

27 January 2020

Lausanne, Switzerland

Dear National Federations,

The International Rowing Federation, FISA, as part of its goals, provides development opportunities on an annual basis to national federations to be able to attend training camps and regattas.

This is possible due to the support of Olympic Solidarity, the IOC Sports Department and the different national federations and organising committees for FISA Events.

European nations, historically the continent with the most rowing and rowing traditions are also a focus for the FISA Development Programme. Smaller nations who need support for their athletes, support to develop their female rowers and coaches are able to take part in the European Rowing Junior, U23 and Senior Championships with support from the Organising Committees and the FISA Development Programme.

Boat equipment is very kindly supported by several FISA Partners either free of charge or at a discounted rate.

For 2020 we have revised and reformatted the presentation of the FISA Development Programme Event Bulletin for Europe and also included more criteria to help teams best prepare for the 2020 season.

We ask that you read through the entire document and contact the respective persons as listed in the document with any potential questions.


We look forward to working with you in 2020 and thank you for your ongoing collaboration.

Best regards,



Sheila Stephens Desbans

Development Director



Gianni Postiglione

Coaching Director



Fédération Internationale des Sociétés d’Aviron

World Rowing Federation

2020 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN FOR EUROPE

FISA Development Programme

2020 Europe Bulletin and Calendar

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2020 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN FOR EUROPE

PREFACE AND REQUIREMENTS

FISA DEVELOPMENT PROGRAMME

The FISA Development Programme in cooperation with the European Rowing Board and the 2020 European Rowing organising committees and the FISA Development Partners, are able to provide the following:

- Free accommodation for a limited number of athletes and coaches for the European Rowing Junior, U23 and Senior Championship Regattas.
- Limited boat equipment is available on request from Filippi, Swift, Falcon Boats, Concept 2, Croker and Braça. For more than two boats per nations, teams will be asked to make a financial contribution. Limited Speed Coaches from NK are also available.

Athletes without coaches will be designated a FISA Coach at events.

Teams will be eligible based on the following requirements:

- Designated as a nation eligible for development support.
- Teams must submit results for the Test Performance Programme as outlined on page 4.
- Teams must submit national selection and/or national championships results by no later than March or April. This should determine the team that will be submitted for development support by April or May. Pre-requests will need to be sent by 28 February 2020. Please submit to the FISA Staff and Continental Technical Consultant listed in the document.
- Own budgets for travel, insurance, clothing kit and pocket money or additional team members should be planned out in February and March.
- Visa requests that have been submitted 4 to 8 weeks in advance.
- Your national federation has no outstanding debts to FISA.
- Your team has participated in the past 6-12 months in a national, regional or continental event and can present results. We recommend you submit an overall training plan, competition calendar and budgets for the 2020 season (and beyond).

Your team should be training regularly and within the minimum recommended levels for the FISA Training Programme:

http://www.worldrowing.com/mm/Document/General/General/10/89/02/FISA_Club_training_program_English.pdf.

For any questions, please contact Paolo Mattana, paolo.mattana@fisa.org & Giovanni Postiglione postiglione1gianni@gmail.com

2020 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN FOR EUROPE**TEST PERFORMANCE PROGRAMME**

- Teams wishing to be considered for development support are required to provide testing results during the pre-regatta season from December to March as per the below protocol. Testing results must be submitted in the attached form.
- The teams to be supported/invited through the FISA Development Programme must have submitted results of the Test Performance Programme to the FISA Development Department for at least three months for all the athletes applying for Development support. The Test Performance Programme is a necessary document required by teams who have been identified as needing to complete. The final participant selection for the FISA Development Programmes remain solely at the discretion of the FISA Development team.
- Instructions on drag factor and test preparation are provided in the protocol below.
- The rowers participating at the test programme will be considered as in the following categories:
 - **High performance** rowers with 6 and more years of rowing experience
 - **Intermediate** rowers with 3-6 years of rowing experience
 - **Beginners** rowers with 0-3 years of rowing experience
- Test distances on ergometer for the rowers

Category	Years of rowing	Test distances on Ergometer			
High performance	6 & more	150m anaerobic	2 km Race distance	6 km anaerobic threshold SR 24	15 km aerobic SR 22
Intermediate	3-6	150m anaerobic	2 km Race distance	n.a.	10 km aerobic SR 22
Beginners	0-3	150m anaerobic	2 km Race distance	n.a.	6 km aerobic SR 22

- Test protocol on ergometer

Category	Drag factor: (Concept 2)
Open Senior Men	135
Light Weight Men & Junior Men	125
Open Senior Women	120
Light Weight Women & Junior Women	110

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Day 1 - Morning

Warm up 30 minutes
1 x 150 meters max
Active recovery 20 minutes
1 x 2000 meters max
Aerobic regeneration light rowing 40 minutes

Day 1 - Afternoon

Warm up 30 minutes
1 x 6000 meters SR 24 or 10Km at SR 20-22
Aerobic regeneration light rowing 40 minutes

Day 2 (only for High Performance rowers) - Morning

Warm up 30 minutes
1x 15Km SR 20-22

* Kindly use the Test Performance excel report template as attached to submit testing results

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2020 EUROPEAN ROWING REGATTAS

2020 EUROPEAN ROWING JUNIOR CHAMPIONSHIPS – Belgrade, Serbia – 30-31 May

A rower may compete in a Junior rowing event until 31st of December of the year in which he reaches the age of 18 i.e. he/she must be born in 2002 or later. The Organising Committee has provided 15 places free of charge for development nations. This will be on a first come, first serve basis, based on eligibility. Each team can apply for support for a maximum of 2 males and 2 female athletes, and one place for a coach (male or female). An additional place for a female coach will be considered when justified.

Equipment is also available through FISA Partners.

Events:

Junior Men (JM): 1x, 2x, 2-, 4-, 4x, 4+, 8+

Junior Women (JW): 1x, 2x, 2-, 4-, 4x, 4+, 8+

Dates & Deadlines:

- For Development accommodation and Equipment from 28 to 31 May: please contact yihuan.chang@fisa.org by Friday 2 March 2020.
- Teams who would use the development programme offer still need to make their entries directly online through rowingtwo.sportresult.com. For any queries on the entry process, please contact daniela.oronova@fisa.org.
- The entry deadline is **Friday, 15 May 2020**

Information & Contacts:

- **Contact Person:** Ivana Vlahovic & Hristina Vlahovic
- **Email:** office@serbian-rowing.org.rs & accommodation@belgraderowing.org
- **Website:** <https://belgraderowing.org/>
- **More information:** <http://www.worldrowing.com/events/2020-european-rowing-junior-championships/event-information>

2020 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN FOR EUROPE

2020 EUROPEAN ROWING CHAMPIONSHIPS – Poznan, Poland – 5 -7 June

The Organising Committee has provided 15 places free of charge for development nations. This will be on a first come, first serve basis, based on eligibility. Each team can apply for support for a maximum of 2 males and 2 female athletes, and one place for a coach (male or female). An additional place for a female coach will be considered when justified. Please note that some teams will be in 'home-stay' situations.

Events:

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4x, 4-, 8+

Lightweight Men (LM): 1x, 2x, 4x

Lightweight Women (LW): 1x, 2x, 4x

Para-rowing: PR1 M1x, PR1 W1x, PR2
Mix2x, PR3 Mix4+

Dates & Deadlines:

- For Accommodation and Equipment from 3 to 7 June contact paolo.mattana@fisa.org (deadline for applications Friday, 29 March 2020)
- Teams who would use the development programme offer, still need to make their entries directly online through rowingtwo.sportresult.com. For any queries on the entry process, please contact daniela.oronova@fisa.org.
- The entry deadline is **Friday, 22 May 2020**

Information & Contacts:

- **Website:** <https://www.erch2020.eu/>
- **Email:** office@rowing.poznan.pl
- **More information:** <http://www.worldrowing.com/events/2020-european-rowing-championships/event-information>

2020 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN FOR EUROPE

2020 EUROPEAN ROWING UNDER 23 CHAMPIONSHIPS – Duisburg, Germany – 5-6 September

A rower may compete in an Under 23 rowing event until 31st of December of the year in which he reaches the age of 22 i.e. he/she must be born in 1998 or later. The Organising Committee has provided 15 places free of charge for development nations. This will be on a first come, first serve basis, based on eligibility. Each team can apply for support for a maximum of 2 male, 2 female athletes and 1 coach (male or female). An additional place for a female coach will be considered when justified.

Events:

Under 23 Men (BM): 1x, 2x, 2-, 4x, 4-, 4+, 8+

Under 23 Women (BW): 1x, 2x, 2-, 4x, 4-, 4+, 8+

Under 23 Lightweight Men (BLM): 1x, 2x, 2-, 4x

Under 23 Lightweight Women (BLW): 1x, 2x, 2-, 4x

Dates & Deadlines:

- For Accommodation and Equipment from 3 to 6 September: please contact daniela.gomes@fisa.org

(deadline for equipment applications Friday, 31 May 2020)

(suggested date for accommodation applications: Friday, 21 February 2020)

Due to Hotels' reservation policies we highly recommend that development nations apply for support by 21 February 2020).

- Teams who would use the development programme offer still need to make their entries directly online through rowingtwo.sportresult.com. For any queries on the entry process, please contact daniela.oronova@fisa.org.
- The entry deadline is **Sunday, 23 August 2020**

Information & Contacts:

- **Website:** <http://duisburg2020.com/>
- **Email:** info@wedau-rowing.com
- **More information:** <http://www.worldrowing.com/events/2020-european-rowing-under-23-championships/event-information>