

Coach in the spotlight

Gianni Postiglione
Head coach of Greece

*FISA COACH CONFERENCE
Varese 10-13 November 2011*

Brief history

- 2005-..... Head Coach of Greece
- 2003-2004 TD of Spain
- 1997-... Member of FISA Competitive Comm.
- 1981-2001 National coach of Italy
- 1973-1981 Club Coach

Greece



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Greece



- n. 30 clubs
- n.800 total rower (cadets-junior B-A-Under 23- Seniors – Masters)
- No professional coaches in the clubs

Greece start point

Senior results

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
OS	Atlanta				Sydney				Athens				Beijing			
WM		FRA	GER	CAN		SUI	ESP	ITA		JAP 7	GBR	GER		POL	NZL	SLO
LW1x																
W1x	15						10									
W2x																
LW2x		11	11	15	11		10	12	12	7	3	5	5	1	3	1
W4x																
W2-																
W8+																
LM1x										1				2		
M1x								23					10	8		
M2x						14		18				13				
LM2x	10		18	10	8		5	11	3		9	2	2	7	9	8
M4x								20								
M2-				11						5	13			3	3	4
M4-												13		10	2	2
LM4-				18				20			15	13				
M8+																

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
W Scull Medals											1			1	1	1
W Sweep Medals																0
W Total Medals											1			1	1	1
M Scull Medals									1	1		1	1	1		5
M Sweep Medals														1	2	1
M total Medals									1	1		1	1	2	2	1
Greece Total	0	0	0	0	0	0	0	0	1	1	1	1	1	3	3	2

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Greece start point

U23 results

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	
NATCUP	BEL	ITA	GRE	GER	DEN												
W23R						AUT	ITA	SRB	POL								
WC23										NED	BEL	GBR	GER	CZE	BLR	NED	
LW1x										4	1	1					
W1x	9					3		6	12					6	16	7	
W2x	10																
LW2x			7						11		6	8	2	1	1	1	
W4x						4	5										
W2-			10								8					8	
W8+																	
LM1x			1														2
M1x	5	6	8			20				7	14	8	9		3	4	
M2x					8	12	12	7	8	10	4	6	4	4	7		
LM2x		14	7			13	12		7				5	4	1	5	
M4x				12		7	5										
M2-		13	9						12	2		1	1	1			
M4-			5					6			2					3	
LM4-			2	7	10	4			12	2	2	1					
M8+				8		8											
	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	
W Scull Medals						1					1	1	1	1	1	1	7
W Sweep Medals																	0
W Total Medals						1					1	1	1	1	1	1	7
M Scull Medals			1												2	1	4
M Sweep Medals			1							2	2	2	1	1		1	10
M total Medals			2							2	2	2	1	1	2	2	14
Greece Total	0	0	2	0	0	1	0	0	0	2	3	3	2	2	3	3	21

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Greece start point

Junior results

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	
YOG															SIN		
WM	GBR	BEL	AUT	BUL	SRB	GER	LIT	GRE	ESP	GER	NDL	CHN	AUT	FRA	CZE	GBR	
W1x	9	14		8					3		19				3		15
W2x	8	8			4		15	5	12		8	6		10	5		17
W4x					13	12					4	3	5	8			
W2-					6	8	7	6	4					8	2	3	3
W8+																	
M1x	3								10	15	15	6	15	14	2		2
M2x	14		7	6	10		7	4	10				13	16	5		
M4x	16	13			12	8	19	5		14	8		14	23	10		
M2-				5			14		2		4		1	2	1	2	3
M4-							8	6					6				7
M8+		8							11	7							
	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	
W Scull Medals									1			1			1		3
W Sweep Medals															1	1	3
W Total Medals									1			1			2	1	6
M Scull Medals	1														1	1	3
M Sweep Medals									1				1	1	1	1	6
M total Medals	1								1				1	1	2	2	9
Greece Total	1	0	0	0	0	0	0	0	2	0	0	1	1	1	4	2	15

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Greece start point

European - Med Games results

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	
Med Gam		ITA				TUN				ESP				ITA			
EC												POL	GRE		BLR	POR	BUL
LW1x										2				1			
W1x						2											4
W2x																7	
LW2x						4						1	1	1	1	1	1
W4x																	
W2-																	8
W8+																	
LM1x										4				1			
M1x													1	1	2		8
M2x		4				3				5		1	12				
LM2x		6								1		2	1	6	1	8	2
M4x																	
M2-		4								2			1	1	1	1	1
M4-												3	1		1	2	1
LM4-		5															
M8+																	

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	
W Scull Medals						1				1		1	1	2	1	1	9
W Sweep Medals																	0
W Total Medals						1				1		1	1	2	1	1	9
M Scull Medals						1				1		2	2	2	2		10
M Sweep Medals										1		1	2	1	2	2	11
M total Medals						1				2		3	4	3	4	2	22
Greece Total	0	0	0	0	0	2	0	0	0	3	0	4	5	5	5	3	31

Principles

Make it simple

Choose a training philosophy

Same rules applying for athletes & coaches

Main Points



Principles



Greece

- National training Centre
- School system
- Support for the top level activity
- Club activity
- Coaches
- Scientific support:
physiological and biomechanical

All low cost

Greece *national winter training centre*

Schinias (Olympic site 2004)

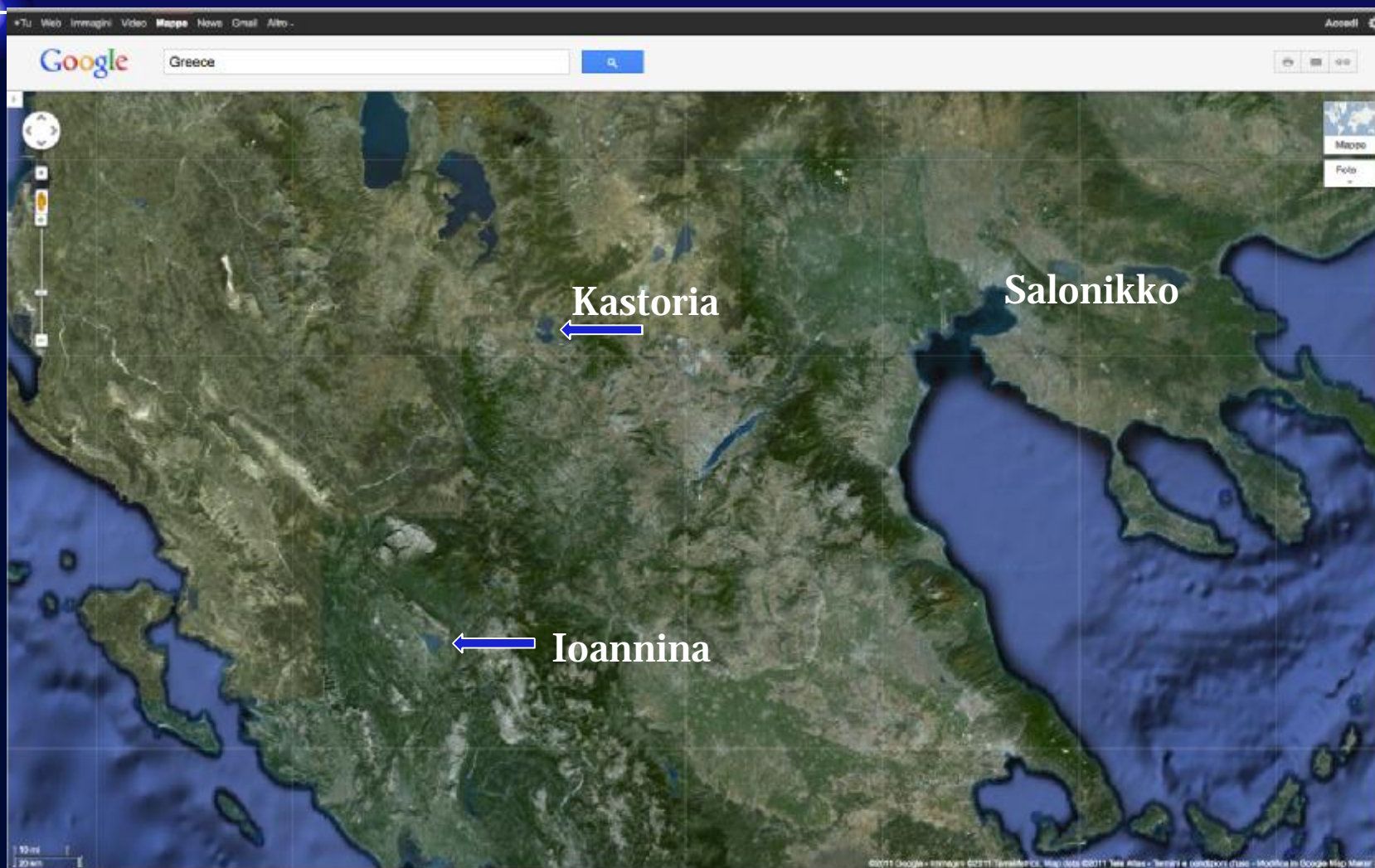


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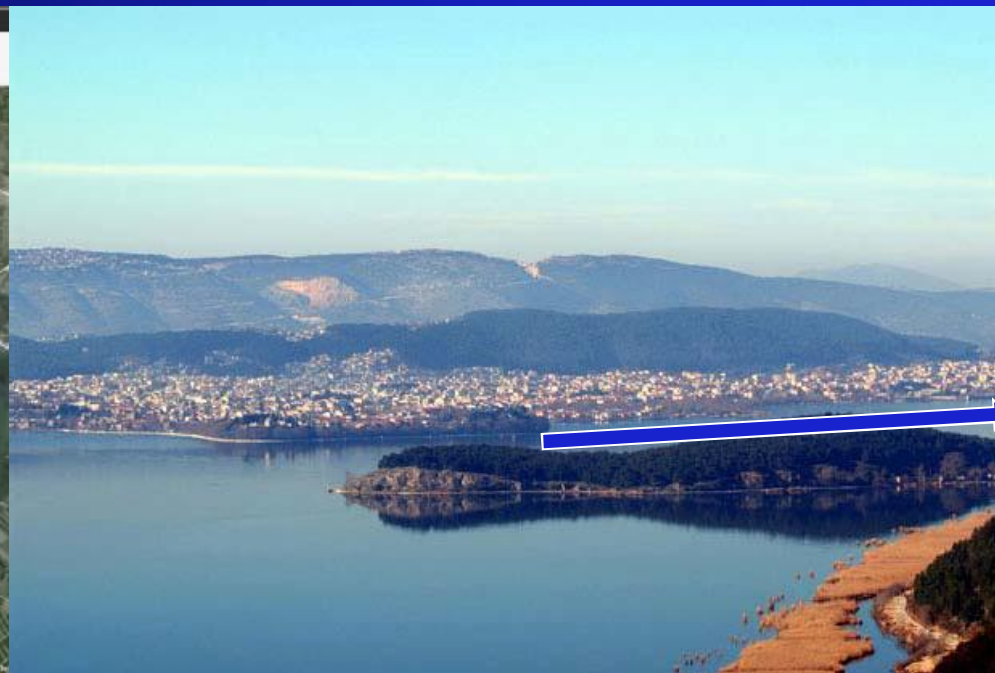
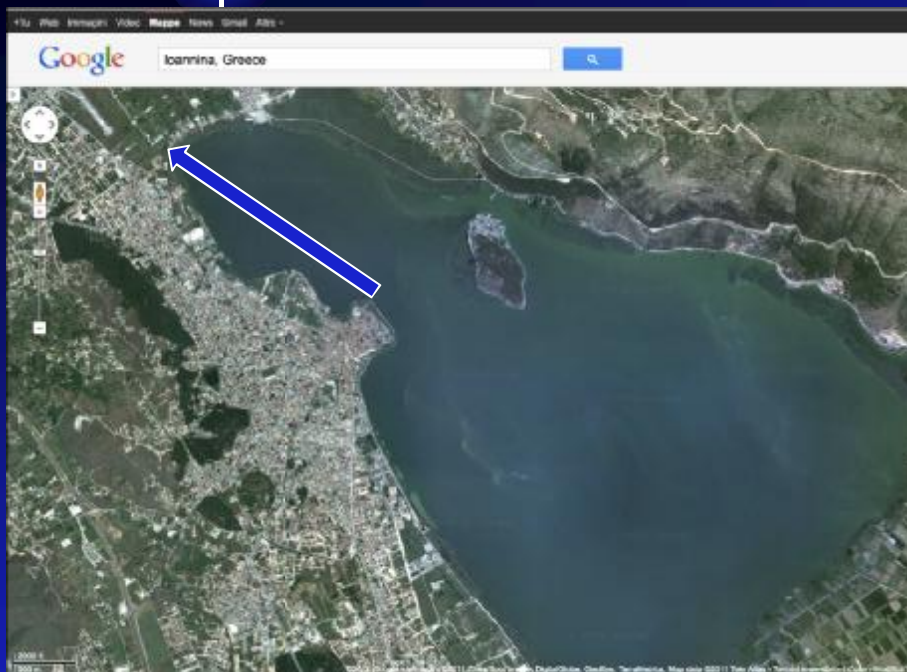
Rowing training Centre in northern Greece



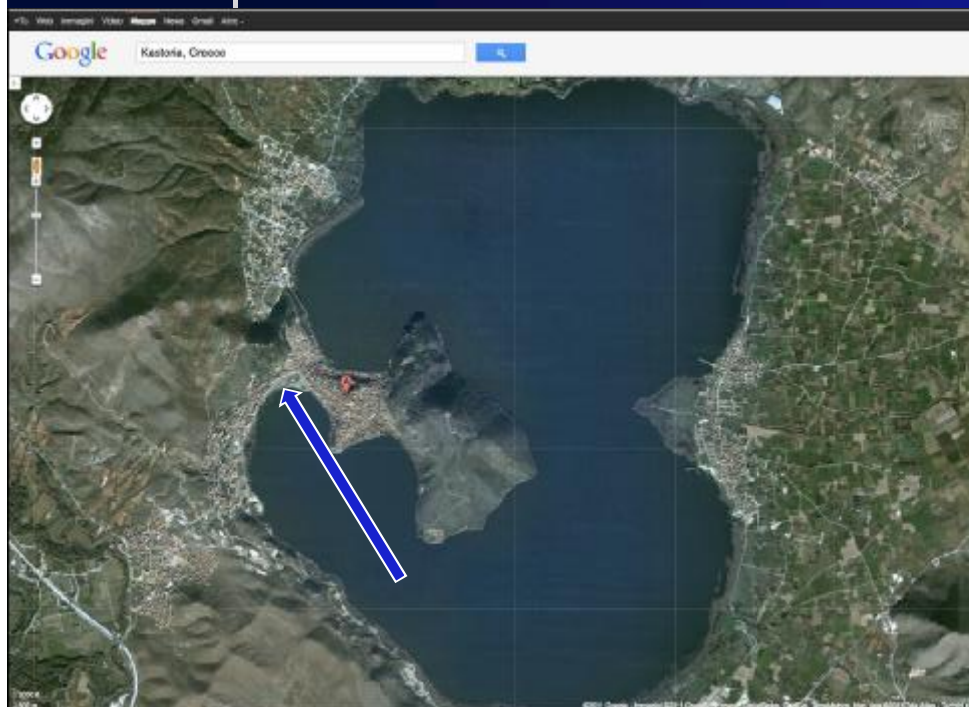
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Greece *national summer training centre* *Ioannina*



Greece *national summer training centre* *Kastoria*



Greece *national summer training centre* *Kastoria*

Good place & facilities for our summer training camp



Nine points to consider:

- 1. Coach Education
- 2. Youth programs
- 3. Talent identification
- 4. Long term athlete development
- 5. Technical support system
- 6. Educational support system
- 7. National/Regional training and educational Centres
- 8. Transparency in Management
- 9. Continuity

System

Coach Education

- A National Education Program Club coaches
- instructors with selected information in technique.
- training methodology, training philosophy and leadership.
- The program should cover two sectors:
 - Activity and instruction for youth
 - Coaching and training designed for competition

Usually this happen's in the majority of countries

System (education)

Greek Coach Educational

- Courses on Rowing are part of the curriculum in Physical Education University departments in Athens and Thessaloniki. Club coaches are recruited among students that have selected these rowing courses plus veteran successful rowers that chose to go into coaching
- The continuous education of coaches is made through annual conferences for coaches
- The Greek Federation's budget does not cover coach education

Selections

- Talent identification
- Development
- Evaluation

Development

club coaches are "gold finders"

Gold finder



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Main difficulties

- Few clubs
- Part time club coaches
- Limitations of the school system
- Limited budget

more money available thus more rowing Centre's with good coaches would make it possible to create a system able to find talents in a larger scale

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Talent identification

(gold finder)

Gold finder



Our way, the same of many countries in Europe

- Ergometer tests
- National coaches visiting the clubs
- National competitions
- International competitions
- Summer program with Junior 15-16 years

Evolution

Work of art



Long term athlete development

- Accept that the development of top performers in all aspects of life takes time. In sport both physical, technical and mental capacity must be developed over the years. The «born» athlete does not exist

Evaluation or Selection

- With ergometer test we can determine:
physiological capacities - mentality for
training volume - training adaptation

This is our system to evaluate the ATHLETE

- With boat races we can determine:
the technical EFFICIENCY -

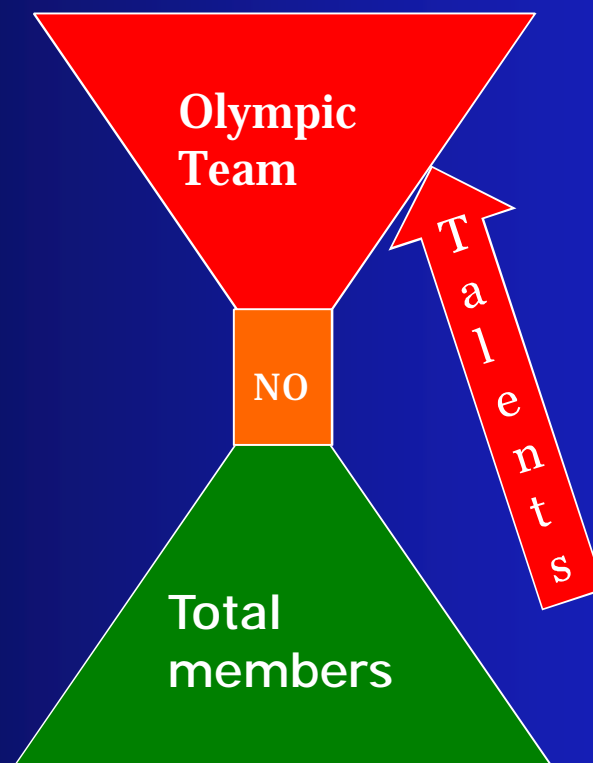
Fighting Spirit - Tactical capacity

This is our system to evaluate the ROWER

The champion is an
athlete that rows well

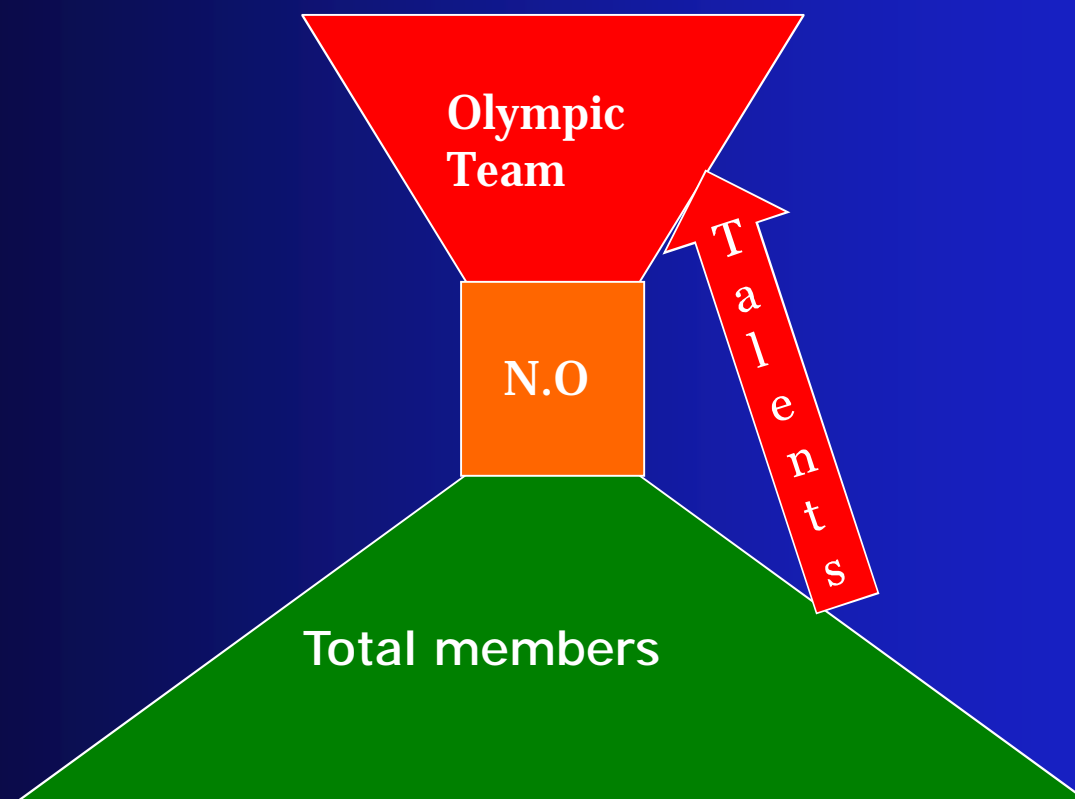
Selections (clepsydra)

Few members



Selections (clepsydra)

More N.O.



Tests

- Medical Evaluation
- Individual Evaluation
- Training control

Tests

- Medical Evaluation
Once a year in November - December
- Individual Evaluation on ergo twice a year
- Daily training control

Tests

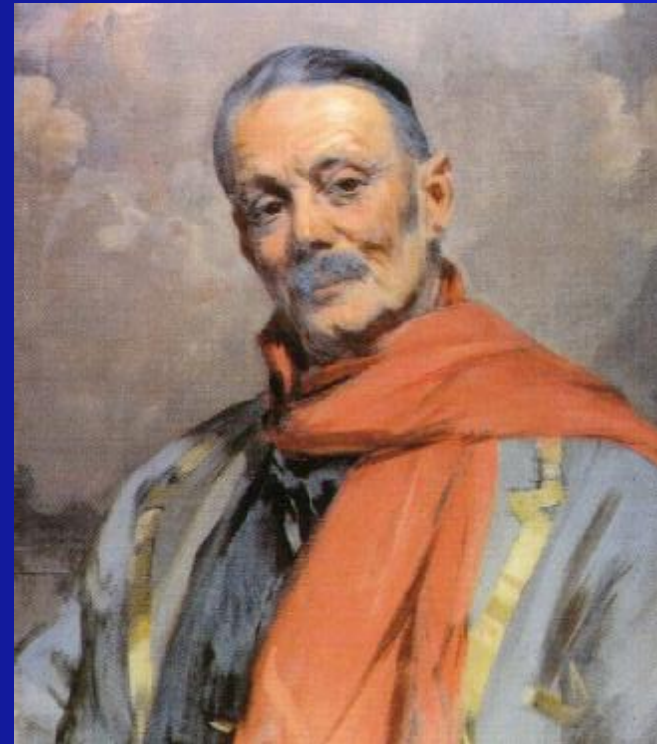
- Individual Evaluation on ergo twice a year

Supported by ergophysiological dr. Ziogas

Tests on 150 m - 2000 m – 5000 m- 17 Km

Technique

- Fairban style



Technique

Drive
phase



Legs

Legs

Body

Arms

Body swing

Continous

Legs

Legs

Body

Arms

Recovery
phase



Technique *(video)*



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Factors that affect training quality

Tudor Bompá

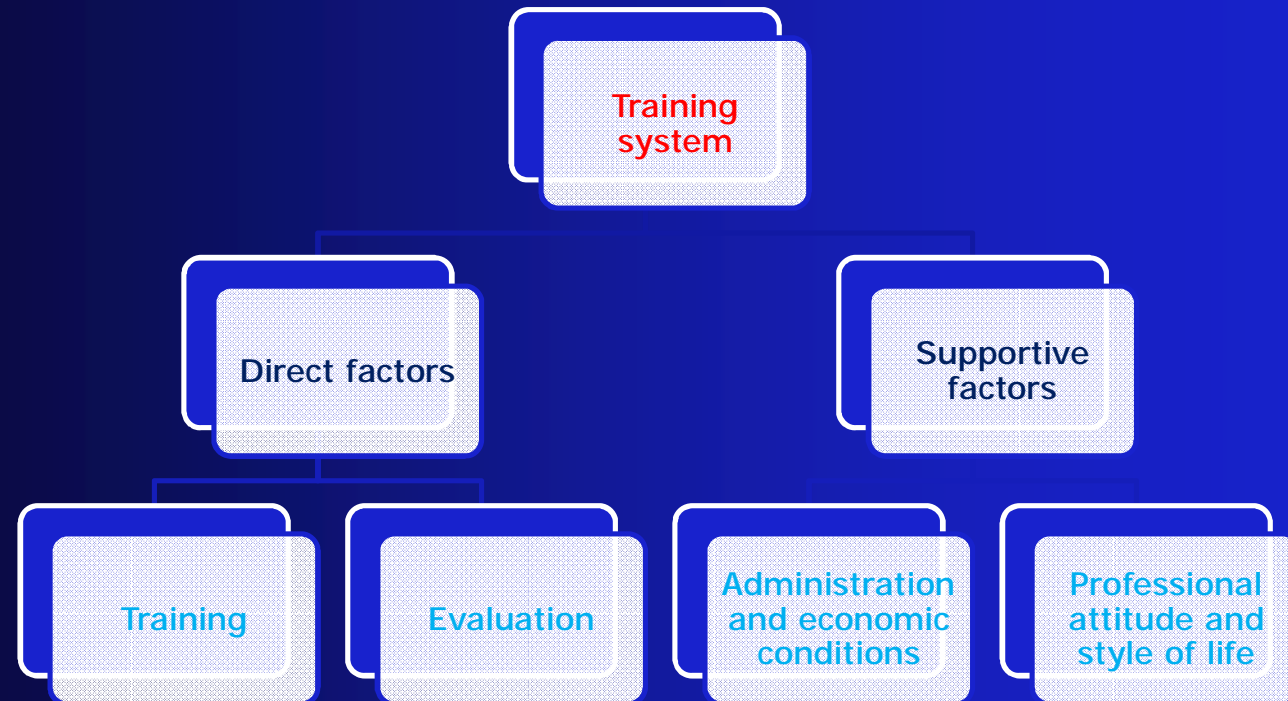


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Components of a training system

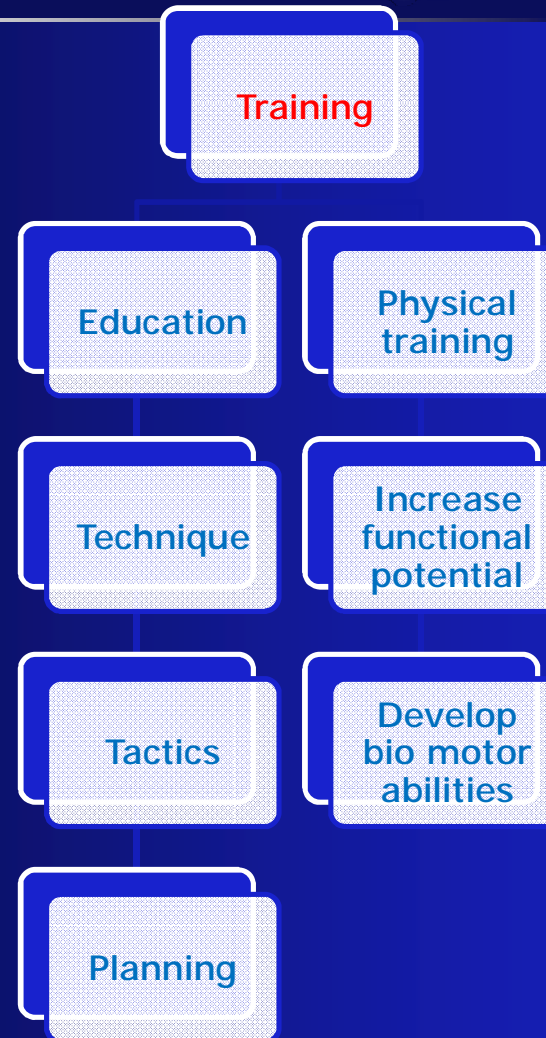
Tudor Bompa



Components of a training system

Direct factors - Training

Tudor Bompa



Components of a training system

Direct factors - Evaluation

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Components of a training system

Supportive factors – Administration and economic conditions

Tudor Bompá



Components of a training system

Supportive factors – Professional and living style

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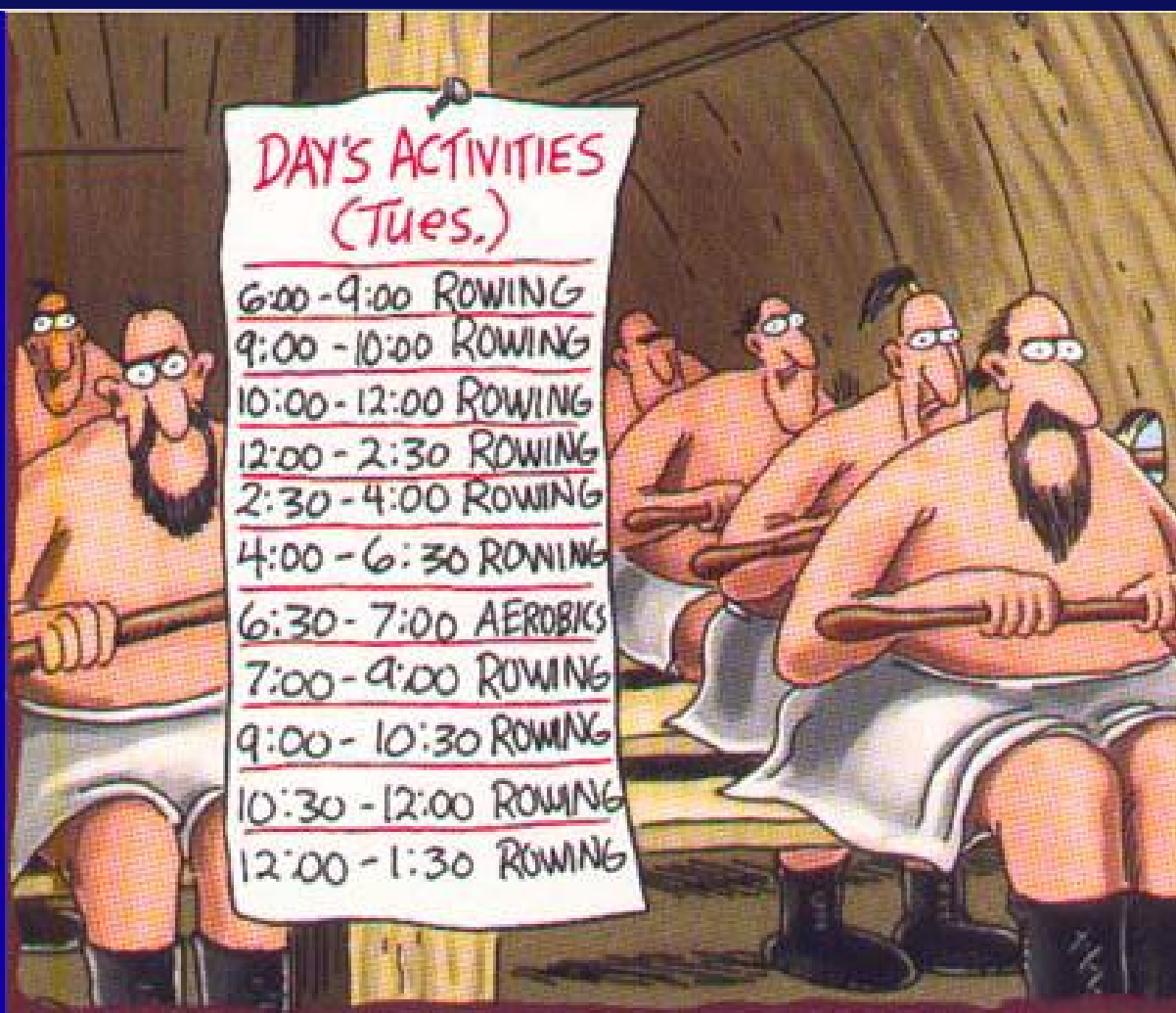
Training factors pyramid

Tudor Bompa



Training Program (water)

How
much
can
you
train?



Training Program (water)

I have some questions
when I coach my rowers:

- Is it enough?
- Is it too much?
- Are they progressing?
- Are they recovering?
- Have they a stable technique?



Training Program (water)

Too much water



Too much training



Training Program (water)

Not enough water

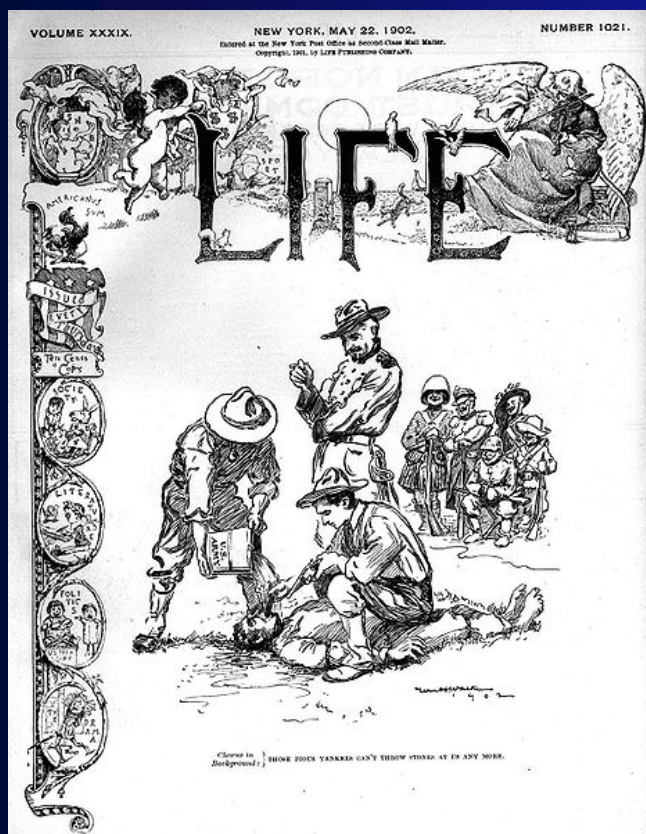


not enough training



Training Program (water)

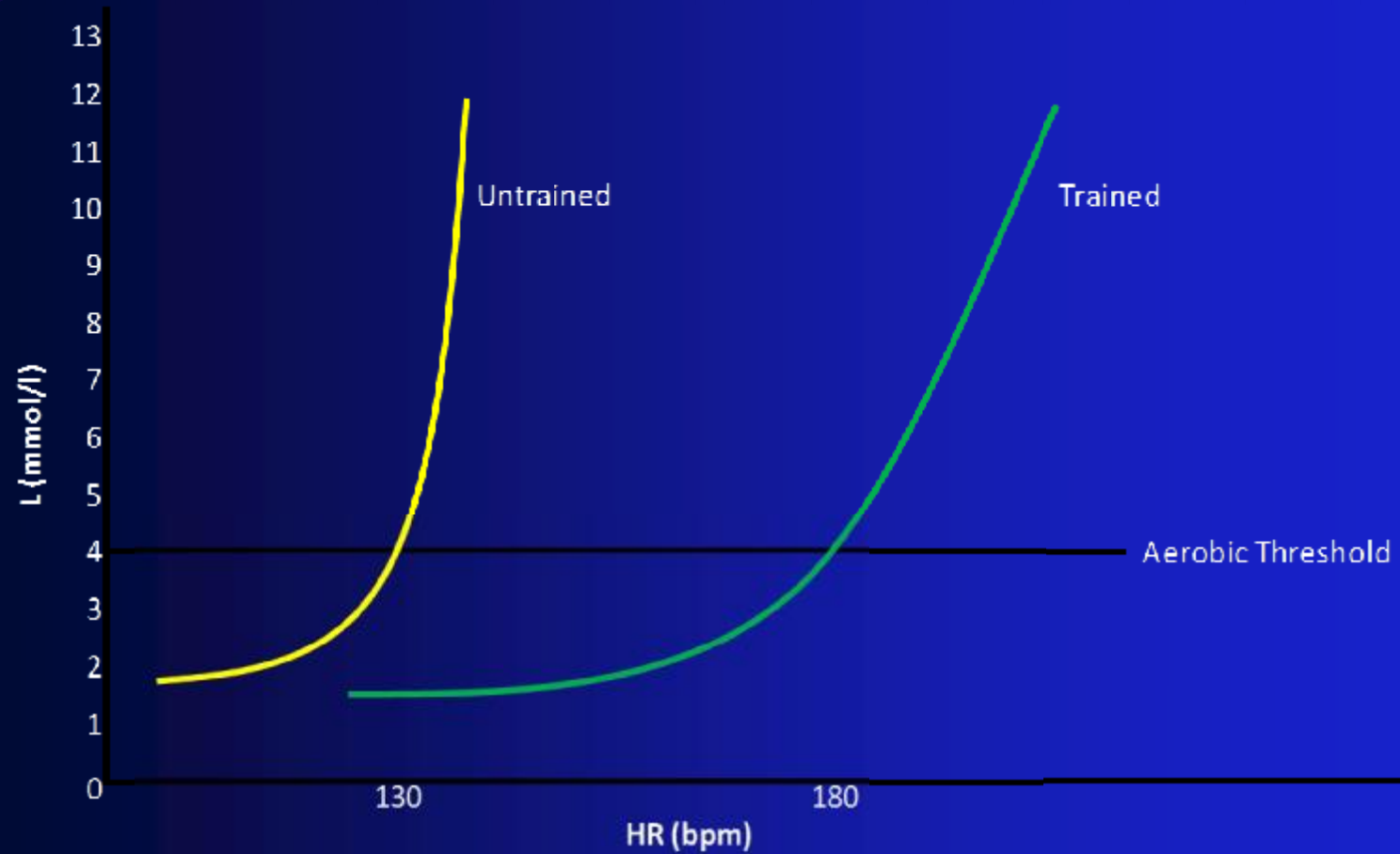
Forced water



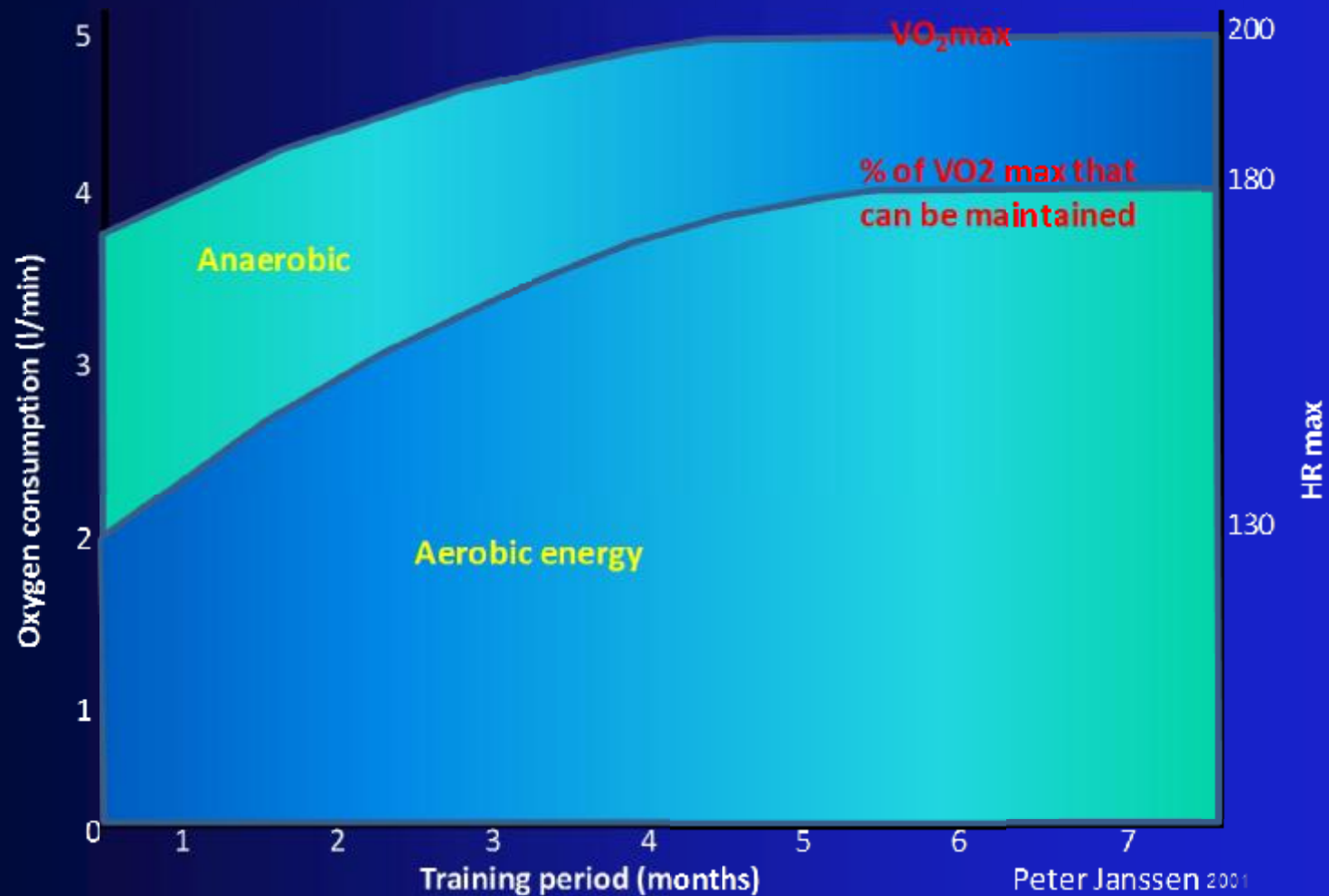
Forced training



Training Program (water)

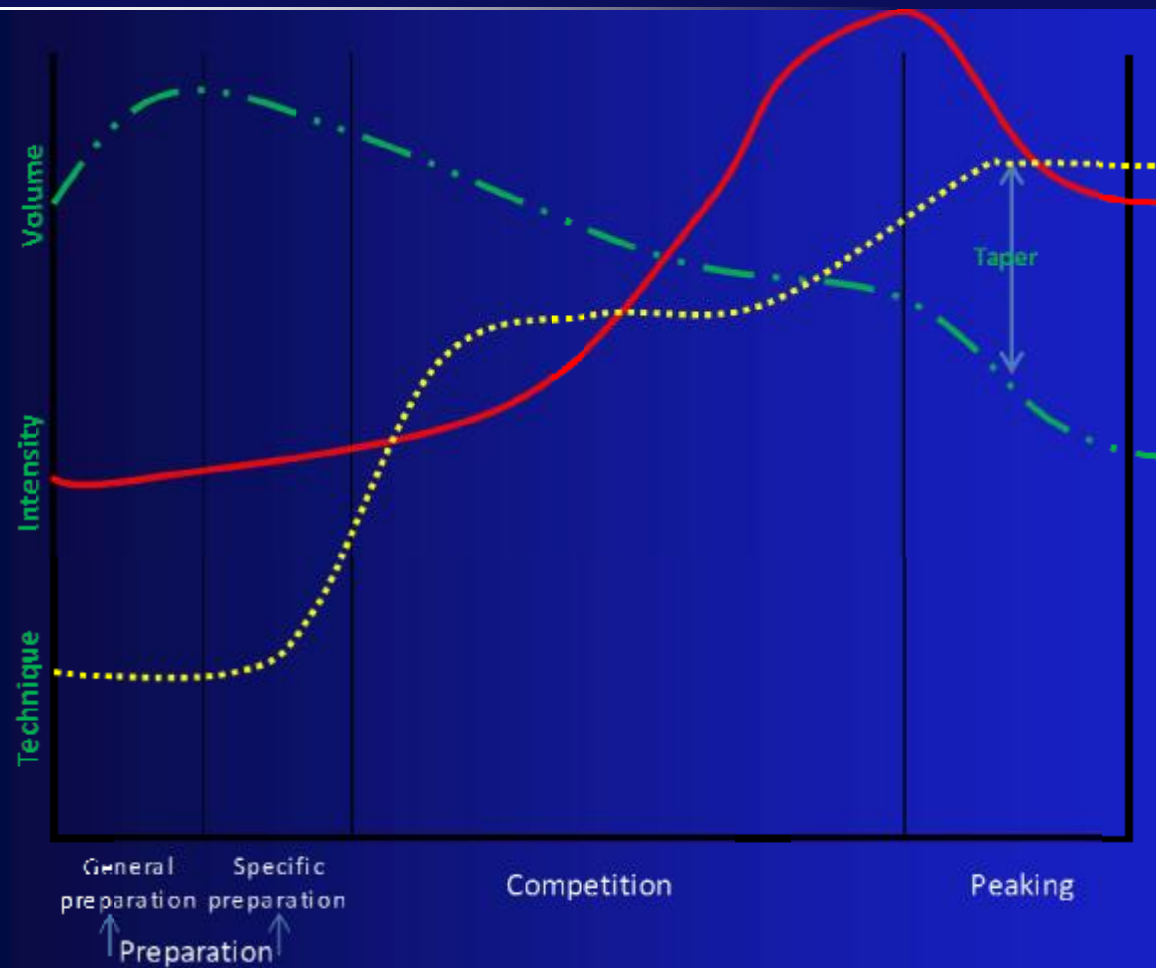


Training Program ($VO_2\max$)



Peter Janssen 2001

Training Plan



Generalized periodization model

S.S. Plisk and M.H. Stone, 2003

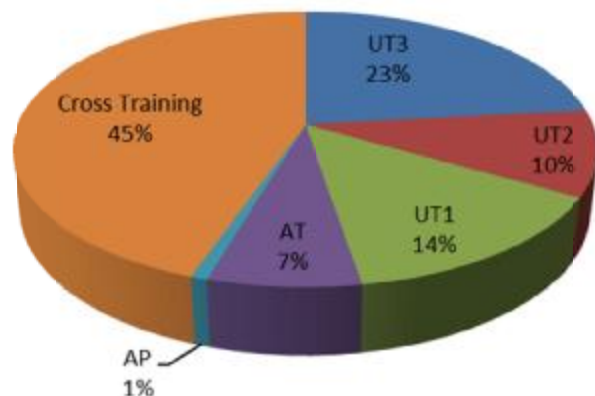
Training zone

ROWING ZONE SYSTEM		STROKE RATE	% heart rate reserve
UT3	Fuel Utilization	<18	<59%
UT2	Basic Oxygen utilization	17-18	59-67%
UT1	Oxygen Utilization	19-24	67-75%
AT	Anaerobic Threshold	26-28	75-85%
TR	Oxygen Transport	28-36	85-100%
AC	Anaerobic Capacity	>36	
AP	Anaerobic Power	>38	

Training Program (water)

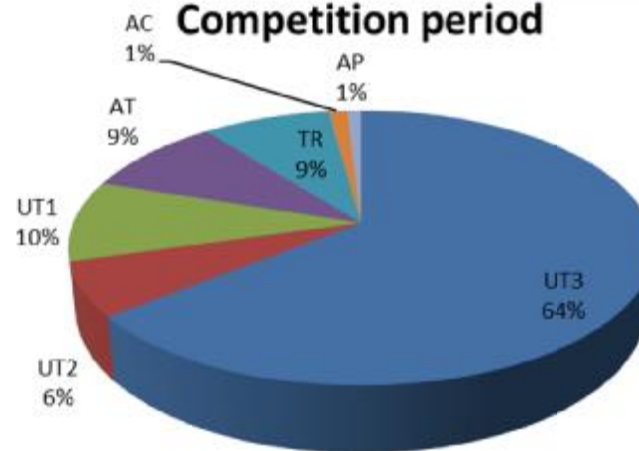
Preparation load %

Preparation Period

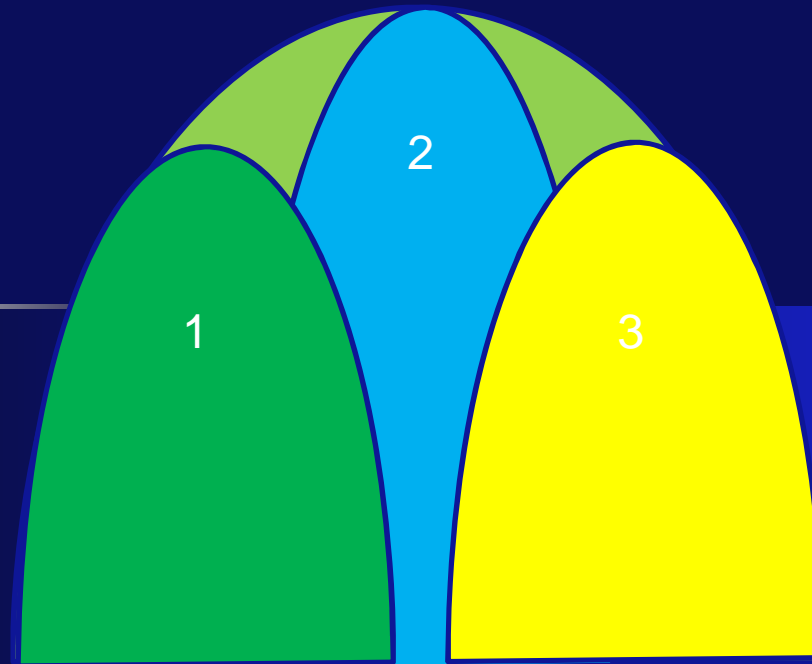


Competition load %

Competition period



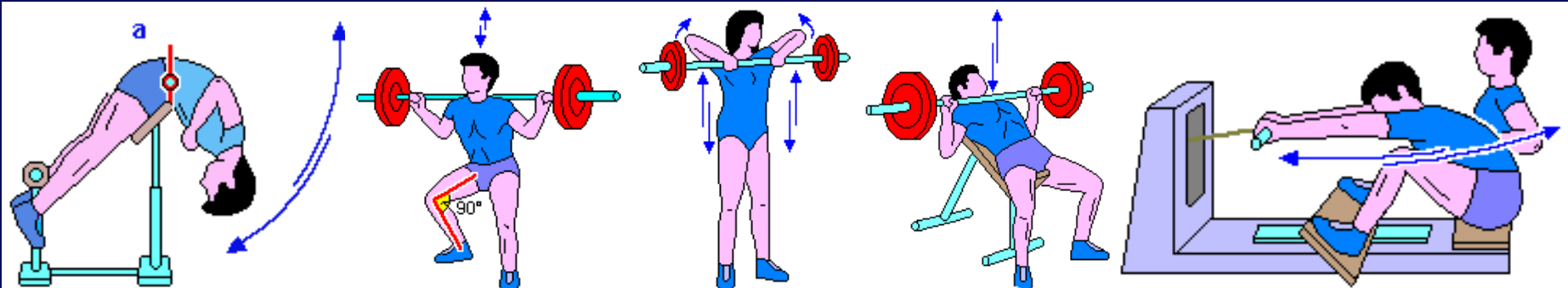
Pre season in blocs (Seirul-Io 1994)



1	Resistance
.	Strength
2	Maximum
.	Strength
3	Functional training
.	

Basic Exercises used in rowing

with kind permission of Stelvio Beraldo



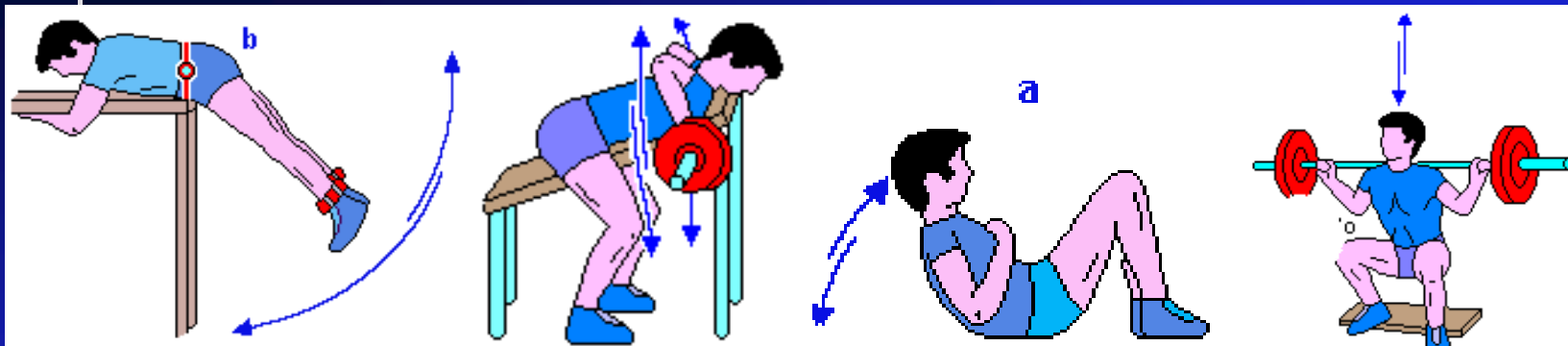
Good morning

Back Squat 90°

Arm flexion on
stand up position

Horizontal
Bench press

Rowing pull



Hips extension

Bench pull
oblique
position

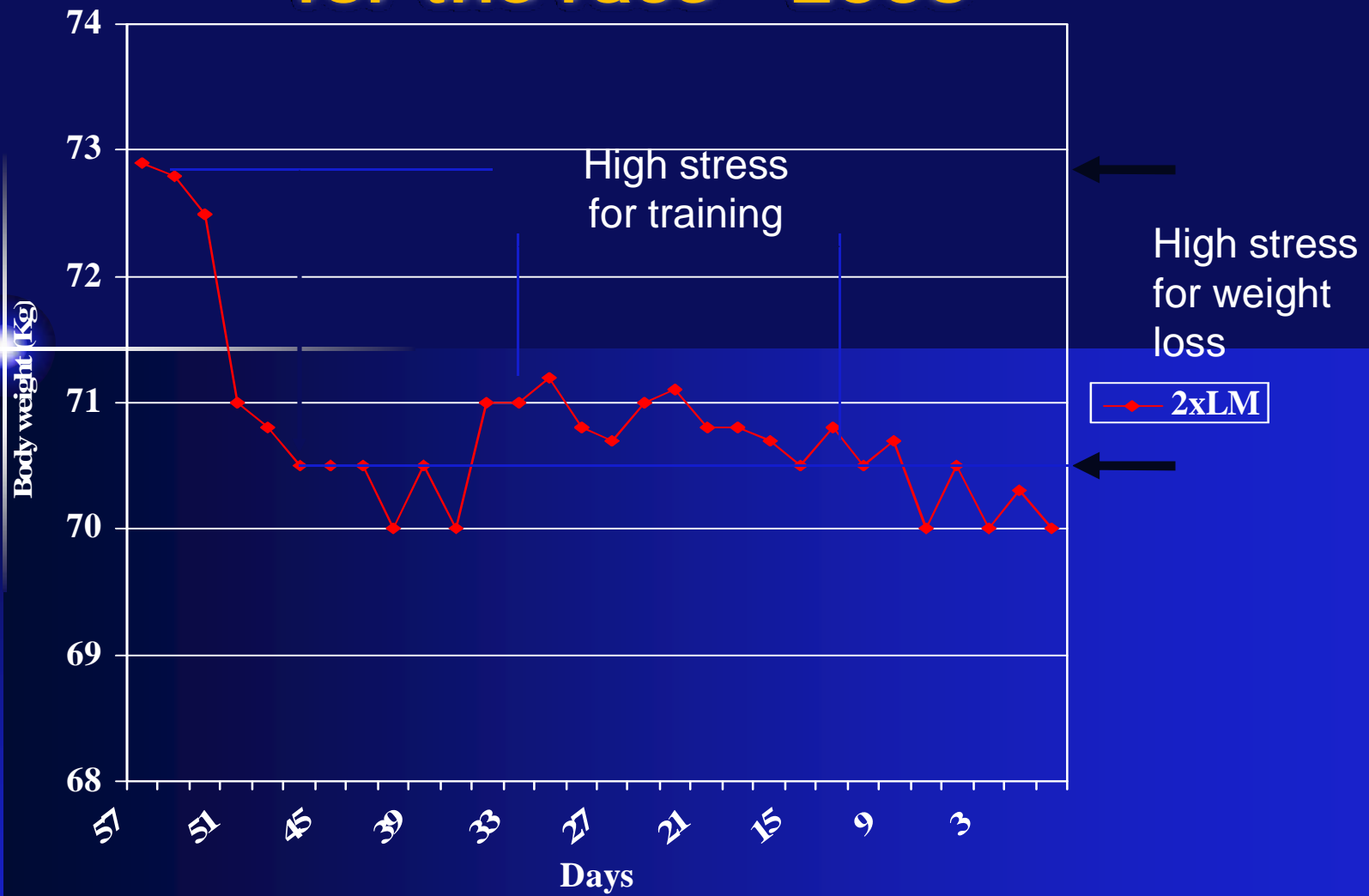
Sit-ups

Full back
Squat

Reduce body weight in the last period of preparation - 1990



Reduce body weight for the race - 2005



Thank you

**Thor
Nilsen**



**Theo
Koerner**



Sakis – Chronis - Tollis

