



USRowing®

2013 FISA Coaches Conference – Team Travel

Resources

- \$2.7mil to \$2.9mil average budget
 - \$350,000-\$500,000 come from athlete self-funding
- Covers Staff
 - 12 full time plus seasonal assistance
- Training Center
 - Facilities
 - Equipment
 - Launches, trailers, tow vehicles
- Events
 - U18, U23, Sr. and Para trials
 - National Selection Regatta's and Speed Orders
- International Events
 - World Cups
 - World Championships

Average Team Size

- Sr. World Championships
 - 120-125 Total people
 - 86-90 Athletes, 22-25 Coaches, 8 Medical/Admin Staff
 - 25-27 Events

Logistical Priorities

- Typically 12-16 months out
 - Event location, Travel time, Arrival date
 - Hotel (Room and Board)
 - Accommodate team size, inclusion of Para
 - Location to course
 - Environmental considerations (Noise, AC, Non-smoking etc.)
 - Room size and beds
 - Meals (Menu)
 - Airfare and routing
 - Cost vs time in transit, multiple departure points
 - Sleep, compression, hydration

Logistical Priorities

- Equipment coordination
 - Hulls, Oars, Ship vs Lease
 - Ergs, Stationary Bikes
 - Transport on own

- Performance support
 - PT and Physio set up at venue and hotel
 - Warm up and cool down plans (Bike/erg, ice bath, etc.)
 - Nutrition and supplemental food pre/post racing
 - Medical support, overall group plan
 - Video

Performance Issues

- Goal is to reduce distractions/stress and set expectations
 - Environmental conditions
 - Weather
 - Course conditions
 - Travel conditions
 - Food – Supplemental foods for LW or comfort

- Important to the athlete
 - Communication
 - Pre, during, and post
 - Family
 - Clear policy on priorities
 - Flexibility