

FISA 2011





Thank You





Personal Background





- From Buffalo NY, started rowing at age 13 for the local club.
- Rowed for Rutgers University as a lightweight (*with* some great athletes, 5 Olympians)
- Graduated in 1991 with a BA in English (thought I was going to be a teacher)
- 1992-1994 Freshman Lightweight Coach at Rutgers University. While doing some student teaching, I took a “part-time position” ...18 years later...

National Team Coach?



- Pick your girlfriend well!

Jen Dore-Terhaar (and Anna)



National Team Background



- 1994 started carrying Hartmut Buschbacher's gas can
- He even let me coach!
- Worked with the team up to the 1996 Olympics
- I learned my most fundamental coaching strategies from Hartmut

Background, continued

- 1997 Igor Grinko (US Sculling Coach) wanted Jen to scull for him...guess who offered me a coaching position?
- 1997-2000 worked with Igor and the sculling team
- 1997-2001 coached Columbia University lightweights
- No science background but a six year apprenticeship with two very successful coaches!

Coaching Philosophy

- Give the **best** American athletes the best *opportunity* to fulfill their dream and win an Olympic medal

US Women's Team 2001 - 2011

- Centralized program based in Princeton NJ (with training camps in San Diego CA)
- Approximately 30 athletes year round (60 when U23's assemble)
- Responsible for all boat classes for Open Women, sculling and sweep
- 3 full time coaches for Senior and U23 Team plus volunteer coaches for the summer

Training Site



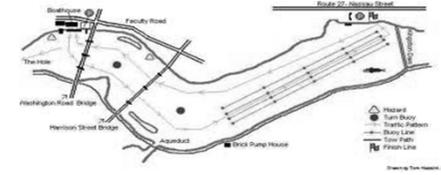
Our Water

Too nice?



Lake Carnegie

• 4.5K Private Lake



2.7K long, County owned



Our Second Home on Mercer Lake

Athlete Profile

- Well educated (all college grads, grad school, law school)
- Young (20-28 years old)
- Busy (work or school)
- Successful (top rower on their college team)
- 8+ Specialists (no sculling or small boat rowing in college)
- Very competitive, no motivation issues!
- Goal driven (“4 and out”)

Key to US Women’s Rowing Team?

****NCAA COLLEGE FOOTBALL / TITLE IX****

We don't compete with football...we benefit from it!



- **Title IX of the Education Amendments of 1972 is a United States law enacted on June 23, 1972.**
- **The law states that No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance...—United States Code Section 20, [1]**

Balance of Opportunity



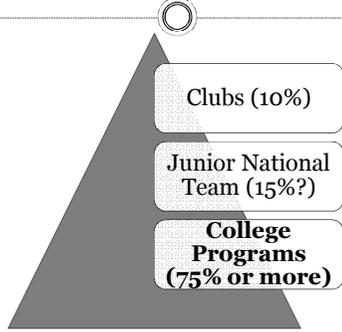
- 100 person (male) roster for football
- 40-80 person (female) roster for women's rowing

Our True Feeder System



- Approximately 140 women's NCAA (National Collegiate Athletic Association) rowing programs in the US
- About 200 coaches looking for the best talent anywhere they can find it
- Hundreds of rowing scholarships for women
- Very few athletes have to pay the full tuition for their education! This gives their parents some cushion to help with training costs

From Where?



Beijing 8+

- 4 Junior National Team, 5 Walk-Ons



Positives

- Lots and lots of *Potential*
- Motivated, low maintenance group
- Race ready
- Athletic, not just “rowers”: successful swimmers, basketball players, softball players, runners, etc. that have found a new passion and opportunity to excel and are used to the pressure of competition

Challenges



- Very small base fitness level
- Little to no small boat experience
- Little to no sculling experience
- Lots of opportunities / distractions
- Impatient, want it now...
- True amateurs / small stipend for support

No Excuses



- Everyone has their challenges, I'm comfortable with ours!
- We have ideal athletes, just not much time with them...

How we bring them along...



- Identify and encourage athletes with size and power
- Build an aerobic base
- Introduce small boat rowing
- Reward performance

- Elle Logan: Identified after one year at Stanford U, 12 months later won a medal in W2- at Lucerne, 14 months later she was an Olympic Gold Medalist

Identification



Looking for tall (5'10" and up) athletes with

- peak power over 550 watts in 10 strokes
- T1' over 450 watts at R40, DF 120
- 6000m in 22:00
- 2000m in 6:55
- College coaches recommendation, college record
- Success in U23 program

Identification Camps



- Six single day *ID Camps* throughout the country in Fall and Winter : Initial identification
- *Freshman Camp* for tall and strong novices : Encouragement and intro to small boats
- *Pre Elite Camp* for first year or Sophomore athletes with borderline potential : Teach training and small boat skills
- *U23 Camp* for any athlete that has the physical capacity and meets the age requirement : Introduce athletes to Senior National Team (with NT)

Building a Base



- Teach them our definition of "steady state", "hard SS", "AT", etc.
- Use the C2 ergometer to teach proper intensity and gradually build volume
- Teach modes and techniques of strength training: Power, Strength and Endurance lifting

Training Zones

- **E** (steady state/ U2-3, etc.)
HR 140-156 / 1-2 mmols of lactate / SR 16-20
- **D** (hard steady/ U1...)
HR 160-172 / 2-3 mmols / SR 19-24
- **C** (anaerobic threshold/ lactate threshold) HR 176-190 / 3-6 mmols / SR 24-32
- **B** (race intensity +/-)
HR 180+ / 6+ mmols / SR 32-40
- **A** (max speed)
HR??? / ??? mmols / SR 40-44

Small Boat Rowing

- Start in the fall in 1X's and finish with a 5K head race (new athletes join in late summer or fall after graduation)
- First part of winter water training also in 1X's, 2X's and 4X's (little to no sweep)
- Top performers in 1X **AND** C2 moved to 2- or 2X
- Pair / double rotations create ranking for 8+ and 4X selection races (time trial or actual seat race)
- Train in 2-, 2X up until last three weeks of season

Reward Performance

- If you are fast on the C2 and fast in the 2- / 2X, you will make the team
- Ranking established by C2 tests, selection regattas and selection pieces
- Looking for *as clear a picture as possible*: perhaps one judgment call at most (HPC)

Improvements



- On average we see a 12 second improvement on 2000m C2 test in 24 months
- Domestically competitive in 2- / 2X in 12 months, internationally competitive in 3 years

Other



- Keep intensity low for most of the year
- Control stroke rates except for C2 tests and races
- “You are only as good as your last test or race”...keep the pressure on
- Strive for improvement, not perfection
- Keep an even head; level the peaks and valleys
- “What do you want?” More important than anything else...

Thank you



- Laurel Korholz, assistant coach (1996, 2000 and 2004 Olympian)
- Annie Kakela, U23 assistant coach (1996 Olympian)
- Chris Wilson, assistant in Athens and support staff for Michelle Guerette
- Lori Dauphiny, Princeton coach and Athens assistant
- Matt Madigan, Beijing assistant
- And of course Hartmut, Igor, Kris and Mike Teti

