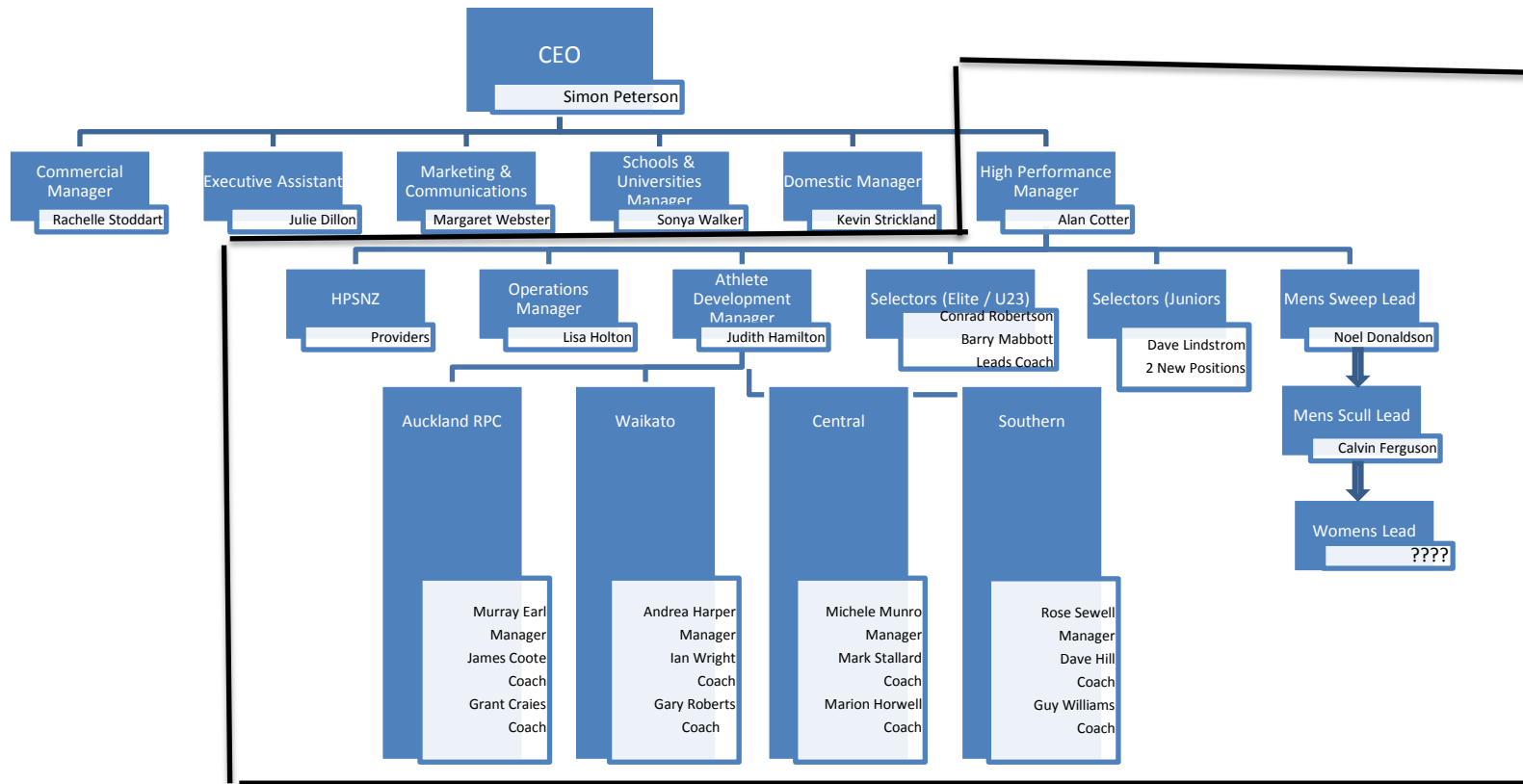


ROWING 
NEW ZEALAND

2013 FISA Coaches Conference

RNZ Organisational Chart



My Four Golden Rules

- No Surprises
- Keep things Simple
- Relaxed / Enjoyable Environment
- Open Communication

Meetings

- October – month after World Championships
 - Tour planning for next year – Lead Coaches
 - Review meetings
- September to Departure
 - Coaches meetings – weekly – includes Under 23 / Junior coaches (from March)
 - Support Services meetings – weekly
 - Athletes meetings
- April – May – June
 - Monthly Winter Series of racing (usually 3 days)
 - Athletes meetings
 - Team Manager meetings with coaches
- June – July – August
 - Touring
 - Split tours

Run sheet



New Zealand Rowing Team 2013

V.3

Tour / Coaches /Support team

Date / Depart /Arrival time

What's happening

Who

Men's Tour:	M4-, M4x, LM4-, M2-, M2x, M1x, LM1x, W2-, W1x	9 crews	21 athletes
	Kells, Tripp, Wehr, Candler, Uru, Cohen, Flannery, Fauvel, Cohen, Rapley, Taylor, Hunter		
	Lassche, Bond, Manson, Arms, Murray, Sullivan, Grant, Scown, Pratt, Twigg		
Coaches:	Ferg, Noel, Dave, Gary		
Support Staff:	Dan, Kara, Yvette, Jan		Total 29
Women's Tour:	W8+, W4x, W2x, LW2x, LW1x	5 crews	18 athletes
	Bevan, Behrent, MacFarlane, Loe, Gowler, Prendergast, Munro, Matthews, Campbell, Shelton, Armstrong, Perry, Gray, Bourke, Stevenson, Edward, Strack, Ayling		
Coaches:	Dick, Marion		
Support Staff:	Craig, Toni, Sonya		Total 23
Wed 12 June	12.10	Men's Team coaches depart Auckland	Dave, Gary, Dan
	13.25	Men's Team coaches depart Auckland	Ferg, Noel
Thur 13 June	09.42	Men's Team coaches arrive Brussels - Midi	Ferg, Noel
	10.30	Men's Team coaches arrive Brussels	Dave, Gary, Dan
	11.00	Johan to collect all coaches	Doing -Lisa
		Collect 3 vans, NZL boat trailer & luggage trailer	
		Accommodation at Bloso	
Fri 14 June	11.00	Men's Team coaches depart Hazewinkel - Calais	
		(3 vans, NZL boat trailer, luggage trailer)	
		203km	2.15hrs (allow 2.45hrs)
	13.50	Chunnel check in closes (Noel + trailer, Gary + Trailer, Dave van only)	
	14.20	Chunnel departure	
	14.00	Chunnel arrival Folkestone	
		Folkestone - Dorney	
		103mile	1.43hrs (allow 2.15hrs)
	16.15	Men's Team coaches arrive Maidenhead. Sort own dinner	
		Norfolk House, Bath Road, Maidenhead - Noel, Ferg, Dave, Gary	
		Bridge Cottage, SL6 OAR - Dan	
Fri 14 June	13.25	Jan departs Auckland	
	21.00	Check in Men's Team, Yvette & Kara	
	23.50	Depart Auckland	

Minimising Jetlag

Minimising jetlag
Advice from your Athlete Support Team from Rowing New Zealand

What is it

What is it?

Jetlag occurs when your "body clock" is out of sync as you fly across several time zones. New Zealand athletes normally face the biggest challenge, as we are 11 or 12 time zones away from Europe.

What are its effects

What are its effects?

You will feel seedy, tired and not perform up to your usual standard. Also, your thinking is affected and you may become irritable and have difficulty sleeping at your destination. These effects generally resolve over a few days once you reach Europe.

How best to minimise jetlag

How best to minimise jetlag?

- a. **In the first few days before you leave:**
 - i. Get adequate sleep in the week prior to departure
 - ii. Complete most of your packing a few days before departure, so it is not a big rush on the day before you leave
- b. **On the first sector to Singapore:**
 - i. Set your watch to Singapore time partway through the flight
 - ii. If you are very tired then have a sleep on this sector; otherwise, watch movies, read books, play games, etc
- c. **At Singapore Airport:**
 - i. Walk around, have something to eat, do some shopping; stick with friends and this will minimise your chance of falling asleep at the airport - you don't want to miss your flight through to Europe
- d. **On the flight from Singapore to Europe:**
 - i. Reset your watch to the time of your destination not long after you have left Singapore Airport
 - ii. Unless you have already had a good sleep in the first sector, this second sector (night flight) is the best time to have a decent sleep: NB: Don't get too fussed about which time you sleep - any sleep is better than none, and the belief you NEED to sleep at a particular time can be counterproductive
 - iii. Play some relaxing music through your headphones; maybe pick up a pair of noise-cancelling headphones at Singapore Airport if you do not already own some as they are way superior to the airline-issued version
 - iv. If you wish, take a sleeping tablet or two - see Chris Milne for this for a prescription prior to departure; NB: These will not be given out on the plane as in the past
 - v. Avoid caffeine containing drinks (coffee, tea, etc) as they will tend to keep you awake
 - vi. If you remain awake, drink plenty of fluids to avoid dehydration
- e. **On arrival in Europe:**
 - i. **STICK TO LOCAL TIME**
 - ii. No matter how bad you feel, avoid the temptation to go to bed during the day
 - iii. Get outside where you can and be exposed to strong natural light; this will reset your body clock to European time
 - iv. Eat at the normal mealtimes at your destination and try to avoid snacking too much between meals
 - v. Get the boats rigged up and just do some light training in the first couple of days
 - vi. If you wish, you can use a sleeping tablet or melatonin in the first night or two at your destination
 - vii. You may wish to use a blue light - if so, see Dan Plews for this prior to departure

In the first few days before you leave

On the first sector to Singapore

At Singapore Airport

On the flight from Singapore to Europe

On arrival in Europe

In summary, if you follow these guidelines then after three or four days the effects of jetlag should be pretty much gone. Remember, it is a very individual thing and people's responses and adaptations vary a great deal. Find out what works for you and stick with it.

Safe travels,

Your Rowing New Zealand Support Team

May 2013

Other Communication Tools

- <H:\Rowing\Athletes Meeting.pptx>
- <H:\Rowing\RNZ London Guide Printable Format.pdf>
- <H:\Rowing\Weekly Catch.pdf>
- <H:\Rowing\PP Presentations\FISA coaches conference\2013 Elite Team Runsheet Men W2-W1x.docx>

Do's and Don'ts

1. Keep all stakeholders involved & communicate well
2. Preserve the environment
 - put lots of thought into your people, including personality and their impact on team dynamics
 - don't introduce any new people late
 - keep the environment relaxed
 - understand and maintain your culture
 - watch for distractions
3. Ensure coaches are talking and there's a tight bond.
4. Nail the logistics, especially accommodation, food, transport, etc
5. Remember the 'money boats'

Four Golden Rules

- No Surprises
- Keep things Simple
- Relaxed / Enjoyable Environment
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Thank you