The Road to Olympic Success
Getting the balance right in rowing

Presented by Josy Verdonkschot
A Tale of Two Girls
The Race for Gold

• Make the plan
  – Do we want it?
  – Can we do it?
  – What do we need?

• Propose the plan
  – Rowing Federation
  – NOC

• Execute the plan
Planning

Globale begroting LW2x

<table>
<thead>
<tr>
<th>Programme</th>
<th>Begroting</th>
<th>Realisatie</th>
<th>Resultaat</th>
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Materiaal
- Boat Frippi 2x
- Sous E paar
- Foamstrop
- Klein materiaal
- Concept II Dyna

Begeleiding
- Coach
- Nanny
- Mentale begeleiding
- Fysiotherapie lees
- Firstbeat soft- en hardis

Totaal
Planning
Preparation
Preparation
Course
Finish
Finish
Another Tale
Another Course
Another Finish
Keywords

• Ambition – Commitment – Focus
  Strive for the max, accept the consequences, focus on basics

• Planning – Preparation – Execution
  The optimal plan, but also “what if” (plan B)

• Versatility – Individualisation – Optimization
  Creative approach, getting the best out of every single athlete

• Monitoring – Evaluation – Adaptation
  See the whole picture, it is not just about training