

## National Talent ID & Development Program Development Tour – Lake Karapiro – New Zealand

Following on from the Easter weekend NTID camp held at the AIS and the subsequent Australian Junior Team selection trials a final squad for the New Zealand Development tour was selected.

<u>MEN</u>		<u>WOMEN</u>	
ACT	JOSH BRUCE	ACT	AILIE McDONALD
NSW	SIMON AUDAS (Coxswain)	QLD	ADELAIDE DADIC
NSW	CHARLES MARRIOTT	NSW	ELISE ANDREWS
NSW	CHRISTIAN MOORE	NSW	ELIZA FLINT
NSW	CHRISTOPHER CUNNINGHAM-REID	NSW	JESSICA SALMON
NSW	HAMISH PLAYFAIR	VIC	CLARE CANTY
NSW	HARRY THOMSON	VIC	MADELEN KOSTROS
NSW	PHILLIP BLACKLAW	VIC	MADELEINE CORDNER
TAS	PAUL BARRETT	VIC	SAM SHEARMAN
VIC	JAMES REDHEAD		<u>COACHES</u>
VIC	CAMERON SHERWIN	VIC	ALASTAIR ISHERWOOD
WA	MATTHEW COCHRAN	QLD	CAMERON KENNEDY
WA	SAM HUGHES	VIC	SIMON HARRISON
WA	MICHAEL STOTT	WA	TOM MORRIS
		SA	VICTORIA SPENCER

There were only three athletes who did not attend the Easter weekend camp that ended up being selected in the final tour squad. These athletes did however attend the prior JETS camp and when not selected in a National Junior crew was able to be considered for the NTID Tour squad.

Upon selection all athletes were given training programs to complete during the time between the Easter camp and arrival in Canberra for the pre departure camp. Final crew selections were not made until the end of the 4 day camp in Canberra where at which we would assess all athletes' physical and technical progress. As part of this assessment all athletes were required to complete a 2km ergo test to start the pre departure camp.

Six NTID boats were to be selected to participate in this regatta – see crew lists below  
 Mens Coxed Eight; Mens Quad Scull, Mens Single Scull (reserve)  
 Womens Quad Scull; Womens Four; Womens Single Scull (reserve)

While the total number of athlete nominations received was low, the standard & quality of the athletes was excellent. Unfortunately not all school leaving rowers received the program information that was posted out to all rowing schools. This needs to be addressed for future NTID school rowing programs. This program will continue in 2010 and we would like to see more schools support this program allowing all of the talented school leaving athletes the opportunity to participate.

## Pre Departure Camp – AIS, Canberra – 14<sup>th</sup> – 19<sup>th</sup> May 2009



With only a very short preparation time available for the selected crew combinations the Elite Development Manager – Peter Shakespear established a very simple but effective approach to the 4 day period prior to travelling to NZ.

For all crews there was a basic four point objective with all sessions

- Posture
- Effective length of stroke
- Acceleration of boat
- Slide Control > Rhythm

While the temptation was to push early into higher rating pieces to prepare for the racing that was to come in only a matter of days, all coaches did a great job with the crews targeting the above four areas as a priority before rate was introduced.

Very good progress was made during this camp with positive changes to the basic objectives of posture and basic sequencing and all crews showed at times some good boat speed at during set rating pieces. However as expected with the young new combinations the consistency of the performances was not quite evident at this point.

To enhance the ongoing education of these future elite rowers the squad also maintained a daily morning monitoring program during the pre departure camp and also while in NZ. Prior to breakfast every day each athlete and coxswain recorded their resting heart rate, body weight and mood state rating. Additionally all athletes supplied a morning urine sample every day of the camp and tour which was tested for hydration state (specific gravity). The information was valuable for the coaches and the athletes themselves to monitor their day to day state; and I believe the process itself was also a great education tool for these athletes to understand more about elite rowing preparation.

Our thanks go to the following rowing clubs and organizations for their support of this NTID Camps and Tour program. The program relies on the great generosity of these clubs to supply the necessary equipment to allow the rowers to get on the water.

AIS Rowing Program  
Canberra Grammar School  
Canberra Rowing Club  
Capital Lakes Rowing Club  
KIRS / ROWFIT

### **New Zealand Tour – Lake Karapiro – 19<sup>th</sup> – 24<sup>th</sup> May 2009**

After the pre departure camp at the AIS in Canberra the NTID squad travelled to Hamilton, NZ where they participated in the NZ High Performance Winter Series Regatta #2 at Lake Karapiro. All New Zealand National Team Senior, U23 and Junior crews competed in this racing series.



*LAKE KARAPIRO, NZ – VENUE FOR 2010 SENIOR WORLD CHAMPS*

### **NZ TOUR RACING PROGRAM**

Thursday 21<sup>st</sup> May: 4.7km Time Trial

Friday 22<sup>nd</sup> May: 2000m Racing

Saturday 23<sup>rd</sup> May: 2000m Racing



The squad participated in the 4.7km long distance time trial on Thursday with mixed results. This trial was used as a mid rate (28) hit out in preparation for the 2000m racing to follow on the Friday and Saturday. It was difficult to draw any direct comparisons with the respective NZ crews as all NZ crews were racing pretty hard at much higher stroke rates.

We were very happy with the AUS NTID crews and in particular the Mens 8+ started to show some significant gains in their boat speed from what they had at the camp in Canberra. Interestingly the AUS NTID Mens 8+ crew were significantly faster than the NZ Junior 8+ rowing at a lower rate over the 4.7km course.

Unfortunately the womens four crew suffered equipment breakage and were not able to complete the course.

The reserve scullers did a good job considering their minimal experience in the single and over the long distance event.

#### **Thursday 4.7km TT Results – Strong Head wind conditions**

<b>Crew</b>	<b>Time</b>	<b>% World Senior Best Time</b>
NZ Jun M4X	16:29.50	80.11
NZ Jun M4+	17:48.09	78.98
NZ Jun W4X	18:24.81	78.87
NTID M8+	15:57.04	78.54
NZ Jun W8+	17:57.04	77.62
NZ Jun M8+	16:12.15	77.32
NTID M4X	17:09.15	77.02
NTID W4X	18:55.60	76.73
NTID M1X	21:22.90	72.43
NTID W1X	24:12.29	69.21

On Friday and Saturday the squad then progressed onto the 2km racing distance against the NZ National Junior team with some very encouraging results.

With only a very short preparation time our focus in this program was to get the basic rowing posture and sequence of movements right in all boats; apply this with pressure and then race conditions. Trying to keep it very simple and only working on a few basic points each time seemed to provide a platform for some significant progress from the pre departure camp to the final races in NZ.

All boats progressed extremely well with outstanding results from the Mens 8+; Womens 4X and Mens 4X whom all made significant gains against their direct NZ National team opponent in the same boat category. A big highlight for the Mens 8+ was to significantly defeat the Kiwi National Junior 8+ that is competing at the World Championships later this year.

While the womens four did not have a direct NZ opponent in the same category to race against they also made some great progress from the camp to the final racing.

Below are the respective race times for both Friday and Saturday along with the relative percentage against current Senior Worlds Best Time.

### **Friday 2000m Results – still / slight head conditions**

<b>Crew</b>	<b>Time</b>	<b>% World Senior Best Time</b>
NZ Jun M4X	6:17.60	89.33
NZ Jun W4X	6:55.69	89.20
NZ Jun M4+	6:42.63	89.15
NTID Jun M8+	6:01.90	88.38
NTID Jun M4X	6:22.90	88.09
NZ Jun M8+	6:03.63	87.96
NTID Jun M1X	7:33.78	87.13
NTID Jun W4X	7:05.94	87.05
NZ Jun W8+	6:51.79	86.33
NTID Jun W4-	7:31.76	85.30
NTID Jun W1X	8:41.25	82.05

### **Saturday 2000m Results – strong head wind conditions**

<b>Crew</b>	<b>Time</b>	<b>% World Senior Best Time</b>
NZ Jun W4X	7:32.10	82.02
NZ Jun M4X	6:55.97	81.09
NTID Jun M8+	6:34.48	81.08
NTID Jun W4X	7:38.28	80.91
NZ Jun M4+	7:24.01	80.85
NZ Jun W8+	7:20.72	80.66
NTID Jun M4X	6:58.84	80.53
NTID Jun M1X	8:23.18	78.58
NZ Jun M8+	6:47.59	78.47
NTID Jun W4-	8:15.54	77.76
NTID Jun W1X	9:19.33	76.47

On Sunday 24<sup>th</sup> May there was no racing programmed with the NZ crews.

To finish off the campaign with the NTID squad we set up a 1500m challenge race with all the NTID crews. The handicap race was based on a combination of current world best prognostic speeds and relative crew performances. First across the line was to be the Champion NTID crew for the tour.

### **Sunday 1500m Challenge Race Results**

<b>Crew</b>	<b>Race Finish Position</b>	<b>Race Time</b>	<b>% World Senior Best Time</b>
NTID M4X	1	4:54.25	85.69
NTID W4X	2	5:24.08	85.81
NTID M8+	3	4:40.63	85.51
NTID W4-	4	5:45.95	83.53
NTID W1X	5	6:35.92	81.02

- Mens 1X did not race due to substitution in 8+.

Following the Sunday racing the squad got to relax and take in a local NZ tourist spot. While the weather was not the best the group was keen and we travelled to Rotorua - Hells Gate Geothermal Mud Pools and Hot Springs, approximately 1 hour drive from Hamilton.

Despite the cold wet weather a great time was had by all and it capped off what was a great development tour experience for all concerned. A long drive to Auckland then followed as we had to stay in a nearby airport hotel for this last night ready for an early morning departure back to Australia on Monday morning.

To assist us in reviewing the camps and development tour program with each of the athletes, Peter Shakespear and myself had individual debrief meetings with all athletes while at the Auckland Hotel on this last night. This I believe was extremely beneficial for both us and also the athlete. Strengths and weaknesses were addressed as well as providing each athlete with the opportunity to give us some feedback on their experience and the program. Some great information was passed on and we will be able to use this and carry this forward to help improve the program for next year.

The success of this year's inaugural program has been due to a few key factors and personnel involved. I would like to take this opportunity to make mention of these and pass on my personal thanks to the respective parties.

The excellent work that Peter Shakespear had done with all coaches in the lead up National camps progressed to another level in the pre departure camp and on tour. The direction that Peter provided to the coaches on the training program and specifically the technical direction of each of the crews was outstanding. Peter was an integral part of the success and improvement displayed by the crews and for that we thank him very much.

We must congratulate the athletes involved, while talented young rowers they all applied themselves to the task and challenge at hand and produced what was some outstanding results in such a short space of time. A good show of self belief and application by all – Well Done!

Thank you to the coaches Tom Morris, Simon Harrison, Al Isherwood, Cameron Kennedy and Vick Spencer. All completed an excellent job in steering the respective crews through the short and intense program, effecting some critical key changes that resulted in what was some high standard performances.

Completing a great job on the team management duties for the tour was Matt Bialkowski. Thank you to Matt for his time, efforts and dedication the athletes and coaches.

While in NZ we relied on a few clubs and organizations to provide the necessary equipment for us to prepare and race in. As we know this would be impossible without their assistance. Thank you to all as listed below.

Waikato Rowing Club  
Hamilton Boys High Rowing  
Cambridge Rowing Club  
KIRS  
NZ Rowing

We are now very confident that this program can be an excellent step in the pathway for these talented rowers of tomorrow. We look forward to working with all athletes and coaches and watching closely their progress into the under age and then senior ranks of Australian Rowing.

**Kind Regards**

**Wayne Diplock**

**Senior Coordinator - National Talent Identification and Development**

## THE CREWS



### Mens Eight

Charles Marriott  
Josh Bruce  
Cameron Sherwin  
Paul Barrett  
Kit Cunningham – Reid  
Phil Blacklaw  
Hamish Playfair  
Harry Thomson  
Simon Audas (cox)

Coach: Tom Morris



### Mens Quad Scull

Christian Moore  
Michael Stott  
Michael Cochran  
James Redhead

Coach : Simon Harrison





**Womens Quad Scull**

Jessica Salmon  
Ailie McDonald  
Adelaide Dadic  
Eliza Flint

Coach: Cameron Kennedy



**Womens Four**

Elise Andrews  
Clare Canty  
Madeleine Cordner  
Sam Shearman

Coach: Alastair Isherwood



**Reserve Mens Single Scull**

Sam Hughes

Coach : Vicky Spencer



**Reserve Womens Single Scull**

Madelen Kostros

Coach : Vicky Spencer