

Rowing in the Netherlands – Overview

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Hoofdsponsor



Unvariable factors leading to success in sports

Rio	Land	Nominale bnp		BBP per hoofd		Inwonertal		Oppervlak				Urbanisatie	
		IMF, 2012	miljoenen (US\$)	IMF, 2012	(US\$)	rank	CIA World Factbook 20	rank	VN, 2011	km ²	rank	%water	rank
2	USA	16.244.575	1	51.704	10	316.668.567	3	9.629.091	3	2,2	13	82,4	14
2	CHN	8.221.015	2	6.071	87	1.349.585.838	1	9.596.961	4	2,8	10	50,6	42
-	JAP	5.960.269	3	46.707	12	127.253.075	10	377.930	15	0,8	27	91,3	4
3	GER	3.429.519	4	41.866	21	81.147.265	16	357.022	16	2,3	12	73,9	21
2	FRA	2.613.936	5	41.223	22	65.951.611	21	551.500	11	0,3	34	85,8	9
5	GBR	2.476.665	6	39.161	23	63.395.574	22	242.900	22	1,3	20	79,6	16
-	BRA	2.253.090	7	11.359	60	201.009.622	5	8.514.877	5	0,7	29	84,6	11
-	RUS	2.022.000	8	14.302	47	142.500.482	9	17.098.242	1	0,5	32	73,8	22
2	ITA	2.014.078	9	33.115	26	61.482.297	23	301.318	20	2,0	17	68,4	29
1	CAN	1.821.445	11	52.300	8	34.568.211	38	9.970.610	2	8,6	4	80,7	15
3	AUS	1.541.700	12	67.304	5	22.262.501	55	7.741.220	6	1,0	25	89,2	5
-	ESP	1.323.500	13	27.670	27	47.370.542	28	505.992	12	1,0	22	77,4	18
3	NED	770.867	18	46.011	14	16.805.037	64	41.528	40	18,4	1	83,2	13
1	SUI	631.183	20	78.881	4	7.996.026	95	41.285	41	3,7	8	73,7	23
2	NOR	499.633	23	99.170	3	4.722.701	120	323.787	18	5,0	6	79,4	17
2	DEN	314.889	34	56.426	6	5.556.452	111	43.094	39	1,6	18	86,9	7
1	CZE	195.657	51	18.624	41	10.177.300	86	78.865	32	2,0	16	73,4	24
3	NZL	169.831	55	38.255	24	4.365.113	126	270.534	21	2,1	14	86,2	8
1	ROU	169.394	56	7.939	70	21.790.479	56	238.391	23	3,0	9	52,8	41
2	LTU	42.136	82	14.009	48	3.515.858	133	65.300	35	0,0	35	67,1	31

Countries can only partly influence success at Olympic level. For a big part the distribution of medals at Olympic Games depends on factors like GNP (wealth), population, surface and urbanisation.

Economic Top-7 indicated by green. In yellow better values than the Netherlands. %Water: Netherlands = Waterlands!

INPUT

Factor 1: Financial support

THROUGHPUT

Factor 2: Integral policy development

Factor 3: Sports participation

Factor 4: Talent ID en Development programmes

Factor 5: Support during and after sporting life

Factor 6: Training facilities

Factor 7: Coaching facilities and coach development

Factor 8: International competition

Factor 9: Scientific research

OUTPUT:

Medal table

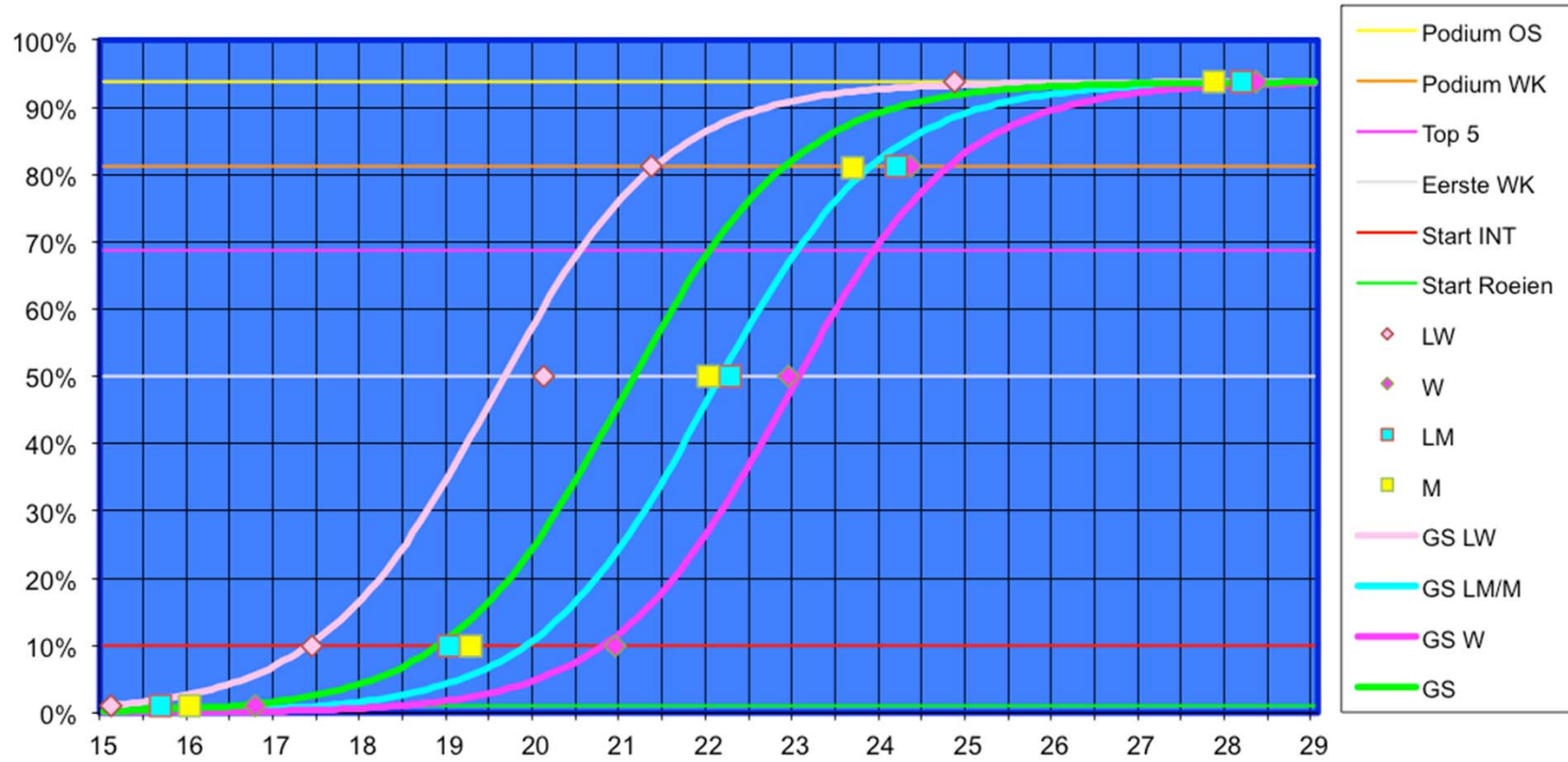
Milestones for medalists at the Olympic Games in London 2012

- A. Start rowing
- B. First international event (JWCh, WU23, WCh, OG)
- C. First participation World Championships
- D. First medal World Championships
- E. Age at Olympic Games 2012

	LW					W					LM					M				
	n	m	std	min	max	n	m	std	min	max	n	m	std	min	max	n	m	std	min	max
A START	6	15	2	13	18	44	17	3	10	24	18	16	1	13	17	63	16	3	10	24
B INT TOERNOOI	6	17	1	16	19	50	21	3	15	27	18	19	2	17	23	63	19	3	15	26
C EERSTE WK	6	20	1	19	21	50	23	2	20	27	18	22	1	20	25	63	22	2	17	27
D WK MEDAILLE	6	21	1	20	24	50	24	3	20	31	18	24	3	21	32	63	24	3	18	33
E OS 2012 TOP 3	6	25	3	21	30	50	28	3	21	37	18	28	4	22	40	63	28	4	21	40

Jaar	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993	1992
Jaar voor OS 2012	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
WJK	0	0	0	2	3	7	13	13	15	12	5	6	8	8	5	3	1	2	2	1	0
WKU23	0	9	21	31	24	28	22	21	11	7	7	3	5	3	2	1	0	0	1	0	0
WK	1	129	110	79	10	77	62	35	1	30	18	12	0	8	6	6	0	0	4	3	1
OS	137				66				27				7				7				2

Milestones in the career of Olympic rowers



In 2013 a total of 119 clubs were affiliated with the Dutch rowing federation. The clubs had 32.217 members. The federation was positioned 26th in the Netherlands, to be compared with:

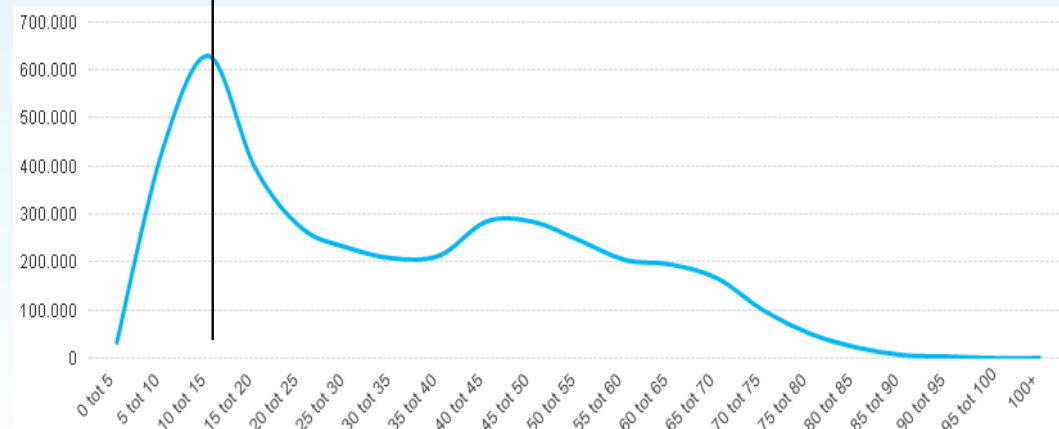
- 25. Cycling (32.677 members)
- 27. Tabletennis (31.036 members)
- 28. Darts (30.698 members)
- 29. Biljarts (29.655 members)

According to official data by FISA, Dutch rowing was the third biggest federation of the world:

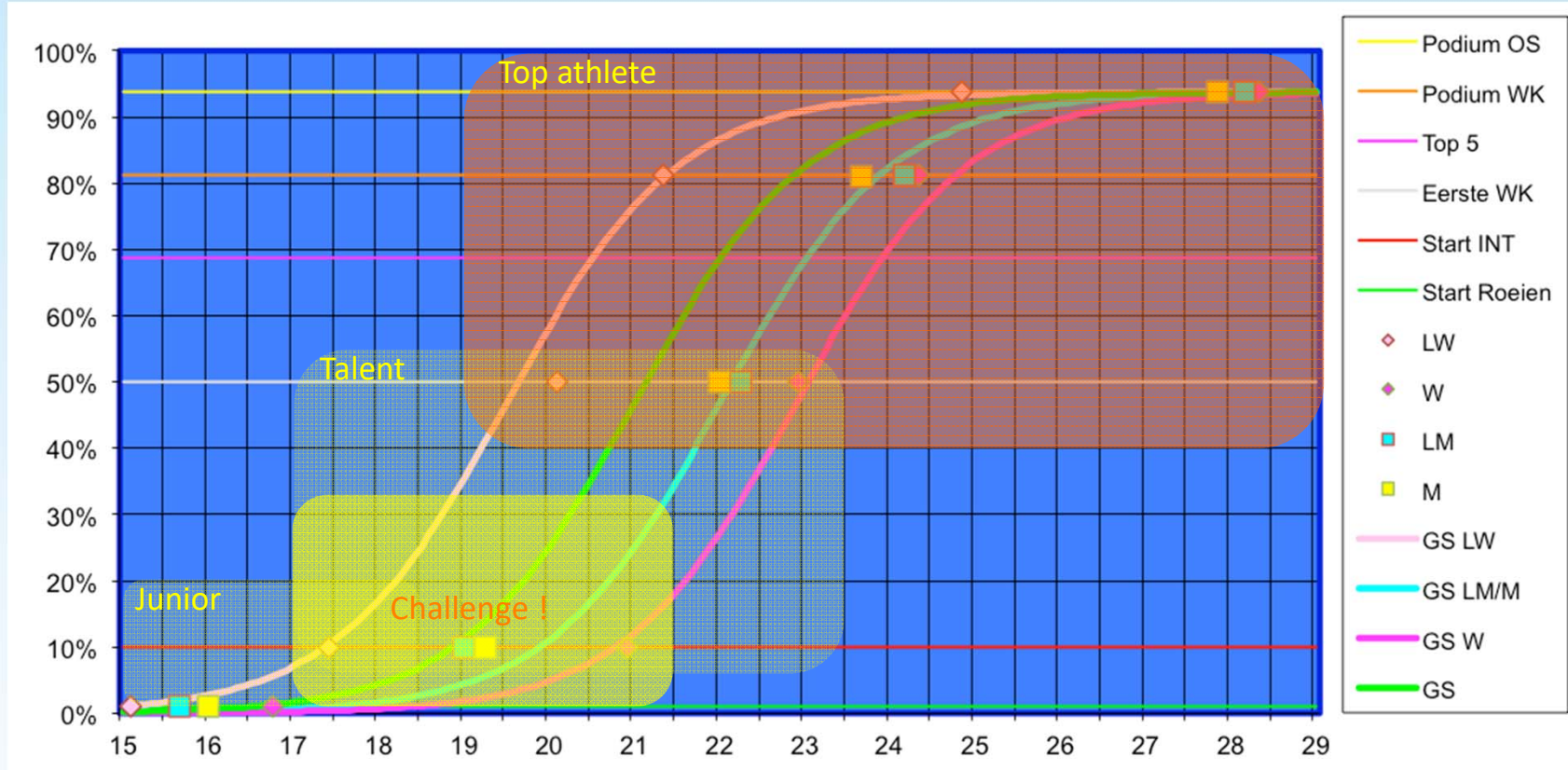
- 1. GER 83.310 members / 482 clubs
- 2. USA 54.175 / 1.198
- 4. GBR 31.340 / 533
- 5. NOR 21.414 / 56

But ... no school rowing in the Netherlands

- Rowing is a “Late Entry” sport
- 1st entry age 10 – 15, juniors
- 2nd entry age 18 – 25, students
- 95 open clubs
 - 3.000 youth, 19.000 senior members
 - 600 youth engage in races (U17, U19)
 - Almost no athletes at senior level
 - Rest is Master or not active
- 25 student clubs
 - 11.000 senior members
 - Every year 5.000 new members
 - 500 start in freshmen event
M8+, LM8+, W8+, LW4x+
 - Juniors switch to university clubs
Freshmen crew or higher level



Figuur 3: Leeftijdverdeling leden bij sportbonden (bron KISS rapportage NOC*NSF 2012). Goed zichtbaar: Roeien is een “Late Entry” sport (eerste start 10-15 jaar) met een unieke tweede instroom (18-25 jaar).



There are many roads that lead to Tokyo, but there are no shortcuts
The challenge lies in smooth transitions and customization

		P-8	P-7	P-6	P-5	P-4	P-3	P-2	P-1	HM	LM	HW	LW
Status	A / High Potential (Rio-Profile)							X	X	X	X	X	X
	B / International Talent (Tokyo-Profile)					X	X						
	National Talent				X								
	Espoir			X									
Perform. 2015	WCh	-	-	-	-	-	-	Top 8	Top 5	Top 3	Top 3	Top 3	Top 3
	Ech	-	-	-	-	-	-	Top 5	Top 3	Top 3	Top 3	Top 3	Top 3
	WCh U23	-	-	-	Participant	Top 8	Top 5	Top 3 ^{1x2-}	-	-	-	-	-
	WCh JUN	-	-	Top 8	Top 5	Top 3	-	-	-	-	-	-	-
	Coupe	-	-	Top 3	-	-	-	-	-	-	-	-	-
Training	Program per year (wks)	44	46	46	46	46	46	48	48	48	48	48	48
	Program per year (hrs)	425	500	550	625	700	775	875	950	1025	1025	1025	1025
	Program per week (hrs)	10	11	12	13,5	15	16,5	18	19,5	21	21	21	21
	Program per year (km)	3200	3800	4300	4650	5400	6150	6650	7400	8150	8150	8150	8150
	Program per week (km)	75	85	95	100	115	135	140	155	170	170	170	170
Fysical	(expected) length	100%	100%	100%	100%	100%	100%	100%	100%	190 - 205	175 - 190	175 - 190	165 - 175
	(expected) arm span	100%	100%	100%	100%	100%	100%	100%	100%	190 - 210	180 - 195	180 - 195	170 - 180
	Sum skinfolds (JP7)	140%	130%	125%	120%	115%	110%	105%	100%	40 - 55	35 - 45	50 - 70	40 - 50
	Sum skinfolds (JP7) %	140%	130%	125%	120%	115%	110%	105%	100%	5% - 8%	4% - 6%	12% - 16%	10% - 12%
	VO2Max ml (at kg)	85%	88%	91%	94%	96%	98%	100%	100%	6650 (95)	5625 (75)	4500 (75)	3900 (60)
	VO2Max ml/kg	85%	88%	91%	94%	96%	98%	100%	100%	70	75	60	65
Strength	1RM Squat (* kg)	nvt	50%	60%	70%	80%	90%	95%	100%	1,9	1,9	1,6	1,6
	1RM Deadlift (* kg)	nvt	50%	60%	70%	80%	90%	95%	100%	1,9	1,9	1,6	1,6
	1RM Bench Pull (* kg)	nvt	50%	60%	70%	80%	90%	95%	100%	1,3	1,3	1,2	1,2
Ergo	2k	90%	92%	94%	95%	96%	97%	98%	99%	05:50,0	06:10,0	06:45,0	07:05,0
	100m	90%	92%	94%	95%	96%	97%	98%	99%	121%	119%	119%	117%
	60"	90%	92%	94%	95%	96%	97%	98%	99%	115%	114%	114%	113%
	6k	90%	92%	94%	95%	96%	97%	98%	99%	93%	94%	94%	95%
Boat	1x	90%	92%	94%	95%	96%	97%	98%	99%	06:46,0	06:59,0	07:25,0	07:42,0
	2-	90%	92%	94%	95%	96%	97%	98%	99%	06:24,0	06:36,0	07:07,0	-
Score		5	5	5	5	4	4	3	2	1	1	1	1

Level	Age	Weeks	Specific	Weights	Core	Hrs total	Hrs week	Hrs from	Hrs to	Km total	Km week
SA	OG	48	815	150	60	1025	21	16	24	8150	170
	OG -/- 1	48	765	150	60	975	20	14	24	7650	160
	OG -/- 2	48	715	150	60	925	19	14	22	7150	150
	OG -/- 3	48	665	150	60	875	18	14	20	6650	140
SD	22	46	615	120	40	775	17	12	20	6150	135
	21	46	565	120	40	725	16	12	18	5650	125
	20	46	515	120	40	675	15	10	18	5150	110
	19	46	465	120	40	625	14	10	16	4650	100
JUN	18	46	430	90	30	550	12	8	16	4300	95
	17	46	380	90	30	500	11	8	14	3800	85
	16	44	320	75	30	425	10	6	14	3200	75
	15	44	245	75	30	350	8	6	12	2450	55

Macro SA	Period	Weeks	Specific	Weights	Core	Hrs total	Hrs week	Hrs from	Hrs to	Km total	Km week
	Prep I	7	64	13	20	126	18	14	20	960	135
	Prep II	7	68	18	14	136	19	18	22	1020	145
	Prep III	6	70	17	12	137	23	19	24	1050	175
	Pre Comp	6	68	16	18	135	23	20	24	1020	170
	Comp I	6	63	10	18	119	20	14	23	945	160
	Comp II	6	63	10	18	119	20	14	23	945	160
	Comp Peak	8	84	11	20	153	19	14	23	1260	160
Total units		46	480	95	120						
Avg min			90	90	30						
Total hrs			720	143	60	923				7200	155
Macro SD	Period	Weeks	Specific	Weights	Core	Hrs total	Hrs week	Hrs from	Hrs to	Km total	Km week
	Prep I	5	34	9	5	67	13	11	16	510	100
	Prep II	6	46	10	10	89	15	13	16	690	115
	Prep III	6	46	10	10	89	15	13	16	690	115
	Pre Comp	6	46	10	10	89	15	13	16	690	115
	Comp I	5	39	9	9	77	15	13	16	585	115
	Comp II	6	49	10	10	94	16	14	18	735	125
	Comp III	6	50	10	12	96	16	14	18	750	125
	Comp Peak	8	70	12	14	130	16	14	19	1050	130
Total units		48	380	80	80						
Avg min			90	90	30						
Total hrs			570	120	40	730				5700	120
Macro JUN	Period	Weeks	Specific	Weights	Core	Hrs total	Hrs week	Hrs from	Hrs to	Km total	Km week
	Prep I	5	24	9	5	50	10	8	12	360	70
	Prep II	6	34	10	10	69	11	9	13	510	85
	Prep III	6	34	10	10	69	11	9	13	510	85
	Pre Comp	6	34	10	10	69	11	9	13	510	85
	Comp I	5	29	9	9	59	12	9	13	435	85
	Comp II	6	37	10	10	73	12	10	14	555	95
	Comp III	6	42	10	12	82	14	11	16	630	105
	Comp Peak	8	66	12	14	121	15	12	19	990	125
Total units		48	300	80	80						
Avg min			90	75	30						
Total hrs			450	100	40	590				4500	95

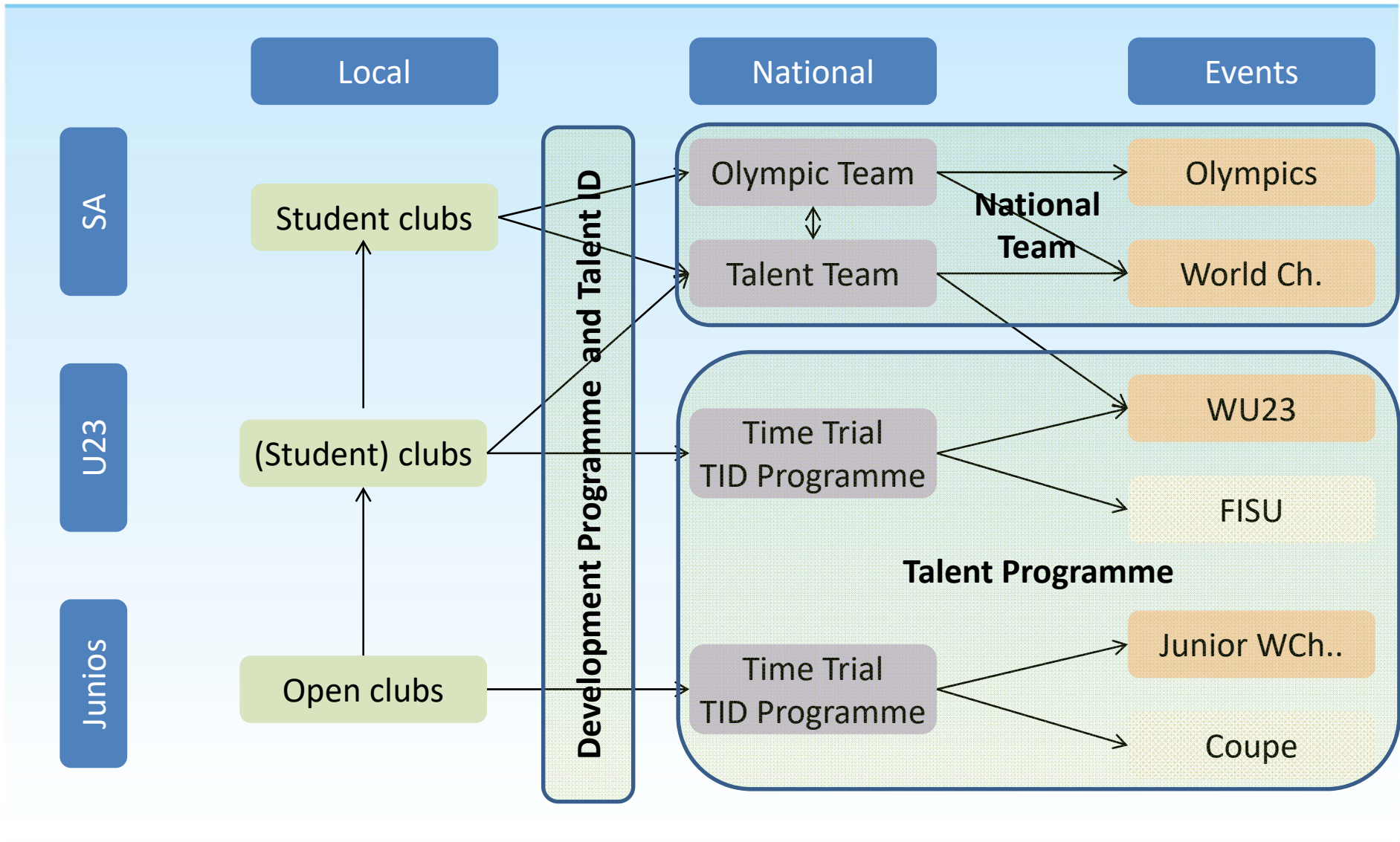
TYPLOGIE TRAINING NAAR VORM EN NAAR EFFECT

Typologie training naar vorm									
Type	Tempo boot kort / lang	% HF max	% Snelheid 2.000 m	Lactaat Mmol	Totale tijd training	Effectieve tijd training	Fractionering training Tijd / Afstand	Herhalingen	Herstel
E	16-18 / 18-20	65-75%	75-78%	< 2	30'-125'	30'-120'	10'-40' / 2 km-8 km	1-12	30'-5'
D	18-24 / 20-26	75-85%	78-86%	2-3	30'-125'	30'-120'	10'-40' / 2 km-8 km	2-12	30'-5'
C	24-28 / 26-30	85-90%	86-91%	3-5	60'-100'	30'-60'	10'-20' / 2 km-5 km	2-6	5'-10'
B	24-32 / 26-34	85-95%	89-98%	4-8	60'-100'	20'-40'	4'-10' / 1 km-3 km	2-6	4'-10'
A2	32-36 / 34-38	90-100%	98-102%	8-12	60'-100'	5'-20'	40'-9' / 250-2000	1-20	15'-10'
A1	36-46 / 38-48	100%	102-112%	> 12	60'-100'	2'-5'	15'-30' / 100-250	4-20	45'-90'
F	14-26 / 16-28	65-80%	nvt	4-6	45'-100'	15'-30'	3'-8' / 500-1500	2-5	3'-8'

Typologie training naar effect								
ANC profiel	Aerobic Capacity – AEC Uithouding Capaciteit – UC		Anaerobic Capacity – ANC Weerstand Capaciteit – WC		Aerobic Power – AEP Uithouding Vermogen – UV		Anaerobic Power – ANP Weerstand Vermogen – WV	
	Sterk	Zwak	Sterk	Zwak	Sterk	Zwak	Sterk	Zwak
Volume	Hoog 20 – 90'	Zeer hoog 40 – 120'	Gemiddeld 10 – 20'	Laag 5 – 10'	Hoog 25 – 40'	Hoog 35 – 60'	Laag 3 – 8'	Laag 1 – 5'
Interval	Lang 10 – 30'	Kort 5 – 10'	Kort 20 – 60"	Zeer kort 15 – 30"	Van kort naar lang, of Lang Van 1 – 3 naar 3 – 9', of 5 – 20'		Kort 30 – 120"	
Intensiteit	Extensief eventueel met korte intensieve intervallen		Bijna maximaal	All-out	Maximale pace voor het gekozen interval		All-out	
Rust	Kort: 1 – 2'		Lang: ≥ 2x interval		Kort: ≤ 1/3 interval		Kort: 10 – 20"	

VOORBEELDEN TRAININGSVORMEN PER TYPE

Type	Inhoud	Opmerkingen
Type E Continue belasting Continue methode	Voorbeeld 1: 1-3 * 40' (8-10 km) tempo 16-18, herstel na iedere 40': 4'-5' Voorbeeld 2: 1-4 * 30' (6-8 km) tempo 16-18, herstel na iedere 30': 3'-4' Voorbeeld 3: 2-6 * 20' (4-6 km) tempo 16-18, herstel na iedere 20': 2'-3' Voorbeeld 4: 2-8 * 15' (3-4 km) tempo 16-18, herstel na iedere 15': 1'-2' Voorbeeld 5: 3-12 * 10' (2-3 km) tempo 16-18, herstel na iedere 10': 30"-60"	
Type E Continue belasting Alternerende methode	Zie type E – Continue belasting, maar met <i>alternierend tempo</i> . Voorbeeld: 4 * 20' (4-6 km), herstel na iedere 20': 2'-3' 5' tempo 16 + 5' tempo 18 + 5' tempo 16 + 5' tempo 18	
Type E – A2 Continue belasting Continue methode, met acceleraties	Zie type E – Continue belasting, maar met <i> korte acceleraties of sub-maximale starts</i> . Voorbeeld: 4 * 20' (4-6 km) tempo 16-18, herstel na iedere 20': 2'-3' Neem in totaal 8 acceleraties op in de training van ongeveer 45" in tempo 30-32. 2 acceleraties in ieder stuk van 20', de eerste na 5', de tweede na 15'.	
Type E – A1 Continue belasting Continue methode, met sprints of starts	Zie type E – Continue belasting, maar met <i> korte sprints of starts</i> . Voorbeeld: 4 * 20' (4-6 km) tempo 16-18, herstel na iedere 20': 2'-3' Neem in totaal 8 sprints op in de training van 15" in maximaal tempo. 2 sprints in ieder stuk van 20', de eerste na 5', de tweede na 15'.	



At Olympic Training Centre – Bosbaan, Amsterdam

- Technical Director
- Team Manager
- Head Coach M – LM, 3 assistants (2 full time, 1 part time)
- Head Coach W – LW, 3 assistants (1 full time, 2 part time)
- Embedded scientist
- Strength trainer, Pilates teacher (for the women)
- Doctor, physio, masseur
- 50 athletes Olympic team – with stipendium from NOC
- 10 to 20 athletes Talent team – no stipendium
- Talent coach Seniors and talent coach Juniors (part time)

Funding depends largely on NOC, so on results

- Simple decision structure:
 - Head coach decides
 - But is fully accountable for results
- Simple strategy:
 - Retain experienced athletes and integrate talents
 - Assess potential and select events
 - Train, race, and re-assess (2014)
 - Set priorities (2015, W4x, LW2x, W8+)
 - Get results (2016)
- Individual approach:
 - Profile all athletes
 - Physiological (Erg scores, VO2Max, Strength)
 - Technical (speed in small boat)
 - Mental
 - Trainability
 - Commitment
 - Individualization based upon profile, situation, background
- Collective approach:
 - Work as one women team
 - For every crew, involve the athletes making their optimal plan
 - Involve the team and the athletes in sticking to the plan

Financial support?

Integral policy development?

Sports participation?

Talent ID en Development programmes?

Support during and after sporting life?

Training facilities?

Coaching facilities and coach development?

International competition?

Scientific research?

OR

Netherlands, Waterlands, wealthy, crowded and small?

And good coaching and clever choices of course 😊

Thank you for your attention