

German Rowing

The story behind the M8+ and M4x



The German Structure

M4x

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History and Motivation

M4x

- 1988 Olympic Bronze Medalist
- 1992 Olympic Gold Medalist
- 1996 Olympic Gold Medalist
- 2000 Olympic Bronze Medalist



2004-09 The Rebuilding Phase

- 2010 4th
- 2011 2nd
- 2012 Olympic Gold Medalist



M4x

- Working together and becoming one
- Rebuilding
- Overcoming selection
- Being second
- Fighting the crab



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Selection by numbers

Finale A	2000m	2 k	6 k
1	06:46,4	1 05:44,3	18:12,4
2	06:50,4	2 05:46,8	
3	06:50,9	3 05:47,3	
4	06:51,0	4 05:48,5	19:05,5
5	06:51,2	5 05:51,3	
6	06:53,9	6 05:52,1	
7		7 05:53,0	
8		8 05:53,2	
Finale B	06:53,6	9 05:55,3	
2	06:54,2	10 05:55,7	
3	06:54,7	11 05:55,9	
		12 05:57,5	
		13 05:57,8	
		14 05:59,7	
		15 05:59,7	
		16 06:00,6	
		17 06:04,6	

**Depth but
variance**

Mannschaftsaufstellungen M 4x 2008 – 2012

Weltmeisterschaften bzw. Olympische Spiele

	2008	2009	2010	2011	2012
GER	Krüger Bertram Gruhne Schreiber Platz 6	Grohmann Brodowski Hacker Bartels Platz 3	Gruhe Grohmann Schoof Rocher Platz 4	Schulze Wende Schoof Grohmann Platz 2	Schulze Wende Schoof Grohmann Platz 1
CRO	DNS	Sain Sinkovic Martin Sinkovic Platz 4	Sain Sinkovic Martin Sinkovic Platz 1	Sain Sinkovic Martin Sinkovic Platz 3	Sain Sinkovic Martin Sinkovic Platz 2
AUS	Long Morgan McRae Noonan Platz 4	Hudson Crawshay Bidwell Noonan Platz 2	Forsterling Crawshay McRae Noonan Platz 3	Morgan McRae Forsterling Noonan Platz 1	Morgan McRae Forsterling Noonan Platz 3
EST	Taimsoo Raja Kuzmin Latin Platz 9	Jamsae Endrekon Kuzmin Latin Platz 10	DNS	Jamsae Endrekon Kuslap Anderson Platz 16	Jamsae Endrekon Taimsoo Raja Platz 4
GBR	DNS	Abgem.	Rowbotham Cousin Townsend Lucas Platz 7	Rowbotham Solesbury Townsend Lucas Platz 7	Rowbotham Cousins Solesbury Wells Platz 5
POL	Wasilewski Kolbowicz Jelinski Korol Platz 1	Wasilewski Kolbowicz Jelinski Korol Platz 1	Wasilewski Kolbowicz Jelinski Korol Platz 1 (EM)	Wasilewski Kolbowicz Jelinski Licznanski Platz 4	Wasilewski Kolbowicz Jelinski Korol Platz 6

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Selection of - Big Boats -



Small Boat 1x
most important

Ergo Performance
Aerobe P.
Consider Body Weight

matching
seat place
characteristic

Mental Strength
Stability over
3 years

= M 4x

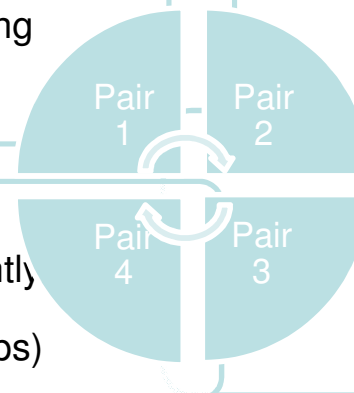
Multiple role as a coach – club, base, boat class ...vulnerable to critics regarding selection (preference of own athletes)

• Frequent quad training

• One coach manages a pool of 10 athletes

• Being constantly challenged (Training camps)

Trust in each other



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- It's an achievement to train for a particular moment
- Ø 24,25 years
- selection vs stability
- Health
- Peak performance

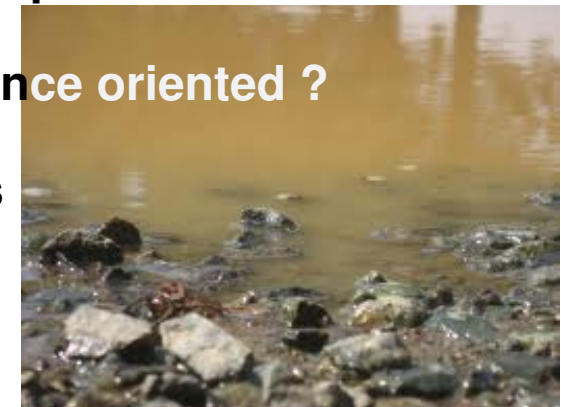


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The murky waters

- **Is there a right or wrong way ?**
- **Can small boats really be a good reference for building an 8+ ?**
 - Ability to move a big boat?
 - Seat racing?
- **What is the goal of the organization and the role of politics ?**
- **Selection: fair, transparent, planned and performance oriented ?**
- **Power: influence of selectors, boat coach, politics**
- **Are coaches unbiased?**



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The German Structure

- Rowing bases
- Financing
- The Constant Comparison
- The Essence