

1:a Water Trials inför säsongen 2025

Svenska Roddförbundet, the Sport Chief and the Head Coach are happy to invite in Jönköping, the 26 – 27 October 2024 for the 1st Long Rowing trials, for the athletes interested in being part of the National Squad 2025, to participate to the selection to **World Rowing Championships**.

The trial will be held the 26 and 27 October in Jönköping.

The 26 October on the Munksjön Lake in Jönköping, on a distance of 3000m with turning at the 1500m.

Boat classes admitted: PR1 1x , PR2 1x , 1x and 2- .

Categories:

Para Rowing

Senior

U23

Junior A-B in 2025 aiming for World Rowing Championships Level only

In case of advert weather condition, the trial will be conducted on ergo C2 on same distance.

On 27 October all the athletes will be requested to conduct a season introductive 2000m on Concept2 ergo.

It will follow a meeting with all the athletes and coaches, to present the 2025 Plan ending the weekend by no later than KI 13:00 Sunday 27 OCT 2024.

The National Head Coach has adopted this procedure with the objective of achieving A Finals and winning medals by representative crews at Senior A, U23, Junior and Para rowing levels/categories in International Competition.

The athletes and coaches will meet regularly demonstrating their ability during the season' trials and suitability to perform on an on-going basis at the level required to be competitive in the international arena.

The system will develop capabilities of athletes and coaches to improve performance in the current cycle, leading to 2028 Olympics and Paralympic Games.

Athletes and coaches are required to register via email to both the Sport Chief (PerOlof.Claesson@rodd.rf.se) and National Coach (marco.galeone@rodd.rf.se) no later than 14 October 2024.

Please attach to the email a copy of a valid athlete's Swedish passport. For U19 athletes not holding a Swedish passport, please attach a copy of a valid "**Familjebevis**'

Accommodation will be offered for free; taking your own bedding and towel, for the nights of Friday 25 and Saturday 26 October.

First coming first serve basis.

Meals are selfbased.

A detailed program of the weekend will be shared no later than 20 October 2024.

Marco Galeone
National Coach