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Candidate of Polish Rowing Federation

To: Lenka Dienstach-Wech

2022 Athletes' Commission Election & Appointment Committee

Dear Mrs Dienstach-Wech,

I am writing to express my interest to become a member of the World Rowing Athlete Commission from January 2023.

I had a privilege to be a part of the current Commission since November 2019. I am still driven to continue working for the rowing community and support the athletes in various of areas.

In last years for the first time, I have learned about the safeguarding, and I saw how important it is to keep informing the athletes about their rights and access to a safe and welcoming environment of training and competing.

This area alongside with the understanding of the rules, rights, and obligations of an athlete are still the one I would like to help increasing the awareness within our community.

With the recent World situation, of the Covid-19 pandemic and war in Ukraine I completely understand that everyone needs the support, especially our athletes on their wellbeing but also keep reminding that playing fair with the "true sport" is the only way to succeed.

I would also like to help more to encourage the female former rowers to take up coaching and use their experience to work with the young athletes. As a female coach at school, I see how big difference it makes when I am present during the session of the girls' squad.

To increase my knowledge and being able to help more with wellbeing around athletes, I just have signed for the course "Introduction to counselling and psychotherapy D12" at Tavistock and Portman in London.

I hope the experience I will gain will help me to inspire and encourage athletes, so they can thrive.

Thank you for considering my application,

Julia Michalska-Plotkowiak