Continuous Success – GB Rowing Team

Thames Valley - British Traditions

Redgrave and Pinsent Rowing Lake, Caversham

GB Rowing Team

- Understanding and knowledge of what success looks like.
- Structure.
- Performance first – narrow focus.
- Do the basics exceptionally well – deep and uncompromising.
- Progressive.
- People – Teamwork/Responsibility.
- Methodical and systematic.
- Pathway or web – flexible but don’t compromise.
Golden Rules

• Always act with positive intent.
• Ask will this make the boat go faster.
• Unquenchable desire to move forward.
• Solve problems instead of describing issues.
• Have difficult discussions when they need to be had.
• Have open communication, trust and build relationships.
• Commit to action and build confidence.
• Exploit personality differences.
• More medal winning strokes each session.

British Para Table Tennis
Since 2008

• Centralised to Sheffield English Institute of Sport in 2009
• Educate athletes on what it takes to win
• Repeat, Repeat, Repeat

One Team - Togetherness

Delivering on the day

Shared Leadership
Values led Culture