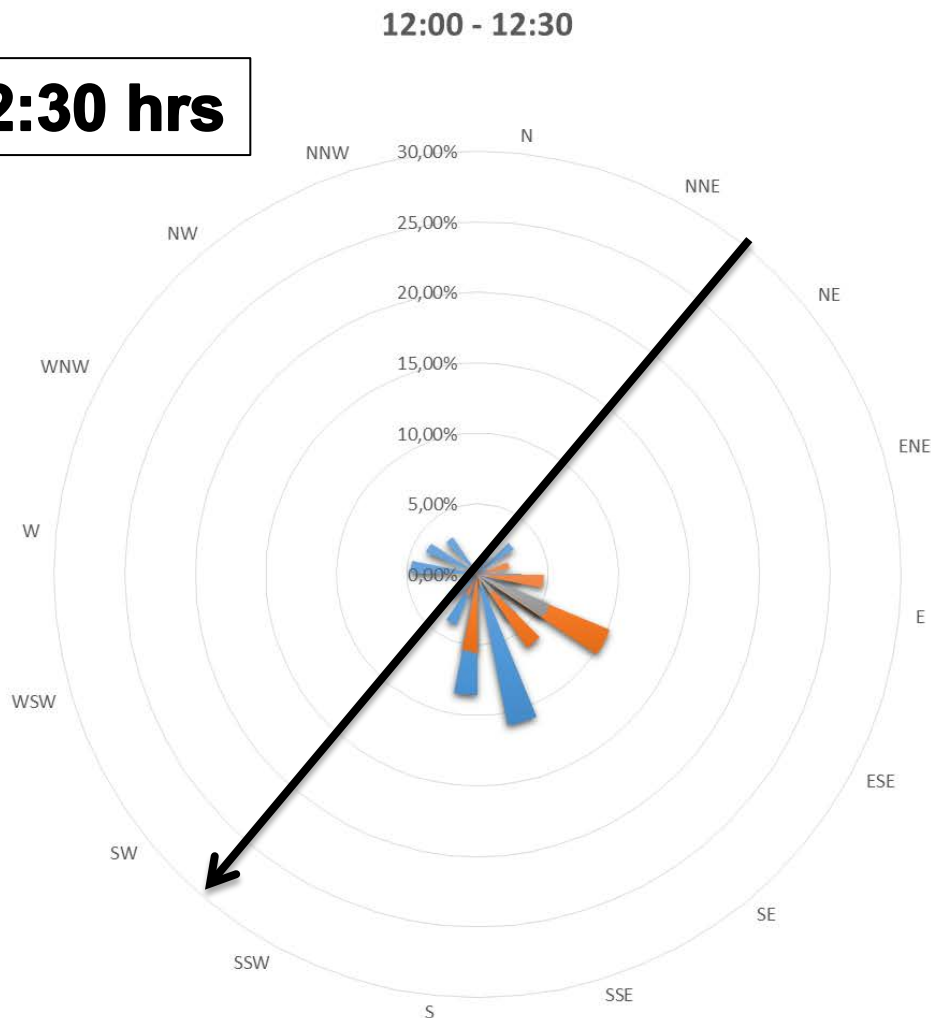


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Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

12:00 to 12:30 hrs

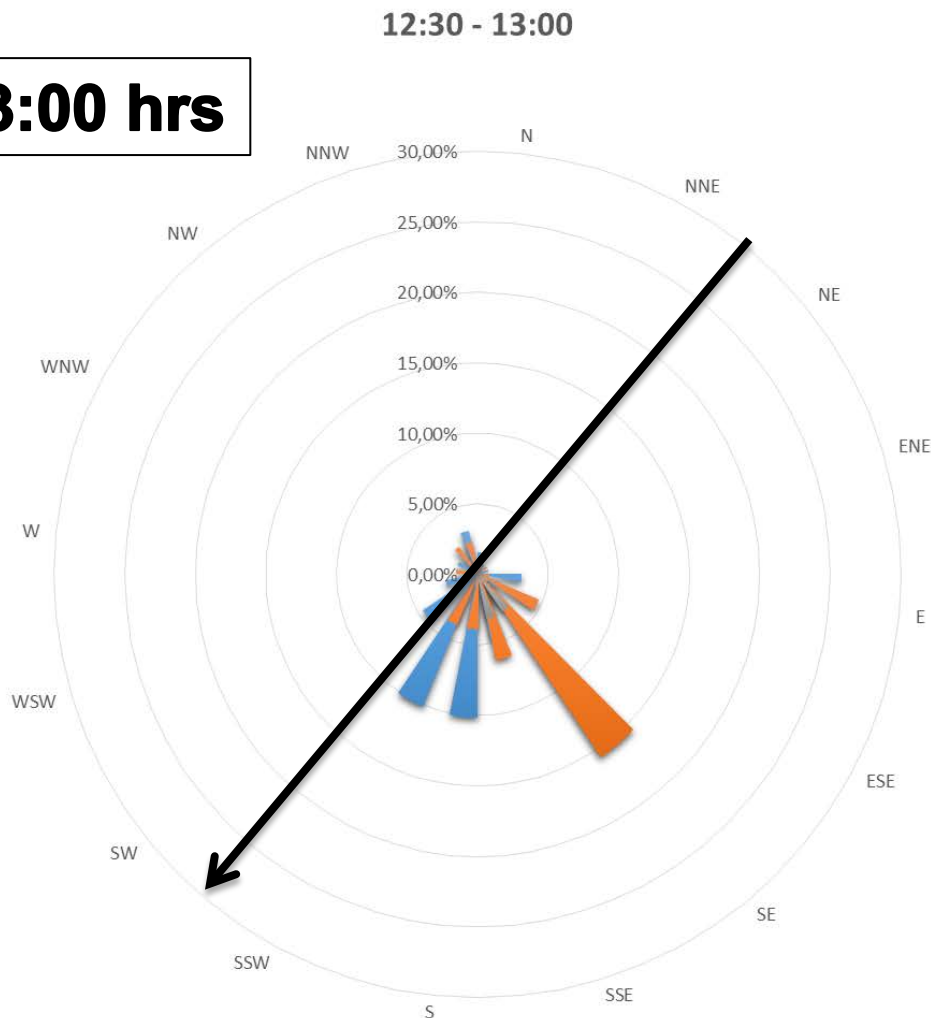


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Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

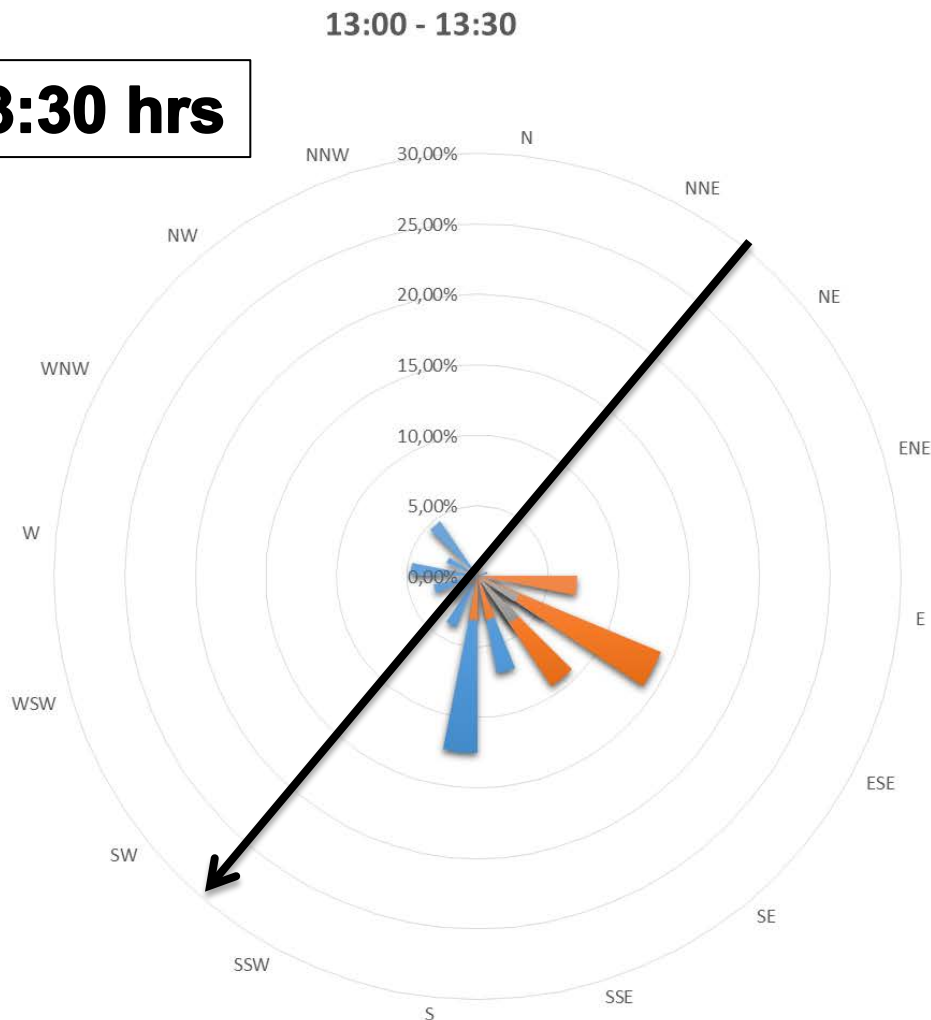
12:30 to 13:00 hrs



Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

13:00 to 13:30 hrs

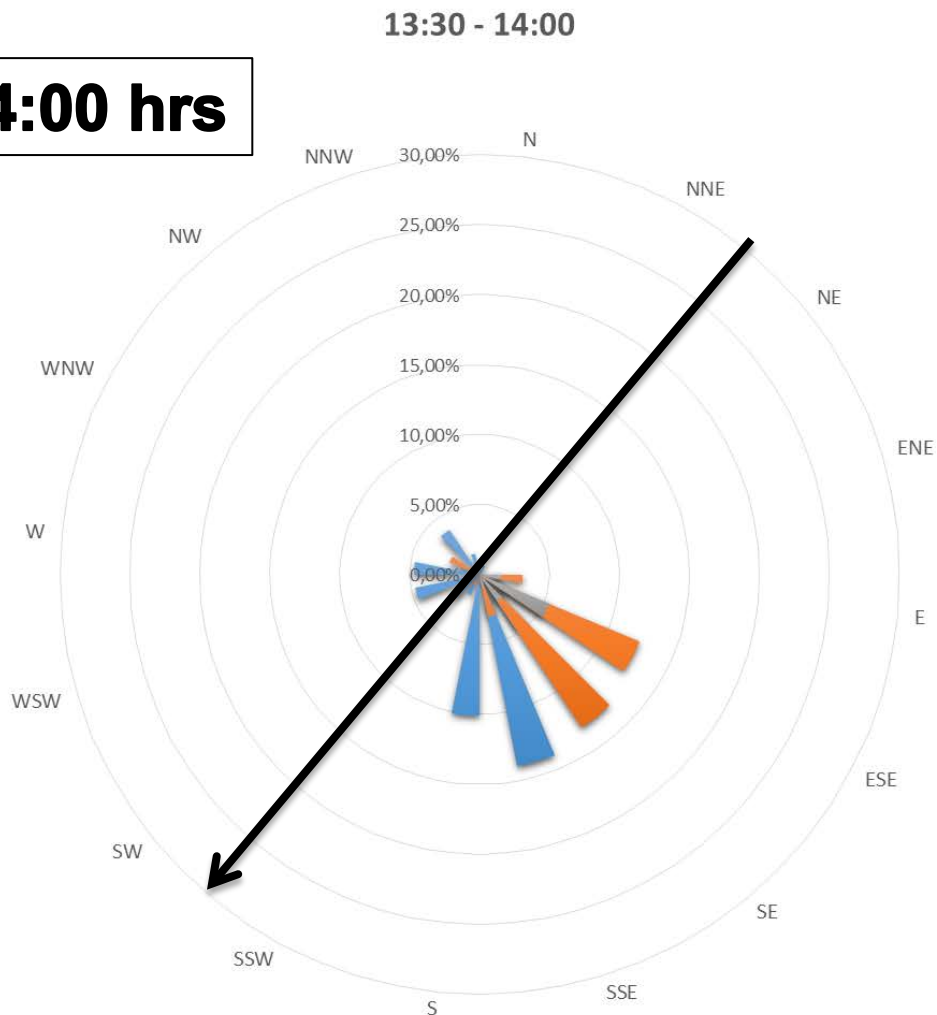


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Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

13:30 to 14:00 hrs

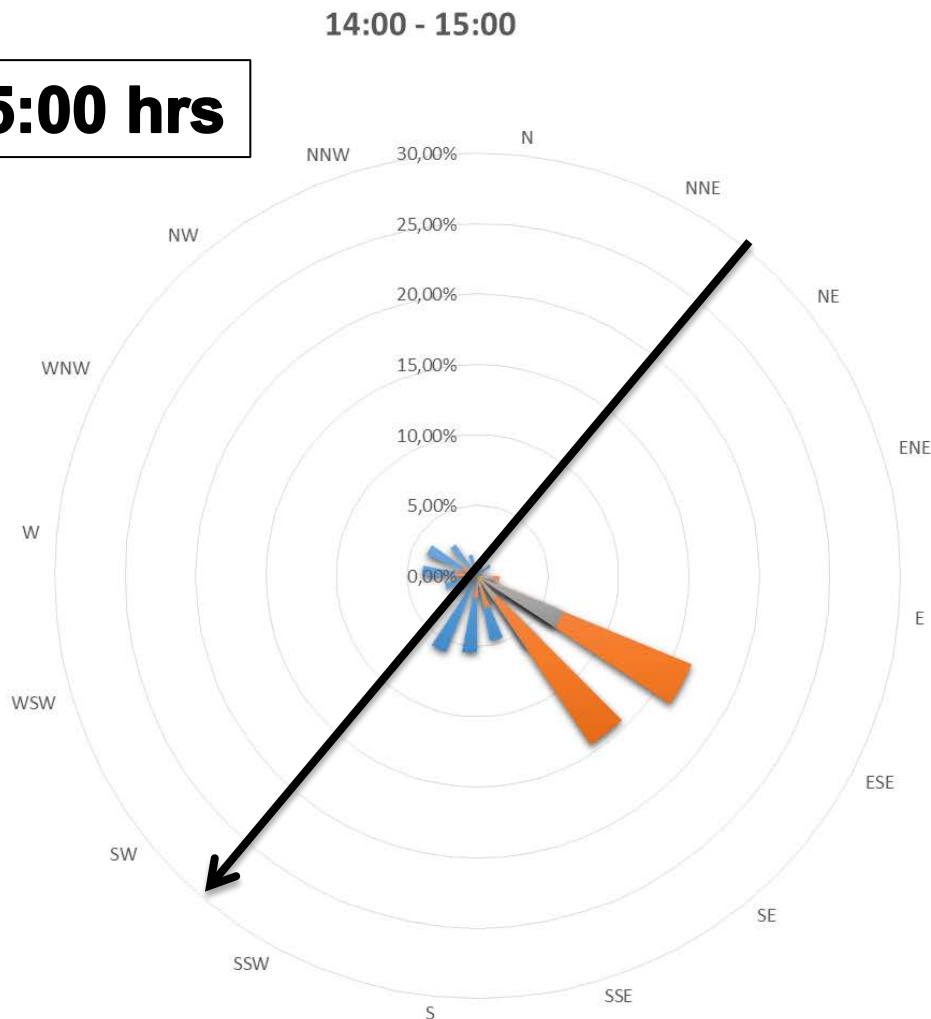


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Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

14:00 to 15:00 hrs

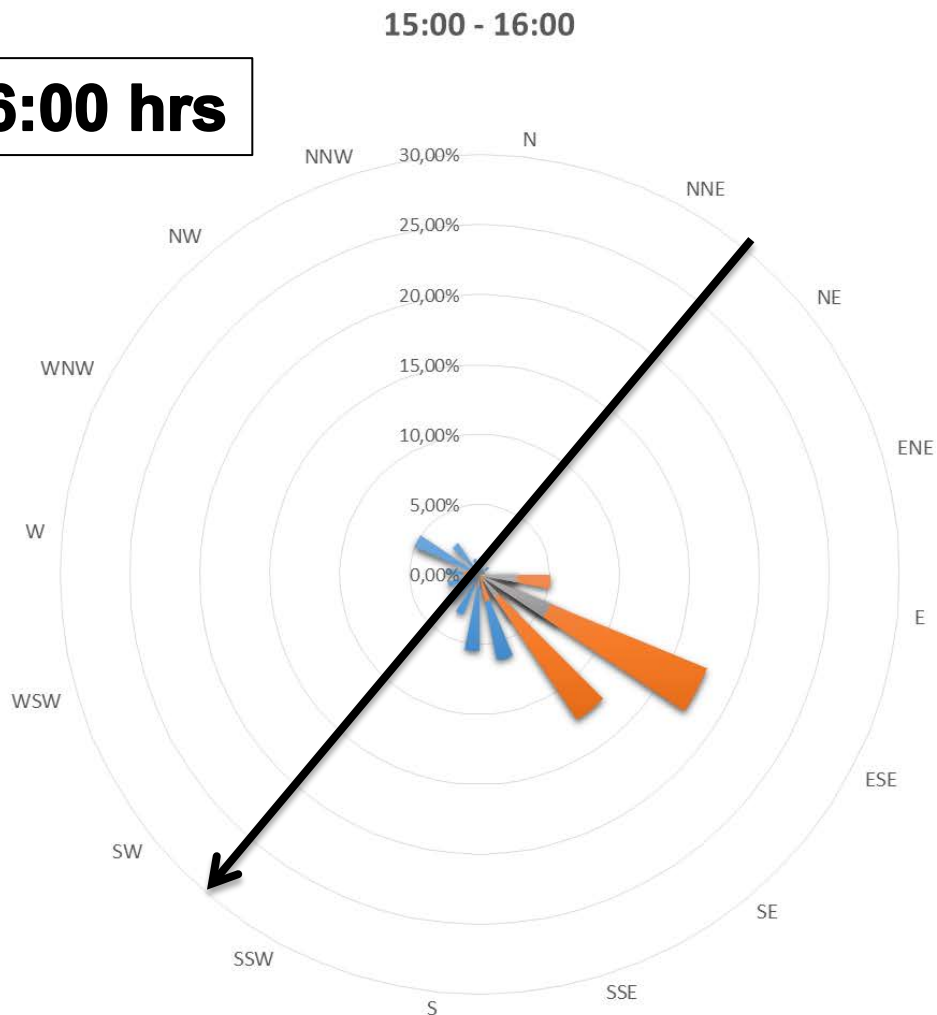


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- 3-6
- 6-9
- 9-12

Programme – Wind Roses 2012, 2013, 2014

1 to 16 August, Lagoa Finish Tower

15:00 to 16:00 hrs



- 0-3
- 3-6
- 6-9
- 9-12

Olympic Regatta Schedule

Questions for the Coaches:

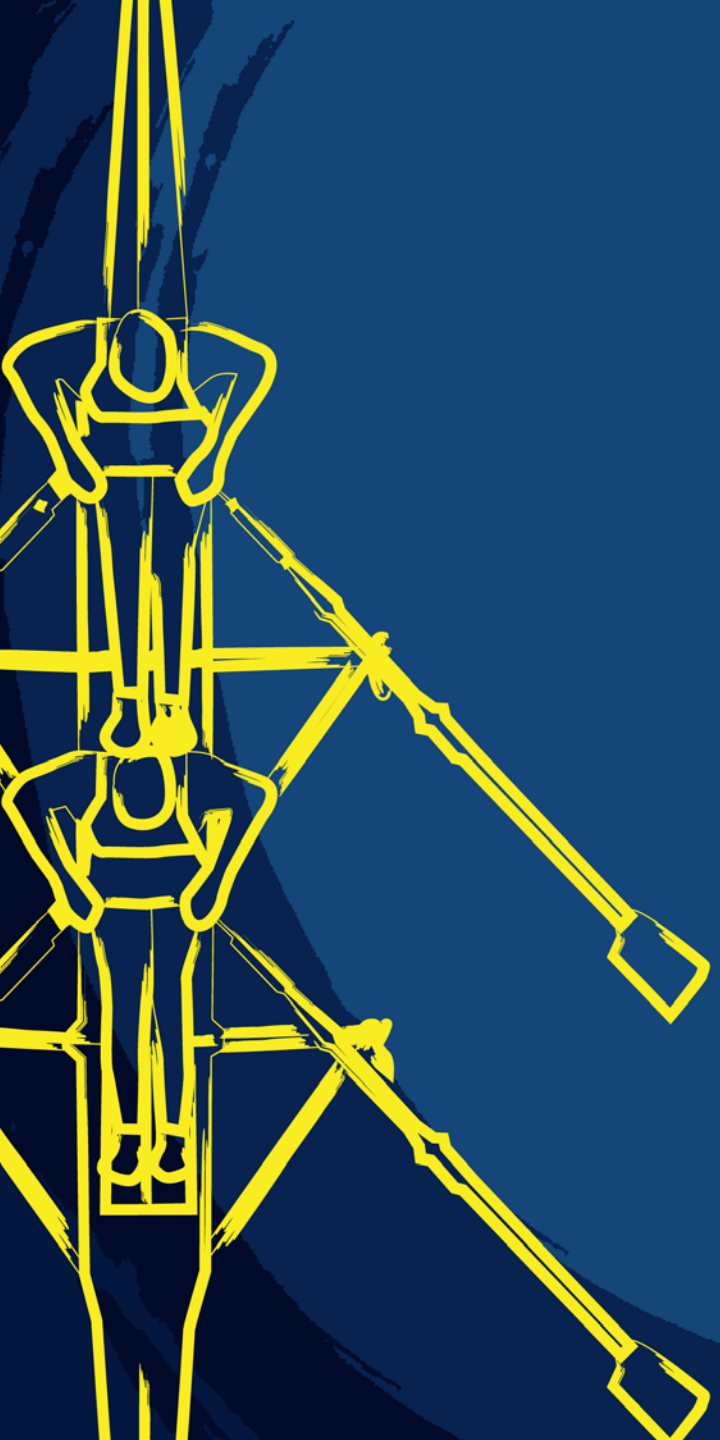
- Any comments or suggestions?

Rio 2016 – Over to Colleen



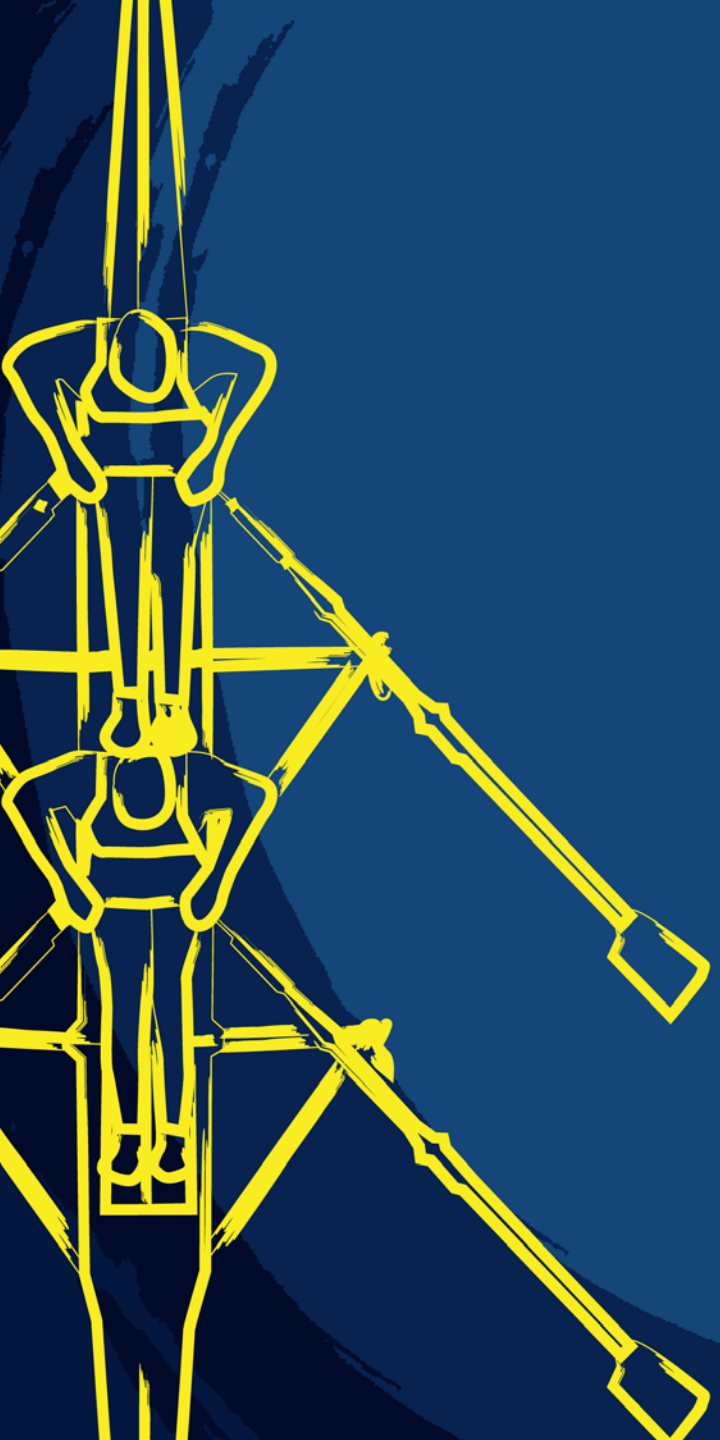
Thank you!





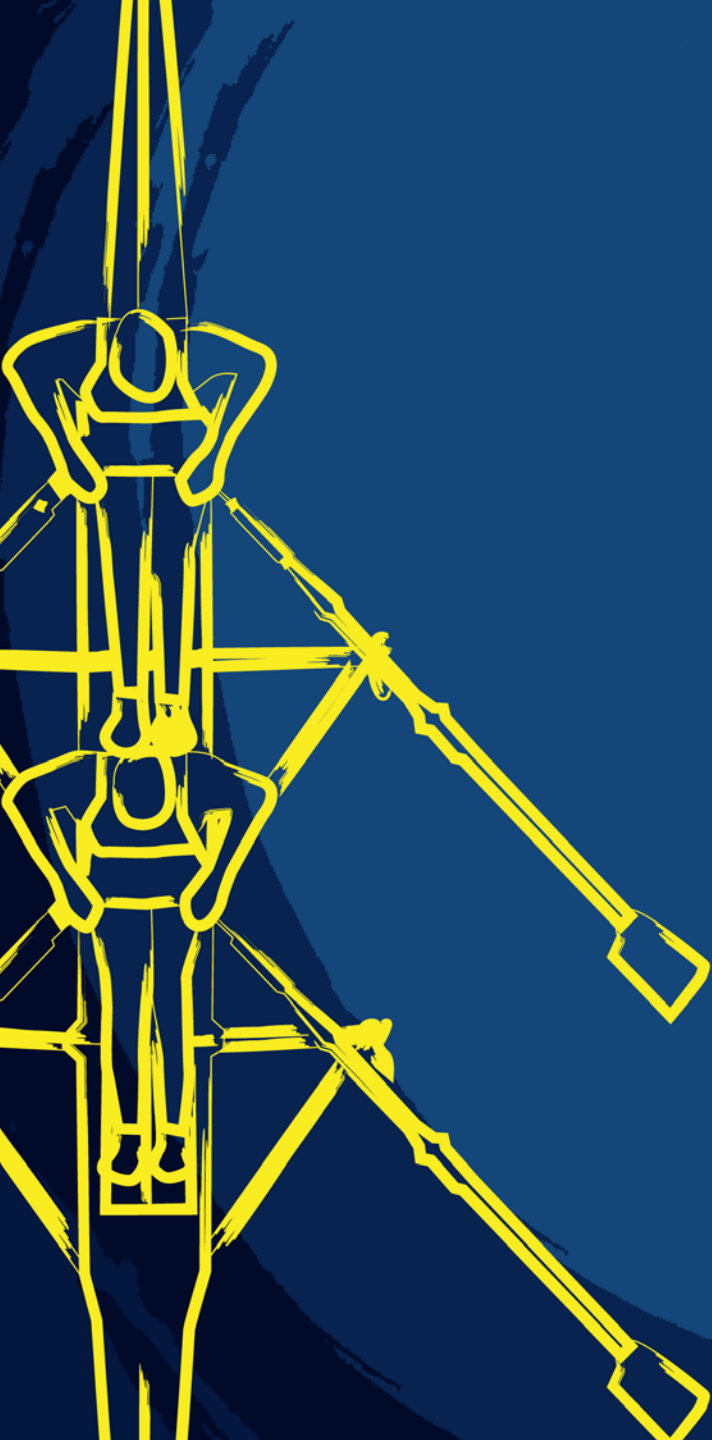
GROUPS FOR DISCUSSION OF FISA MATTERS

08/11/2014



REPORT BACK FROM GROUPS ON FISA MATTERS

08/11/2014



CLOSE

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