

World Rowing Federation

25 February 2021
Lausanne, Switzerland

Dear Member Federations,

The World Rowing Federation, as part of its goals, provides development opportunities on an annual basis to Member 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 Member Federations and Organising Committees for World Rowing Events.

European nations, historically the continent with the most rowing and rowing traditions are also a focus for the World Rowing Development Programme. Smaller nations who need support for their athletes, support to develop their female crews and coaches are able to take part in the European Olympic Continental Qualification Regattas and European Championships with support from the Organising Committee and the World Rowing Development Programme.

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

Please read the World Rowing Development Programme Event Bulletin for Europe carefully and apply for support no later than 7 March 2021, using the application form attached.

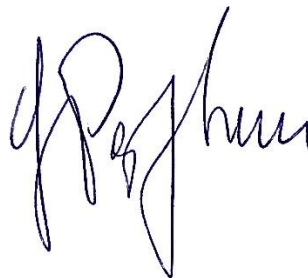
We ask that you read through the entire document and contact the respective staff as listed in the document with any question you may have.

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

Best regards,

A handwritten signature in black ink, appearing to read "Daniela Gomes".

Daniela Gomes
Development Director

A handwritten signature in black ink, appearing to read "Gianni Postiglione".

Gianni Postiglione
Coaching Director

WORLD ROWING DEVELOPMENT PROGRAMME

The World Rowing Development Programme in cooperation with the European Rowing Board and the 2021 European Rowing Championships Organising Committee and the World Rowing Development Partners, are able to provide the following:

- Free accommodation for a limited number of athletes and coaches for the European Olympic Qualification Regatta and European Rowing Championship Regattas.
- Limited boat equipment is available on request. 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 assigned a World Rowing Coach at events.

Teams will be eligible based on the following requirements:

- Eligibility for development support.
- Have submitted results for the Test Performance Programme as outlined on page 4.
- Own budgets for travel, insurance, COVID-19 PCR tests, clothing kit and general extra costs
- No outstanding debts to World Rowing.

Your team should be training regularly and within the minimum recommended levels for the World Rowing Training Programme: **FISA_Club_training_program_English**

For any questions, please contact

Paolo Mattana at paolo.mattana@worldrowing.com (development programme applications, eligibility, membership fees, accommodation and equipment)

Giovanni Postiglione postiglione1gianni@gmail.com (test performance programme)

World Rowing Federation

2021 WORLD ROWING EUROPEAN OLYMPIC CONTINENTAL QUALIFICATION REGATTA

Varese, Italy – 5-7 April

2021 EUROPEAN ROWING CHAMPIONSHIPS

Varese, Italy – 9-11 April

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

- one (1) male, one (1) female athlete and one (1) coach (male or female).
- an additional place for a female coach will be considered when justified.

A maximum of four nights support will be covered for each of the events (for the EOQR and the ERCH)

The following Olympic events are offered at the EOCQR:

(World Rowing Event page: [link](#), for access to the event bulletin, schedule and general information)

Men (M): 1x

Women (W): 1x

Lightweight Men (LM): 2x

Lightweight Women (LW): 2x

Entry deadline **Monday, 22 March 2021**

The events offered at the 2021 European Rowing Championships are:

(World Rowing Event page for access to the event bulletin, schedule and general information)

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+

Entry deadline **Friday, 26 March 2021**

To request development support for accommodation and equipment

Please contact Paolo Mattana paolo.mattana@worldrowing.com

(Deadline for applications Sunday, 7 March 2021)

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.aronova@worldrowing.com

Information & Contacts:

Website: <http://vareserowing.com>

Email: varesecrowing@gmail.com

Tel: +390332310414 / +390332321098

Address: Via dei Canottieri 21, 21100 – Varese

OC contact person: Pierpaolo Frattini (dg@vareserowing.com)

OC accommodation contact: Lisa Tondini (rowing@vareseturismo.it)

World Rowing development contact: paolo.mattana@worldrowing.com

Teams who require assistance to obtain visas for entry to Italy kindly check this [link](#)

World Rowing Federation
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. Please send your test performance results to the World Rowing Coaching Director Giovanni Postiglione at postiglione1gianni@gmail.com , if you have still not done so.

The teams to be supported/invited through the World Rowing Development Programme must have submitted results of the Test Performance Programme to the World 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 World Development Programmes remains solely at the discretion of the World Rowing 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 six (6) and more years of rowing experience
- **Intermediate** rowers with three to six (3-6) years of rowing experience
- **Beginners** rowers with zero to three years (0-3) years of rowing experience

Test distances on ergometer for the rowers

Category	Years of rowing	Test distances on Ergometer			
		150m anaerobic	2 km Race distance	6 km anaerobic threshold SR 24	15 km aerobic SR 22
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

World Rowing Federation
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

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

** The test performance programme is not a requirement for para-athletes. The Member Federation is kindly requested to send an overview of the para crews training and preparations to development@worldrowing.com

World Rowing Statutes - <https://worldrowing.com/fisa/publications/rule-book>

Please read the World Rowing Statutes, Rules of Racing and kindly acknowledge:

Appendix S10, Bye-law to article 57 of the rules (World Rowing Commitment Form). Safety matters and safeguarding policy are referred to explicitly to help ensure awareness amongst participants, in terms of their responsibilities and their well-being.

Section-4, Rule 31 of the rules (lightweight protocol)

Part VII, Rule 99 By-Law 1 of the rules (pre-competition Health Screening requirements)