

## Water Trials Jönköping 26-27 October 2024

The 26 and 27 October in Jönköping at the Jönköping Roddsällskap the following athletes will take part in the :

### 1<sup>st</sup> water trials for the season 2025

- CLEMENTINA ORSI                      HAMMRBY IF RODDFÖRENING
- NINA JUTTERSTRÖM                      SOLLERÖ IF
- TINDRA STRAND                          HALMSTAD RODDKLUBB
- ERIK BRÖTE                                AKADEMISKA RODD FÖRENINGEN
- GUSTAV ARVIDSSON
- JONAS RICHTER
- OSCAR BRÖTE
- SAMUEL OSKARSSON                      BRUDPIGA RODDKLUBB
- ERIK KÄLLSTRÖM                          MÖLNDALS RODDKLUBB
- HUGO NERUD
- WILLIAM OKDAHL
- EMIL HALLGREN                          ÖRESJÖ SS
- MATTIAS BERGLUND                      STOCKHOLMS RODDFÖRENING

The athletes will be coordinated by the head coach Marco Galeone and the sports manager Per Olof Claesson with the help of the coaches

- MALIN HULTEN KÄLLSTRÖM
- JAN BERGLUND

## Program

### **Friday 25 Okt**

Afternoon : Arriving and rigging the boats

Rowing: Steady State Session

Collecting rooms keys

### **Saturday 26 Okt**

*Kl 8:30 Meeting at Jönköping Roddsällskap*

*Kl 9:00 Briefing and start order*

*Kl 10:00 First start "short boats"*

*(1500m + 1500m)*

*Lunch*

*Kl 15:00 Rowing: Steady State Session in long boats (50min)*

*Kl 17:00 Video and technique meeting (60min)*

### **Sunday 27 Okt**

*Kl 8:00 Meeting at Jönköping Roddsällskap*

*Kl 8:30 Briefing and start order*

*Kl 9:00 First start "long boats"*

*(1500m + 1500m)*

*Kl 11:00 Meeting*

*"Season 2025: Training and plan"*

*Svenska Roddförbundet*

Regarding boats' transport.

*There will be :*

***- trailer from Stockholm area, please refer to***

*Erik Bröte.*

*You are responsible for packing and put your own boats and oars on the trailer.*

***-trailer from Mölndal***

*Please all the boats must be packed by max for 11:30am on Friday 25 Okt 2024, on the SR trailer that is at Mölndal Roddklubb. You are responsible for packing and put your own boats and oars on the trailer. Marco will tow the SR big trailer to Jönköping.*

For any further question, please do not hesitate to contact

Marco Galeone

+46790987632