

# Selection trajectory Elite & U23 individuals 2022

Axel Müller – Headcoach Belgium

Pim Raaben – Technisch Directeur Topsport Roeien

Paul Mosser – Directeur Technique LFA

Christel Hiel – Junioren Coach

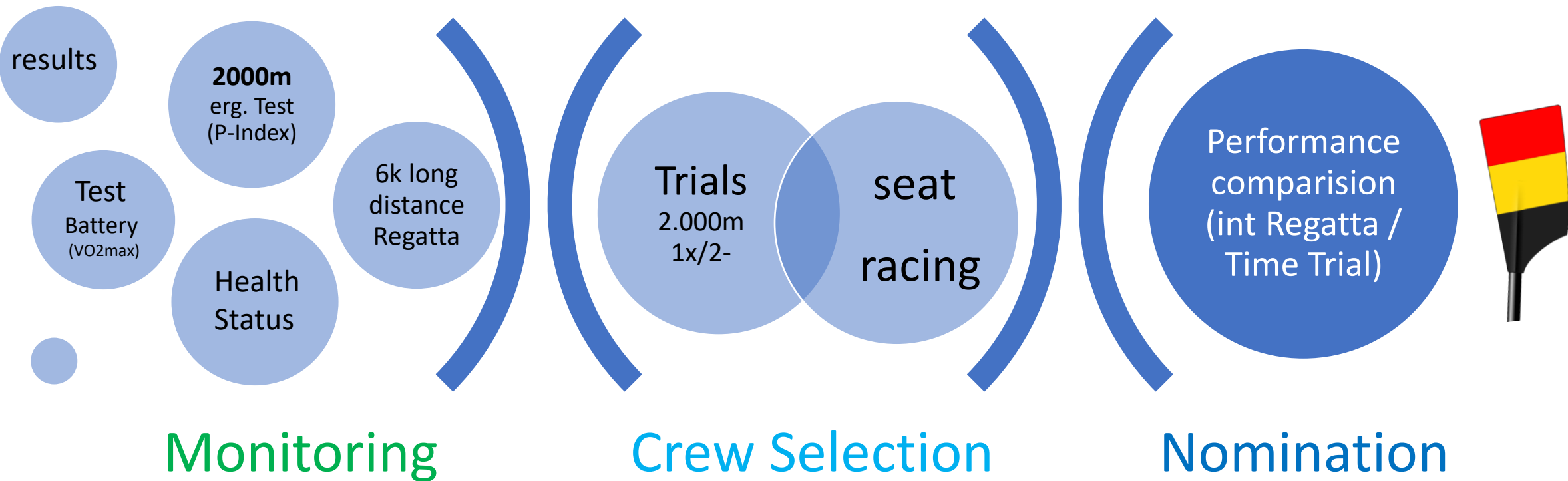
Update 15 Feb 2022



# Team selection criteria



VLAAMSE  
ROEILIGA



# Principles & Guidelines



Ligue  
Francophone  
d'Aviron




VLAAMSE  
ROEILIGA

## Goal:

Use an open system with possibilities for growth, with points of entry but also with clear guidelines, measures and limits towards toprowing selections



Season 2022 Elite Senior Team		November	Dezember	Januar '22	Februar	März	April	Mai	Juni	Juli	August	September																																				
		6km/2k Erg. Tests OBIC / Netekanaal		Critical Power Testing		Training camp -BTR (27.-31.12.21)		GRS Ergo Test TRAINING CAMP - (6.-12.02.22) TBC		*WR Indoor Champs* Inspannings Testing VO2max TRAINING CAMP - Senefte 28.02.-06.03 TBC		LD Senefte 6k (1x)																																				
		Training Weekend - Ghent (1.-3.04.22) GRS Ghent Regatta		Belgian Champs (1x/ 2x/ 2-) HZW Critical Power Testing KRS Ghent Regatta Canoeing event Ghent TRAINING CAMP - (12-22.05.22) World Cup I - Belgrade		Training Weekend - Ghent (10-12.06.22) Training Weekend - Ghent (17-19.07.22) World Cup II - Poznan Holland Becker - Amsterdam TRAINING CAMP - HZW 26.06.-05.05) World Cup III - Luzern Ghent (12.07.-29.07) TBC Hazewinkel (30.07.-08.09)		Ghent (22.08.-04.09) (*U23EM*) Hazewinkel (04.09.-14.09)		World Championships - München World Championships - Racice																																						
KW:		45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Competition																																																
Realization / Tapering	R																																															
Transmutation / Specific preparation	T																																															
Accumulation / Basic preparation	A																																															
Recovery																																																
Power Strength																																																
Max. Strength																																																
Hypertrophy																																																
Basic Strength																																																
2000 Time Trial / Regatta																																																
2k CII Ergometer Test																																																
6K Water Test (1x)																																																
6K CII Ergometer Test																																																
Run(3km)/Course Navette																																																







# Selection trajectory Elite & U23 individuals



Ligue  
Francophone  
d'Aviron



VLAAMSE  
ROEILIGA

## Selectie Criteria general:

- **Topsport ambition (goal topsport is a top 8 on the Olympic Games) - Long Term Planning required !!**
- **The engagement to do daily trainings and monitoring, according to the schedule** (follow up by the Headcoach)
  - In April 22 an engagement declaration form will be discussed
- The club to which the rower is connected has the engagement to give the rower all opportunities to select for the national rowing team
- Training camps are on invitation, it is expected that the athlete is present if he / she is invited
- The results on these evaluation moments: **OBIC / Netekanaal (1x) / GRS ergo / Seneffe (6km in 1x) / BK-Trials (1x/2-)**
- No presence is only justified by means of a medical withdrawal
- A missed ergometer test is supposed to be caught up with within 2 weeks, or until the athlete is medically approved fit again
- The table on the right shows the foreseen weight limits for light weights
- In the table on the next slide the reference times are shown, these are the objectives per age category
  - Limits will be determined

## Criteria for training camp participation:

- By invitation, based on individual performance
- Rower masters the individual rowing technique and is adaptable to crew technique

## Selection for International regatta's :

- Based on crew performance (% of GMS (= Gold Medal Standard) in zero conditions @ Time Trial / international competition)
- Confirmed by the FSTC – Federal Sport Technical Commission

Maximum weights light weight selection rowers	Men (kg)	Women (kg)
OBIC	75,0	61,5
Netekanaal	75,0	61,5
GRS Ergo	73,0	59,0
Seneffe	72,5	59,0
Trials	72,5	58,0



# Reference times



Ligue  
Francophone  
d'Aviron



BELGIAN  
SHARKS



VLAAMSE  
ROEILIGA

Men	Ontwikkeling	Internationale ervaring	Leren Presteren	Top sportontwikkeling	Prestatie
	U17	U19	U21	U23	Elite
	15-16 j	17-18 j	19-20 j	21-22 j	+23 j
<b>ERGO</b>					
100m	00:16,9	00:16,3	00:15,6	00:15,0	00:14,5
500m	01:30,9	01:26,0	01:23,1	01:19,8	01:17,5
2000m norm (critical power test) (m:s)	06:20,0	06:10,0	06:04,0	05:58,0	05:52,0
6000m (critical power test) (m:s)	20:44,0	20:15,0	19:47,0	19:21,0	19:00,0
<b>BOAT</b>					
1x (m:s) - 2000m	07:28,0	07:15,0	07:05,0	06:56,0	06:50,0
1x (m:s) - 6000m	24:20,5	23:38,1	23:05,5	22:36,2	22:16,6

Women	Ontwikkeling	Internationale ervaring	Leren Presteren	Top sportontwikkeling	Prestatie
	U17	U19	U21	U23	Elite
	15-16 j	17-18 j	19-20 j	21-22 j	+23 j
<b>ERGO</b>					
100m	00:18,4	00:18,1	00:17,6	00:17,2	00:16,8
500m	01:42,0	01:37,5	01:34,5	01:31,0	01:28,5
2000m norm (critical power test) (m:s)	07:27,4	07:17,3	07:08,3	06:57,3	06:49,0
6000m (critical power test) (m:s)	23:40,2	23:00,2	22:30,2	22:04,3	21:40,0
<b>BOAT</b>					
1x (m:s) - 2000m	08:10,0	07:58,0	07:47,0	07:37,0	07:30,0
1x (m:s) - 6000m	26:37,4	25:58,3	25:22,4	24:49,8	24:27,0

# Backup



Ligue  
Francophone  
d'Aviron



VLAAMSE  
**ROEILIGA**