



**On German rowing system and Observations
about the development of Chinese rowing
浅析德国赛艇体系及对中国赛艇发展的观
察**

--从我的运动员和教练生涯说起

Based on my athlete and coaching career

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Introduction:
As an Athlete
As a Coach

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Food for thought:
◆ Observations about and thoughts on
China rowing
◆ Puzzles

Theme: Germany rowing system
◆ East Germany period
◆ Post-reunification
◆ Selection and development of German rowers



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Introduction: As an Athlete

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◆ Physical school begins at 12 and learned various sports. 8 weeks of competitive track and field training, participated in pentathlon.

◆ 2nd year into physical school, takes javelin=34.05m

2

◆ 2nd year into physical school, takes rowing

◆ Training in the elite group of Potsdam rowing club. Competent and high performance



3

Period: 1969-1980 (East GER)
Key words: fast, efficient, fulfilling

- ◆ 1974 1st WCH gold medal in W4x at 17, Lucerne (1st gold for W4x event in rowing history)
- ◆ 1975 2nd WCH gold medal in W4x, Nottingham
- ◆ 1979 3rd WCH gold medal in W4x, Slovenia
- ◆ 1976 Olympic Gold in W4x at 19, Montreal (1st Olympic gold for W4x in history)
- ◆ 1980 Olympic Gold in W4x at 23, Moscow



Introduction: Coaching career

1982-1984

- ◆ Coach junior team at Potsdam rowing club
- ◆ Produced many golds in 1x and 2x

1984-1990

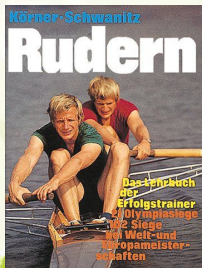
- ◆ 1984 became national coach for women team (Jürgen, current GB men 's coach was the head men 's coach then)

◆ 1991-2008 (Post-reunification)

Coaching career extends from East GER to Federal GER and her experience is closely associated with the establishment and development of German rowing system.

Rowing theory study during East Germany period

The application of the concept of the combination of Biology, Biomechanics and training theories in rowing training, monitoring and analysis (Körner/Roth/Schwanitz 1989)



The model is the collection of Biology, Physics, Biomechanics and training theory and practice. It is a systematic and scientific system, which is beyond duplication. Jutta was developed under this system and she also produced many championships following the system. (See form)

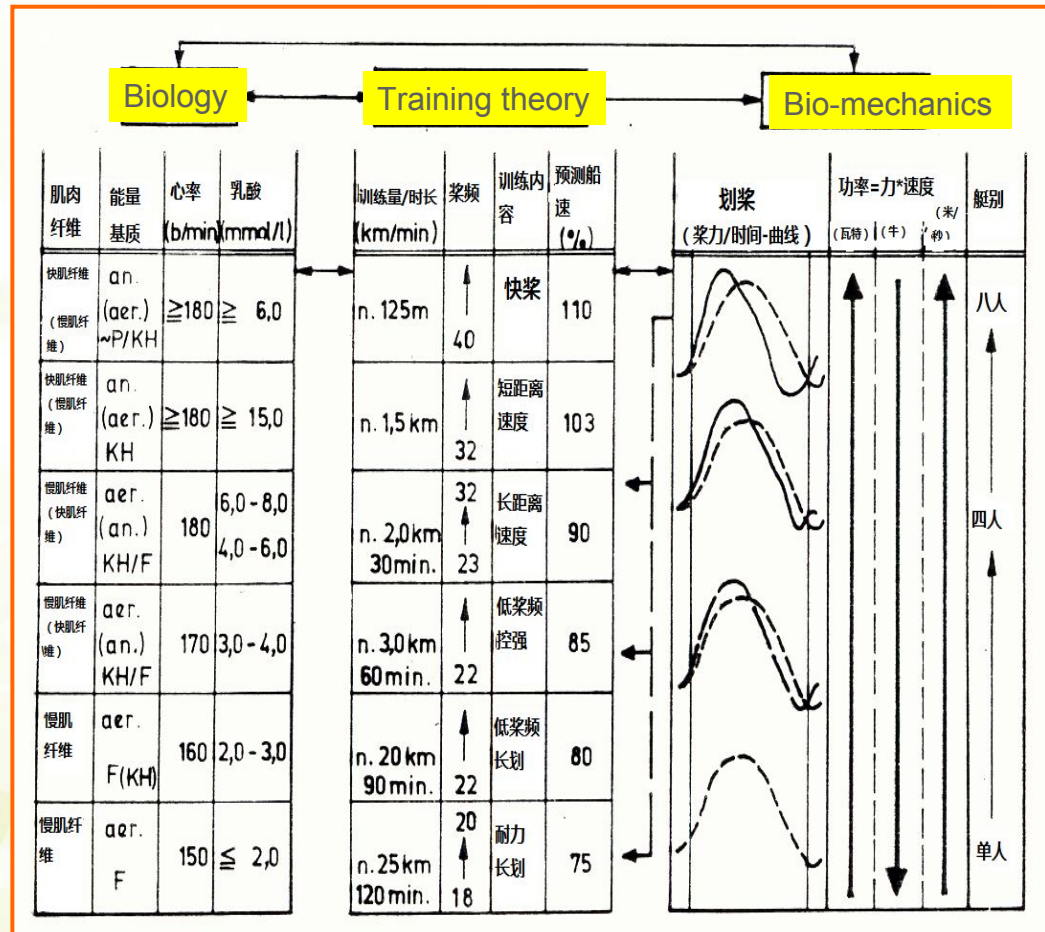


Diagram: owing to the change of inboard ratio and the following biological response, the influence of the stroke structure on the erg and in the tank over rowing training intensity

Changes within rowing system following the re-unification

New development in boats

New thoughts in sports: athletes cannot be too much devoted to competitive sports and ignore school study; Need to experience and enjoy competitive sports

Coaches: many coaches feel like not being able to perform their talent and choose to work overseas

System study: Rowing circle didn't emphasize the exploring and studying of rowing system.

Athletes: Decreased devotion to training (volume/time/mind) while study and work becomes priority.



Coaching experience

(1996-2008)



3 roles:

- ◆ national coach women sculling
- ◆ Head coach women sculling Potsdam rowing club
- ◆ Rowing talent reserve base (Berlin-Potsdam) Director

+

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Tasks:

- ◆ Continue the tradition of honor in the club
- ◆ Build the best reserve base in all Germany (send elite athletes to NT / medalists originated in Potsdam club)

Potsdam "Rowing science island"

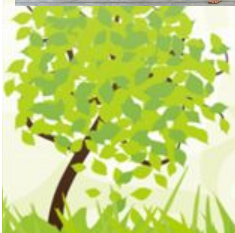
Athletes and coaches groups based on age:

- ◆ athletes at 13 14, one male and one female coach employed by physical school
- ◆ athletes at 15 16, one male and one female coach employed by physical school
- ◆ athletes at 17 18, one male and one female coach employed by state club
- ◆ one coach for U23 group
- ◆ one coach each for men and women

Science and medical staff:

- ◆ Two science people specifically testing water and tank rowing technique employed by training center
- ◆ one collects data of physiology and biochemistry testings
- ◆ Team doctor (University)
- ◆ two science and technology consultants (Peter and Roth)

z.B. Torte,
s.Schmidt,



Theme: Selection mechanism of German rowers

Promotion pathway:

- ◆ Participate in national team trials: results from winter races, erg 2km, on water 1km technical testing, step testing, two times on water 2km testing(4-6 weeks in between)
- ◆ Training camps provide various activities, including 1-2 physical fitness(cycling) and rowing specific training.
- ◆ Participate in long distance regatta held between Nov and Dec annually. Fast ones qualified for training camps.

Thoughts of national coaches:

- ◆ Ideal crew forming: Based on the comprehensive performance of all testings, best one rows 1x, next best go to 2x and the rest row 4x.
- ◆ But owing to club decisions, 4x becomes priority and gets best rowers, resulting in weaker 1x and 2x(after 2008)

Team Announced:

Elite rowers make elite team and race for the nation.

主：德国赛艇运动员选拔机制下的运动员培养

为了满足国家队对优秀运动员的巨大需求，波茨坦俱乐部得研究了统一规范培养能力出众的青少年运动员。

◆赛艇技术统一，所有运动员要有相同的幅度（不管桨频如何变化）一致的水下长度，左右两桨平衡，划桨结构一致，以保证能力相当

◆15-16/17-18/成年，不同年龄层所要求的训练量不同（切忌年

运动员	青年赛成绩	成绩
Hans Gruhne	世青赛男子单人艇冠军	2016里约奥运男子四双金牌（领桨手）
Karina Bär	世青赛女子单人艇冠军	2016里约奥运女子四双金牌
Katrin Boron	世青赛女子单人艇冠军	四次奥运经历3金一铜
Rutschow-Stomporowski	3次世青赛单人艇冠军（16-18岁）	两届奥运冠军（单人/四双），一次单人艇亚军

15-18岁

培养方向是：尽可能多的青年赛单人艇冠军（这样的运动员个人能力/技术/心理素质过硬），使国家队更有竞争力。

启：对中国赛艇的观察和一点思考

从2009年到现在，在中国已经有8年，可以看出中国赛艇在进步，但是还不足够，特别是中国赛艇在赛季高潮期反而没有好的竞技状态，无论是U23还是成年组。

中国的赛艇运动员都是全职运动员，训练时间非常充裕，但是时间规划不好，反而“时间不够”，总是在重要的节点非常匆忙紧迫。

训练容易走向极端、过分激烈，不系统。

训练是长期积累，要**循序渐进**（如赛艇技术的稳定性），要有坚实的基础，在已有的基础上再进步，而不是习惯性推翻再重建。

◆器材的调试要跟**世界接轨**，教练员和运动员都要学会调船。

◆运动员不能被动接受教练员的调船手法，要有自己的独立思考和创新意识（同样道理在于运动员不能盲目照搬教练员的带队方式，去带新一批运动员）

◆运动员的培养要从青少年抓好，重点教授好的**技术**和培养**实干拼搏**的精神。

◆要仔细甄别青少年运动员，肯练、能练、会练的人继续培养，混日子的都不要。每个队员都要带着**成为奥运冠军**的目标而训练

◆运动员要主动做训练总结，参与**训练数据**的统计，学习科学训练。

启：对中国赛艇的观察和一点思考

疑惑：

- ◆一天半训练节奏VS两天半节奏？
- ◆为什么半决赛划出最好成绩，而决赛不能？
- ◆练习很多的500m速度，为什么比赛划不出来？
- ◆中国赛艇运动员的优点在哪？



“Hohe Leistung gelingen nur mit Willenkraft, große Projekte nur mit Fleiß.”
“功崇惟志，业广惟勤。”

--习近平主席在第十二届全国人民代表大会第一次会议的讲话

THANKS!

