



## INTRODUCTION

- 1956 Born in Schaesberg (near Maastricht)
- 1974 – 1981 Study German Language and Linguistics in Amsterdam
- 1978 – 1984 Rower for ASR Nereus Amsterdam
- 1982 Start professional career IT
- 1987 Start coaching





## COACHING CAREER

- 1987 – ... Club coach ASR Nereus, first international experience 1991 NC Naro
- 1996 – 1998 National team coach in junior program Netherlands
- 1999 – 2000 Private coach (OG Sydney LW2x NED)
- 2001 – 2004 Head coach LW Netherlands
- 2005 – 2006 Head coach W – LW Netherlands
- 2007 – 2008 Independent coach (OG Beijing LW2x NED, M1x and M2x BEL)
- 2009 – 2012 Head coach W – LW Italy
- 2013 – ... Head coach W – LW Netherlands

## ROWING IN THE NETHERLANDS





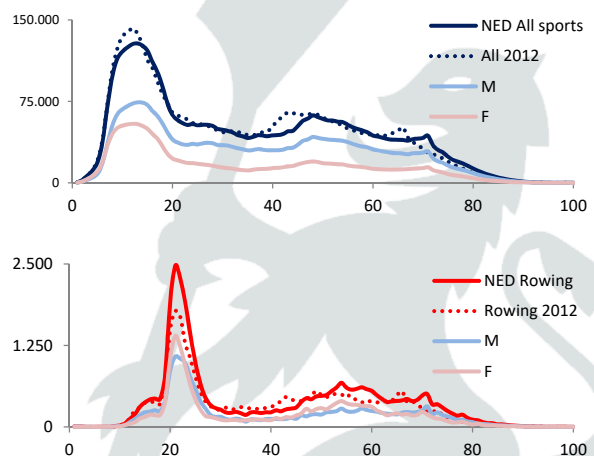
## HISTORY

- 1846 Koninklijke Nederlandsche Yacht Club and first official regatta  
prince Hendrik, second son of King Willem II participated as coxswain
- 1874 First student rowing club, Njord (Leiden), 1876 Laga (Delft)  
first Varsity was held in 1876 and won by Laga. Nereus won this year the 135th edition
- 1882 Student Rowing Federation, 1917 Rowing Federation  
1900 Paris first "Olympic" gold in M2+ (coxswain a French boy, weighing 30 kg less then original cox)
- 1967 73 clubs, 11.500 members
- 2017 120 clubs, 35.000 members



## DEMOGRAPHICS

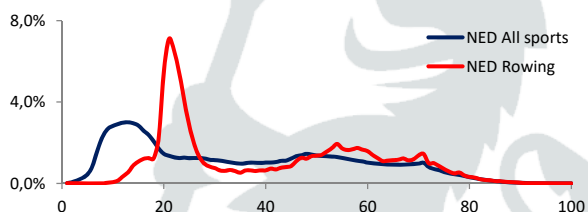
- High sports participation NED (data 2017)
  - 10 million people active in sports
  - 4.25 million members of a club
  - Biggest federations: soccer, tennis, fishing, golf
  - Male vs. Female = 65% - 35%
  - 2% decrease since 2012
- Rowing Federation (data 2017)
  - 35 thousand members (25<sup>th</sup> place)
  - Male vs. Female = 50% - 50%
  - 15% increase since 2012





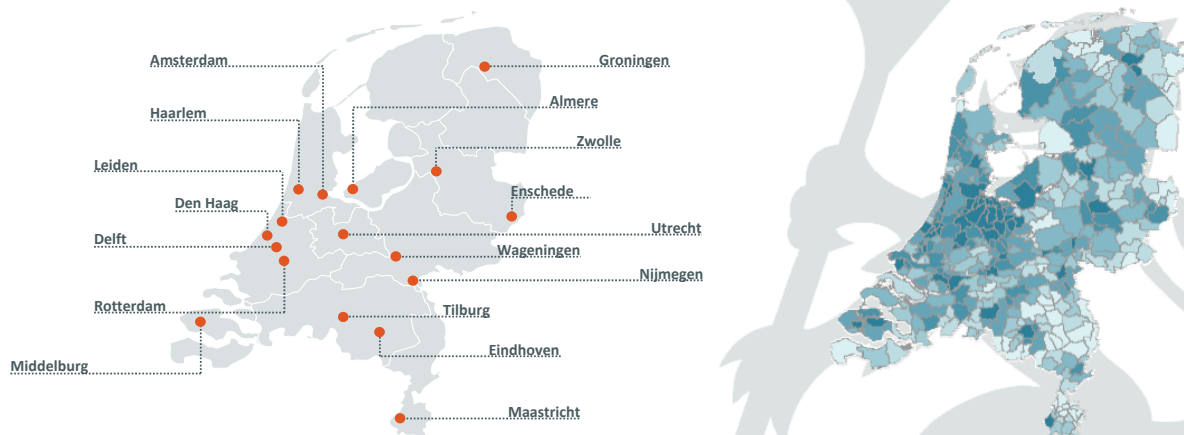
## DEMOGRAPHICS

- Rowing in NED is a “Late Entry” sport
- 95 open clubs
  - 3.000 youth, 20.000 senior members
  - 600 Juniors engage in races (U17, U19)
  - Almost no athletes at senior level
  - Rest is Master or recreational
- 25 student clubs
  - 12.000 senior members
  - Every year 5.000 new members
  - 500 start in Freshmen events M8+, W8+, LM8+, LW4x+
  - Most Juniors switch to university club



## GEOGRAPHICS

- Almost no blank spots – Student cities are hot spots

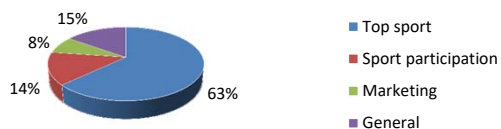




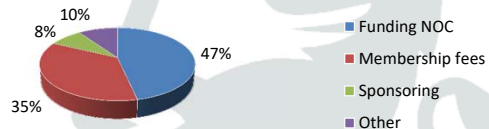
## FINANCIAL

- In 2017 the total federation budget was 3.3 million Euro
- The budget for the top sport programme was 2 million Euro (75% HP – 25% TP)

**Expenses**



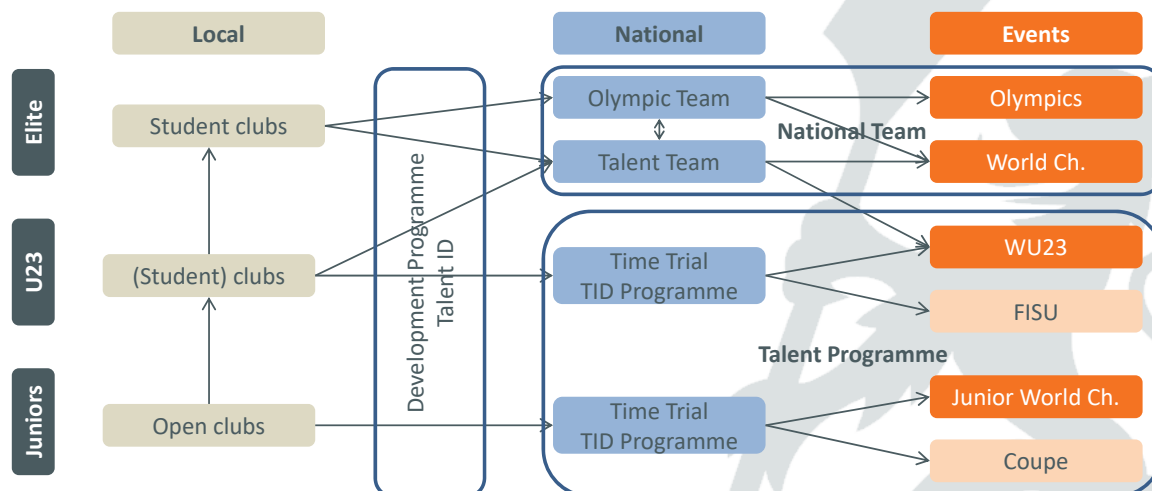
**Revenues**



- Not in the federation budget, but essential contributions to our programme:
  - CTO: support staff (S&C, doctor, physio, masseur), meal service, accommodation, dual career support
  - NOC: expert services (S&C, nutrition, innovation) and athlete services (stipend, expenses, transition)



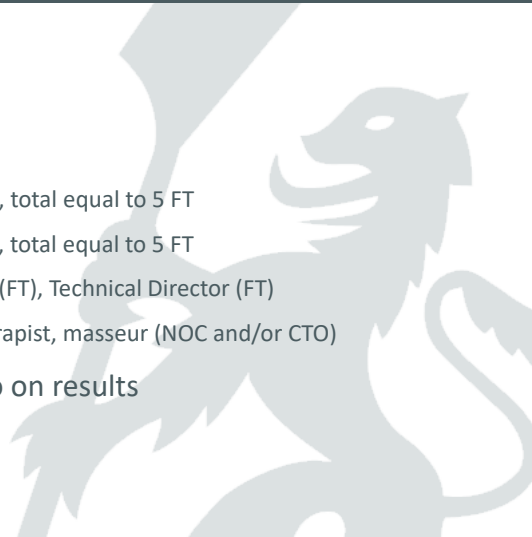
## STRUCTURE





## NATIONAL TEAM

- Olympic Training Centre – Bosbaan, Amsterdam
  - 45 to 55 athletes Olympic team – with NOC stipend (FT)
  - 10 to 20 athletes Talent team – no stipend (PT)
  - Coach team W – LW: Head coach (FT), 6 coaches (FT or PT), total equal to 5 FT
  - Coach team M – LM: Head coach (FT), 6 coaches (FT or PT), total equal to 5 FT
  - Embedded scientist (PT), physiologist (PT), Team Manager (FT), Technical Director (FT)
  - S&C trainer, Pilates teacher, doctor, nutritionist, physiotherapist, masseur (NOC and/or CTO)
- Structure and team size depend largely on NOC, so on results
- No medals, no money



## PROGRAMME W – LW



Coach in the Spotlight  
Presentation Josy Verdonkschot 22-11-2018



REFERENCE VALUES PATHWAY

		P-8	P-7	P-6	P-5	P-4	P-3	P-2	P-1	M	LM	W	LW
Performance	World Championships	-	-	-	-	-	-	-	-	-	-	-	-
	W.Ch. U23 (1x, 2x, 2-)	-	-	-	-	-	Top 3	Top 6	Top 5	Top 3	Top 3	Top 3	Top 3
	W.Ch. JUN (1x, 2x, 2-)	-	-	-	-	Top 3	-	-	-	-	-	-	-
Programme	Yearly programme (weeks)	44	46	46	46	46	46	48	48	48	48	48	48
	Yearly programme (hours)	425	500	550	625	700	775	875	950	1025	1025	1025	1025
	Yearly programme (km)	3200	3800	4300	4650	5400	6150	6650	7400	8150	8150	8150	8150
	Weekly programme (km)	75	85	95	100	115	135	140	155	170	170	170	170
	Weekly programme (hours)	10	11	12	13,5	15	16,5	18	19,5	21	21	21	21
Physiology	(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)	5700 (75)	4650 (75)	4080 (60)
	VO2Max ml/kg	85%	88%	91%	94%	96%	98%	100%	100%	70	76	62	68
Strength	1RM Squat (* kg)	n/a	50%	60%	70%	80%	90%	95%	100%	1,9	1,9	1,6	1,6
	1RM Deadlift (* kg)	n/a	50%	60%	70%	80%	90%	95%	100%	1,9	1,9	1,6	1,6
	1RM Bench Pull (* kg)	n/a	50%	60%	70%	80%	90%	95%	100%	1,3	1,3	1,2	1,2
Ergo	2000 m	90%	92%	94%	95%	96%	97%	98%	99%	05:48,0	06:08,0	06:42,0	07:02,0
	100 m	90%	92%	94%	95%	96%	97%	98%	99%	122%	119%	119%	116%
	60 sec	90%	92%	94%	95%	96%	97%	98%	99%	117%	115%	115%	113%
	6000 m	90%	92%	94%	95%	96%	97%	98%	99%	93%	94%	94%	95%
Boat	1x	90%	92%	94%	95%	96%	97%	98%	99%	06:48,0	06:55,0	07:27,0	07:36,0
	2x	90%	92%	94%	95%	96%	97%	98%	99%	06:09,0	06:12,0	06:46,0	06:52,0
	2-	90%	92%	94%	95%	96%	97%	98%	99%	06:23,0	06:31,0	07:06,0	07:17,0



REFERENCE VALUES TRAINING PROGRAMME

Level	Age	Weeks	Specific	Strength	Core	Hrs Total	Hrs Week	Hrs from	Hrs to	Km Total	Km Week
Elite	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
U23	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



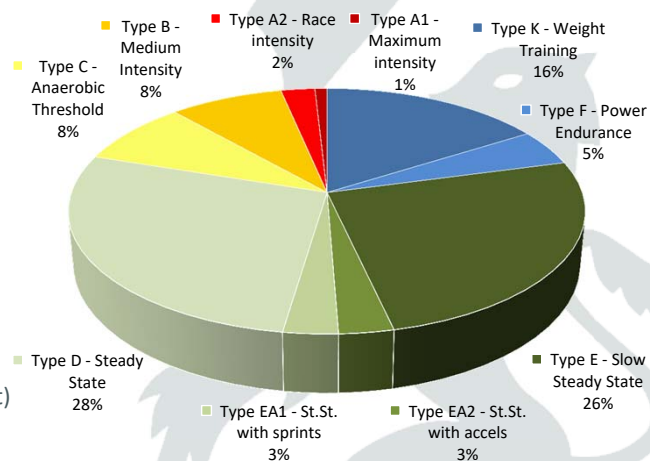
## TRAINING PROGRAMME

### Characteristics

- Polarized training
- Individualized part based upon profile
- Balance AE – ANAE capacity by variation in:  
Volume, Intensity, Fractions, Recovery

### Programme 2018 – 2019

- 46 weeks, 925 hours
- Racing: WCh, ECh, 2 WC, 6+ national races  
(Races and core training not included in chart)



## MONITORING

Monitoring on a daily basis of athlete's training, recovery and well-being

- Training quantity and quality
  - HR Monitor, NK Speed Coach, GymAware, video, periodically physiological tests
- Recovery and adaptation
  - Daily SuperOp, weekly Recovery Test and HRV Measurement (full night)
- Well-being
  - Objective data (morning heart rate, hours of sleep, weight, training session info)
  - Subjective data (quality of sleep, recovery, mood)
- Weekly report for athlete, individual evaluation with physiologist and/or doctor



## PHYSIOLOGICAL TESTING

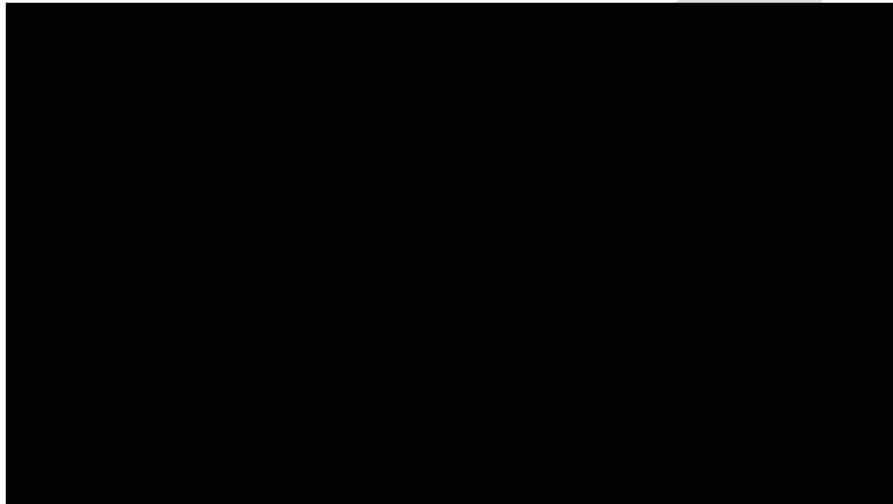
- Incremental step test : 5 – 6 times per year, one time with VO2Max
  - Assess fitness level and profile
  - Evaluate training programme and individual response
  - Determine individual training zones (HR and P)
- Power – Distance protocol: 2 times per year 100m, 1 minute, 2000m and 6000m
  - Assess level and profile
  - Evaluate response to individualized part of training programme
- Purpose: Optimize (individualized part of) training programme

## BIOMECHANICS

- Instruments
  - Stopwatch, video analysis
  - NK Speed coach and Empower Oarlock
  - Peach Innovation instruments and Catapult B5
- Purpose
  - Assessment of an individual or a crew and the application of the desired technique
  - Assessment of hull shapes for a specific crew
  - Aid for selection situations with seat races or time trials



## VIDEO LW PUSIANO





## INDIVIDUAL APPROACH

- Profile athletes
  - Performance
  - Physiology (erg, VO2Max, strength)
  - Technique (speed in small boat)
  - Mental
  - Trainability
  - Commitment
- Individualize programme
  - Profile, background, context
  - Monitoring

The image shows a 'Persoonlijk Overzicht' (Personal Overview) report from KNRB. It includes a table with columns for 'Overzicht', 'Score', 'Toestand', and 'Toewijzing'. Below the table is a photograph of a rowing lake. To the right, there are several performance graphs, including a bar chart titled 'Watersporten - Overzicht' and a line graph showing trends over time.

## INDIVIDUAL APPROACH

- We expect full commitment, but ...
  - Social life
  - Education
  - Professional career
- So an individual plan with each athlete
  - Athlete is owner
  - (1 to) 4-year planning
  - Regular re-assessment
- 19 Rio athletes, 14 training for Tokyo

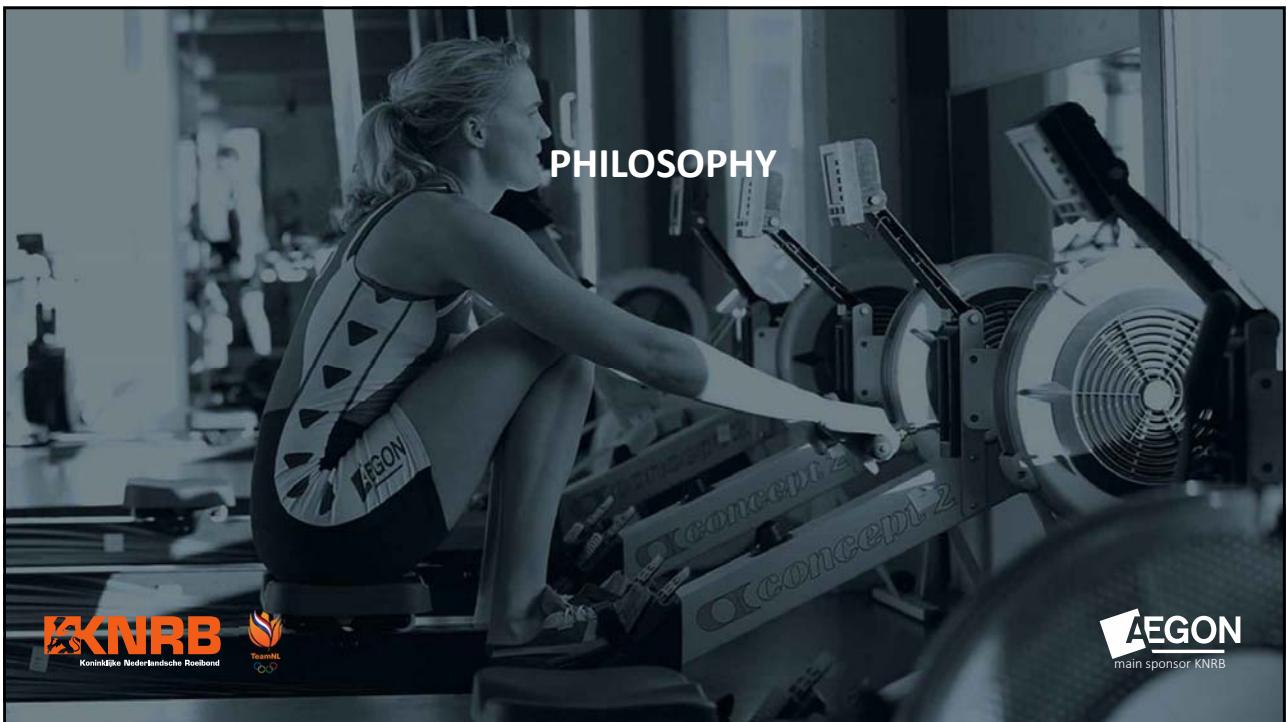
The image displays a detailed 4-year calendar for an athlete, starting from 2017 and ending in 2020. The calendar is color-coded by month and includes specific dates for events and training. To the right of the calendar are several photographs showing the athlete in various settings: training on a rowing machine, working at a desk, and walking outdoors.



## OUTLINE 2018 – 2019

- October: kick off (40 athletes)
- Nov – Dec athlete selection (profiling, on- and off-water tests)
- Jan – Apr crew selection
- May – Jun racing, re-assessment
- Jul – Aug peaking period
- 2 camps in Spain (Jan, Feb)
- 2 camps in Italy (May, Aug)

Maand	Januari	Februari	Maart	April	Mai	Juni	Juli	Augustus	September	Oktober	November	December
Weeknummer	1	2	3	4	5	6	7	8	9	10	11	12
Dag	1	2	3	4	5	6	7	8	9	10	11	12
Weeknummer	13	14	15	16	17	18	19	20	21	22	23	24
Dag	13	14	15	16	17	18	19	20	21	22	23	24
Weeknummer	25	26	27	28	29	30	31	1	2	3	4	5
Dag	25	26	27	28	29	30	31	1	2	3	4	5
Weeknummer	6	7	8	9	10	11	12	13	14	15	16	17
Dag	6	7	8	9	10	11	12	13	14	15	16	17
Weeknummer	18	19	20	21	22	23	24	25	26	27	28	29
Dag	18	19	20	21	22	23	24	25	26	27	28	29
Weeknummer	30	31	1	2	3	4	5	6	7	8	9	10
Dag	30	31	1	2	3	4	5	6	7	8	9	10
Weeknummer	11	12	13	14	15	16	17	18	19	20	21	22
Dag	11	12	13	14	15	16	17	18	19	20	21	22
Weeknummer	23	24	25	26	27	28	29	30	31	1	2	3
Dag	23	24	25	26	27	28	29	30	31	1	2	3
Weeknummer	32	33	34	35	36	37	38	39	40	41	42	43
Dag	32	33	34	35	36	37	38	39	40	41	42	43
Weeknummer	44	45	46	47	48	49	50	51	52	1	2	3
Dag	32	33	34	35	36	37	38	39	40	41	42	43





## TEAMWORK

- Act as one team with its own identity and common values
- **T** for Trust: Belief in the system and programme, but also a safe environment
- **E** for Excellence: High standards for all and everything involved, no compromises
- **A** for Ambition: Strong desire to achieve the highest possible as a person and a team
- **M** for Motivation: Internal and group driven, without forgetting to enjoy the voyage
- Shared ownership: we do it together



## DATA DRIVEN

- Data collection helps us to acquire knowledge about all aspects of our programme
- It is a powerful tool for evaluating and optimizing the programme
- It serves two types of processes, changes or choices, short term or long term
- The athletes deserve objectivity and transparency, so there are no secrets
- The biggest threats are the reliability of the data and our perception of the data:
  - Is the process of data collection reliable, Is our perception of the data objective
  - Are we using data collection for justification of what we already know or have decided
- So, never forget the power of our instincts and intuition



## PEAKING

- Performing at the right moment is not just about physiology, but also about focus
- Technical focus
  - Accuracy in catch and finish, patience in the water
  - Maximum length within the natural range, thinking in terms of boat displacement
  - Equal efficiency at higher stroke rates, preservation of technique under fatigue
- Mental focus
  - Targeted, deliberately, focus; make optimal use of the time remaining
  - Realistic, not afraid, but also not in the clouds; focus on the main issue, not on side issues
  - Not defensive but open to criticism at each other; clear agreements, not optional; building mutual trust



## KEYWORDS

- **Team – Ambition – Commitment – Focus**  
Strive for the max, accept the consequences not just in words but especially in deeds, focus on the basics
- **Versatility – Individualization – Optimization**  
Creative approach, getting the best out of every single athlete, retaining athletes is more important than finding new athletes
- **Monitoring – Evaluation – Adaptation**  
See the whole picture, it is not just about training
- **Planning – Preparation – Execution**  
No compromises, the optimal plan, but also “what if” (plan B, C, ...)



