

Dear World Rowing

I could never have imagined, what that day when I for the first time sat in a rowing boat, would mean to me. Today 27 years later I'm thankful that rowing became my favourite hobby. A hobby that became a lifestyle that later after years of racing, invited me to be part of the great community that work behind the scenes in our sport, to be part of World Rowing, our International Federation. I thought I knew everything about rowing, well, being part of AC showed I did not.

When I was asked a few years ago if I was interested to become a member of the Athletes Commission, I did not hesitate for a second.

Being part of the Athletes Commission, has given me the opportunity to actively give back to our sport, contribute and being the voice of athlete's community around the globe.

For 7 years, I have been on of 9 amazing members of Athletes Commission, for 2 years I have had the honour to be the Chair. What a learning experience, race of my life, there are and there will be challenges for elite athletes both on and out of the field of play. That's where our work within AC is so important, not only for the community but also on individual level.

World Rowing can be very proud of how athletes centralised our International Federation are, but we can do more, we can do better, and we will never settle. Together we will strive to create the best racing and training environments for our athletes. We will be active in communication, find new ways to connect, listen to athletes and always make sure all decisions are athletes centralised at the highest level of decision making.

Being a member of AC has given me opportunities to be part of both Fairness Committees work, Safeguarding education, prevention of competition manipulation, education about antidoping just to mention a few areas. Thank you, World Rowing, for including athlete's representatives everywhere in our organisation.

If you dare to dream, with hard work, clear goals and long-term thinking, dreams do come true. It reflects my own rowing career, but also our work within the Athletes Commission.

For me, it's about good relationships.

I want to continue to create good relations, build bridges, continue to be responsive and present, at all levels of our sport. Sometimes you need to dare to challenge, break barriers and be creative. Always support our rowers to succeed in their career, transission in to non-sporting careers.

Kind regards

Frida Svensson