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Kossev Consortium Quarterly

Bringing World Leading Applied Sciences and Technology to the Art of Rowing

Dear Bill,

Welcome to the first Kossev Consortium newsletter! We will use this quarterly communication to connect with our friends, members, and supporters and bring the latest rowing research and products to you.

This quarter, our research section includes three resources that examine the coach's role in creating a healthy atmosphere for athlete learning and development. For our product feature, we've chosen the SpeedCoach Mobile for iPhone 3G by Performance Phones, packed with features and mobile flexibility at a bargain price.

We also have exciting news about the Second Annual Kossev Symposium: we're thrilled to partner with the Oklahoma City Boathouse Foundation and be part of their vision to create a world-class rowing and training venue that includes cutting-edge technologies and the highest-quality coaching education. See our Events column below for more details and other upcoming events, including an event in Seattle in November.

Last but not least, we need your help and feedback. Show your support of our efforts in three ways:

1. **Sign-up** and become a member.
2. **Send to a colleague** by using the link at the top of the newsletter.
3. **Take a survey** - we're still in our start-up phase, and we want to shape its features and services to meet your needs. Please give five minutes, take this survey and let us know what the Kossev Consortium can offer you.

Thank you for all your support of this endeavor. We look forward to serving you and creating a community that drives innovation, learning, and performance in the sport of rowing.

Best Regards,
Julie McCleery

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Research Spotlight



The Kossev Consortium is interested not only in showcasing the latest technological and scientific advances but also shining a light on the latest research about coaching itself. There is a growing body of work on the coaching attitudes and behaviors that foster the healthy development of young athletes. This is especially important for coaches of juniors, but all coaches can reflect on the ways in which a "mastery" (skill-building) climate versus an "ego" (win-loss) climate will support the growth of athletes and programs, for the long-term. At our inaugural Symposium in November, Dr. Dan Tripps talked about the coach's role in promoting athletes' growth and self-efficacy, and you will find a link to a video of his presentation [here](#). We also recommend the following two research summaries if you are interested in learning about what a mastery approach to coaching could do for you and your athletes.

1. [Positive Coach Mental Model research](#)

This literature review, by Tonya Booker at Stanford's Positive Coaching Alliance, sets forth the research upon which the Positive Coach Mental Model is built. The research applies primarily to youth athletics, but there are certainly applications to the collegiate and elite level athlete as well.

2. [Motivational coaching climate outcores winning for young athletes](#)

"In terms of athletes' ratings of how much fun they had and how much they liked playing for their coach, our results showed that a mastery climate was about 10 times more influential than was the team's won-loss record." (*Read more at the link above.*)

Product Feature - *iPhone SpeedCoach*



In summary:

Pros: wireless (no calibration required); portable; accurate readings; bright, easy to read display; price

Cons: pace per stroke (m/s) reading is delayed; pace per stroke (m/s) does not consider current



PERFORMANCE PHONES



Member Offer!

Sign up for a **FREE** [membership](#) of the Kossev Consortium and take advantage of Consortium benefits immediately including additional free uploads upon downloading the *SpeedCoach Mobile* app for iPhone, or the *StrokeCoach Mobile* app for iPhone Touch.

Download the application by February 15, 2010 and members receive an additional 35 (fifty total) free uploads. That's a savings of \$14 to members.

(Thanks to Performance Phones for providing our

Overall Rating: **Good to Very Good**

We chose the SpeedCoach Mobile for iPhone by Performance Phones as our first review for a number of reasons, all of which are in line with the Consortium's mission of bringing applied science and technology to rowing and coaching. Questions we asked: Is it new or does it present a new way of using existing technology? Does it possess the potential to improve the way we coach or train? Does it provide new insight into the way we row? Does it have a good usefulness to ease-of-use ratio? Is it accessible to the average coach or athlete? To all of these questions, the answer was largely, yes. The SpeedCoach Mobile takes a common tool (NK's traditional "wired" SpeedCoach), tosses out the wires, adds geo mapping capability, single-click workout uploading with interactive graphs and charts, bounce and check monitoring and more and does it all at a bargain price. But above all of the qualifications that landed it on our radar, and in addition to Performance Phones' enthusiasm, responsiveness, ingenuity, and genuine interest in providing responsive service, Performance Phones seems committed to listening to the rowing community and continuing to improve their product and service to best fit the needs of rowers and coaches.

Setting up the device to go out on the water couldn't be easier... ([read more](#))

Selected Blog



Brian Volpenhein on Technology

Please read the first installment of a blog by Bryan Volpenhein, three-time Olympian and second year coach of the Pocock High Performance Team. In his blog, Bryan will talk about how he thinks about using technology and science to improve his coaching and increase the speed and performance of his athletes. The questions he asks from his launch are the same as coaches everywhere; see how he tries to answer them.

I was recently invited to attend the Kossev Consortium's first symposium where I had the tremendous opportunity (especially for a new coach) to listen to a variety of speakers from all over the country. Topics ranged from 3-D motion capture technology to sport psychology to the female athlete triad... ([read more...](#))

As a coach, I'm looking to things I can do that will improve athletic performance without confusing or distracting the athletes with too much information... ([read more...](#))

Through organizations like the Kossev Consortium coaches and athletes can help influence the direction in which applied sports technology goes. We just have to be vocal and participate. ([read more...](#))

members with this offer.)

Click [here](#) to see other offers from our

Sponsors including Dartfish.

To read more about how Brian uses the Consortium, and other ways the Consortium aims to help rowing coaches and training staff improve the performance of their athletes, please visit the Consortium [website](#).

Events

Upcoming Events

October 7-8, 2010, OKLAHOMA CITY, OK- Second Annual Kossev Symposium at Oklahoma City National High Performance Center

The Second Annual Kossev Symposium will be hosted by the Oklahoma City Boathouse Foundation at the High Performance Center in Oklahoma City on October 7-8, 2010 just prior to the Head of the Oklahoma. The Kossev Consortium is thrilled to partner with the Foundation and be part of their vision to create a world-class rowing and training venue that includes cutting-edge technologies and the highest-quality coaching education. Together, the Consortium and the Foundation look forward to bringing respected speakers to engage elite, club, collegiate, and junior rowing coaches in a unique professional development opportunity.

November, 2010, Seattle, Washington - Emerging Technologies

We look forward to hosting another event in Seattle the weekend of the Head of the Lake. This event will provide more hands on exposure to emerging technologies. Please check our website periodically for updates.

**View Videos of Past Events*

January 10, 2010 - Biomechanics and Rowing Technique Clinic at Oklahoma City National High Performance Center

The Oklahoma City National High Performance Center and Kossev Consortium co-hosted a coaching clinic by world-renowned rowing science consultant Valery Kleshnev, Ph.D., on January 10 at the Chesapeake Boathouse in Oklahoma City, Okla. As president and managing director of BioRow Limited, Dr. Kleshnev provided coaches with information sessions on rowing biomechanics...

To view a video of this event when it becomes available, please visit our website at www.kossevconsortium.org.

November 7, 2009 - First Annual Kossev Symposium

The Kossev Consortium's first foray into putting world-leading science and applied technology into the hands of coaches and rowers was a resounding success. Click [here](#) to view these presentations in streaming video for *free*.

**This content is being made available to all viewers. In the future, videos and other content will be restricted to members only. [Sign up](#) for your free membership now.*

If you have any thoughts on the newsletter, the website, or the Consortium altogether, we would love to hear from you--drop us a note! I hope you enjoyed your Quarterly newsletter.

Sincerely,

Julie

 Send to a Colleague