



# BRAZILIAN ROWING FEDERATION

## 2019 ANNUAL REPORT

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## 2. HIGHLIGHTS

### 2.1 Brazil Olympic Award

The duo Xavier Vela Maggi and Pau Vela Maggi received the 2019 Brazil Olympic Award in the Rowing category. The award ceremony of the trophies of the 21st edition of the event took place in Cidade das Artes, in Rio de Janeiro, on December 10, and awarded the best athletes of the year in 57 Olympic and Pan American categories.

Children of a Brazilian father, Xavier and Pau Vela Maggi were born in Spain, having defended the country in some international championships in the past. Naturalized Brazilian, the brothers are currently athletes of the Clube de Regatas do Flamengo (RJ) and compete in competitions for the Brazilian team. Pau joined the national team this year, Xavier competes this year and participated in the Rio 2016 Olympics, teaming up with Willian Giaretton.

In 2019, forming a pair in Dois Sem Masculino (M2-), the brothers won the silver medal at the Pan American Games in Lima, with only 0.68s difference with the Chilean boat, which won the gold medal. In the Brazilian Short Boat

Championship, Xavier and Pau won the gold medal of Dois Sem Masculino. In the Brazilian Long Boat, forming a boat with Michael Trebbow and Vinicius Delazeri in the Men's Four (4-M), the brothers were also gold.

### 2.2 Paralympic Award

Rower Renê Pereira received the trophy for best athlete in the rowing category at the 2019 Paralympics Award. The event is held every year by the Brazilian Paralympic Committee and awards outstanding athletes in 24 sports. The ceremony for this edition was held at Hotel Unique, in São Paulo, on December 17th.

Renê is a rower at Clube São Salvador, in Bahia, and has competed in events for the Brazilian Rowing Team since 2015. In 2019, he won the silver medal for the Single Skiff Male PR1 in the 2nd Stage of the Rowing World Cup, held in July, in Holland. In the 2019 Senior Rowing World Championship, he took the fifth position in the same category and secured the spot for Brazil in Tokyo 2020. This will be the second Paralympic of the rower, who represented Brazil in Rio 2016 and took sixth place in the Single Skiff PR1.





## 2.3 Harassment, Discrimination and Violence Rowing Prevention Policy

In October 2019, CBR published its Policy for the Prevention of Harassment, Discrimination and Violence on Rowing, a document with detailed information on discrimination, moral harassment, sexual harassment, sexual abuse, abuse of power and other types of violence in sport. The objective is to make the whole rowing community aware of their rights and also of the consequences of their attitudes.

Through rowing, participants gain personal experience of responsibility, teamwork, respect, integrity and fairness. CBR encourages these values to be practiced in all aspects of a rower's life, both in and out of the water. With this document, CBR reinforces its commitment to a healthy rowing environment.

Another novelty was the Ombudsman channel on the website, which now works through an external service. The system, called Legal Ethics, is an online reporting channel for corporate environments. The service was contracted through a partnership with the Brazilian Olympic Committee (COB). CBR is part of the 35 national confederations invited by the COB to voluntarily sign the Term of Adhesion to the Actions Proposed by the COB to Prevent Abuse and Sexual Harassment in sports.

This policy acts as an annex to the CBR Code of Ethics and Conduct (CEC), detailing and complementing the various items of the code related to harassment, discrimination and violence. The CEC was published in March 2019, it defines the ethical principles and behavior guidelines that should guide the activities of the confederation. These rules apply to all members of the CBR Management Committee, as well as employees, referees, athletes, coaches, members of delegations and internal committees.

The CEC and the new policy are not definitive, new guidelines may be included as needed by the confederation or suggestions from the rowing community. Comments on the document can be sent through the Ombudsman's office. They will be evaluated and, if accepted, included in a new version of the document. CEC updates will always be communicated via email to all CBR contacts.

## 2.4 FISA ranking

Brazilian rower Diana Barcelos was included by the International Rowing Federation (FISA) in the ranking of the best athletes in the para-rowing category (Top Athletes Para Rowing). They are part of this list rowers with excellent results in recent seasons and are considered bets of the International Federation for the following seasons. According





to FISA's Communications Manager, Melissa Bray, the choice of athletes for the ranking is made by a team of experts who regularly evaluate the results. Diana was included for her two gold medals in just two years. The final list also takes into account gender, categories and countries to promote diversity in sport.

Diana Barcelos started rowing in 2016 and in a short time she has already achieved expressive results. Amputated in the leg, the 30-year-old athlete trains at the Clube de Regatas do Flamengo (RJ) in the PR3 category, a modality for rowers with movement in the legs, trunks and arms. She was champion in the Double Skiff Mixed PR3 category at the Brazilian Para-Rowing Championship in 2017 and 2018, alongside Frederico Colodetti and Jairo Klug, respectively. In her first world championship, in 2017, Diana won the gold medal in double with Jairo in the Double Skiff Mixed PR3. In 2018, the rowers repeated the gold and won the unprecedented Brazilian second championship of the category in a rowing world championship.

FISA (Fédération Internationale des Sociétés d' Aviron in French), based in Switzerland, is the highest rowing authority in the world with 151 national confederations affiliated. She is responsible for the rules and regulations of competitive rowing in all its categories, as well as adapted rowing, costal rowing, Master and indoor rowing. FISA, through the World Rowing brand, is responsible for organizing the main international rowing events: World Rowing Cup and World Rowing Championship.





## 3. NATIONAL CHAMPIONSHIPS

### 3.1 Brazilian Short Boat Championship

The Clube de Regatas do Flamengo (RJ) was the big winner of the Brazilian Short Boat Championship 2019, held at Lagoa Rodrigo de Freitas, in Rio de Janeiro, between 11 and 14/04. The Rio club won 13 gold medals in the 24 events played in two phases. Botafogo (RJ) took the runner-up trophy with 6 gold medals.

In the first phase of the championship, Brazil Trophy of Short Boats, the athletes competed without distinction of categories in direct confrontation, defining the absolute ranking for boats in five events. Flamengo was the club with the highest number of medals in this phase, being 3 gold, 2 silver and 5 bronze, including a mixed boat in Dois Sem Masculino.

In the Women's Single Skiff, the rowers Milena Viana (Flamengo) and Vanessa Cozzi (Flamengo) repeated the result of 2018, winning respectively the gold and silver of the category. The rowers Uncas Tales Batista (Botafogo) and Lucas Verthein (Botafogo) also repeated the same result of 2018, with the winning of gold and silver in the Male Single Skiff. Xavier Vela Maggi (Flamengo) also repeated the 2018 result at Dois Sem Masculino, but now teaming up with his brother Pau Vela Maggi (Flamengo).

In Dois Sem Feminino, athletes Daniele Ramos and Dayane Pacheco won gold by forming a duo for Flamengo. New names also debuted at the top of the Single Junior Male Skiff ranking. Tomás Levy, from Sport Club Corinthians (SP) won the gold. In 2018, he was in sixth place Final A of the Single Male Skiff Junior B. Breno Robert, of Vasco da Gama, won the silver after having climbed to the top of the podium in the Single Male Skiff Junior B in 2018.

In the second phase, Brazilian Short Boat, the disputes took place by category in 19 events. The Finals were formed by the six fastest boats in Júnior, Sub 23, Peso Peso and Senior, according to the results of the first phase. Flamengo won 10 gold in the second phase, followed by Botafogo with 5 gold and Corinthians with a victory.

This is Flamengo's second consecutive victory in the Brazilian Short Boat Championship. In 2018, the Rio club won with nine medals in the sum of the two phases. Botafogo remained in the vice-leadership, after being champion in 2016 and 2017. Corinthians had been in 6th place in the Short Boats of 2018.





This is considered by athletes to be the most important competition of the season, as the results are used in the selection process of the Brazilian Rowing Team. Previous to the Brazilian boats Short, athletes sent to the CBR the results obtained in testing ergometer of SNAR (National Rowers Assessment System). The results of the SNAR and the championship are added and evaluated for the summoning of athletes.

Of the 200 applications received, 135 were from male athletes and 65 from female athletes. The total number of participants increased by 28% compared to 2018. The number of rowers increased by 22% and the number of rowers was 40% higher, which is great news for women rowing. The most disputed category was Junior, with 90 athletes registered. Then came the Senior category, with 55 registered, Sub 23 with 42 registered and Junior B with 13 registered athletes.

The participating rowers represent 25 clubs from ten states: Bahia, Distrito Federal, Espírito Santo, Pará, Paraná, Rio de Janeiro, Rio Grande do Sul, Santa Catarina, São Paulo and Rio Grande do Norte. The event was organized by CBR in partnership with the Rio de Janeiro Rowing Federation (FRERJ) and had the support of the Rio de Janeiro Sports, Leisure and Youth Secretariat and the Rio de Janeiro State Sports Superintendence (SUDERJ).

### **3.2 Interclub Brazilian Championship of Young Rowing Talents - Stage 01**

The clubs Grêmio Náutico União (RS) and Vasco da Gama (RJ) were the highlights of the 1st Stage of the Brazilian Youth Talent Championship of Rowing 2019. Grêmio Náutico União won the first phase of the event, the Brazil Youth Talent Trophy, and Vasco da Gama won the second phase, the Brazilian Youth Talent Interclub Championship.

The championship was played in Porto Alegre, between 05/31 and 06/02. Altogether, 141 athletes from 14 clubs were enrolled in the 20 events in the Youth (13 and 14 years), Junior B (15 and 16 years) and Junior A (17 and 18 years) categories. The disputes take place in the lane of Ilha do Pavão, headquarters of Grêmio Náutico União.

On Saturday, June 1, the Finals of the first phase of the event were played: Brazil Trophy for Young Talents, open to all rowing clubs in the country. GNU took first place with two gold and two silver medals, followed by Vasco da Gama and Centro Português (RS) clubs, tied with two gold and one silver medals. In third place was Guaíba-Porto Alegre (RS) with two gold medals and one bronze.





On Sunday, 02/06, the Finals of the Brazilian Interclub of Young Talent of Rowing took place. The same events on Saturday were played only by clubs affiliated with the Brazilian Club Committee (CBC). Vasco da Gama was champion with two gold medals, one silver and one bronze. In second place, Guaíba-Porto Alegre took two golds and a silver, followed by Flamengo (RJ) with one gold, four silvers and two bronzes.

All winning boats received medals and the club with the most victories in each phase took home the champion trophy of Stage 01. The event was organized by Grêmio Náutico União in partnership with CBR and with the support of the Rio Grande do Rio Rowing Federation. Sul (Remosul) and the CBC. The Brazilian Youth Talent is held with its own resources from CBR, CBC, Remosul and GNU.

### **3.3 Brazilian Master Rowing Championship**

The Clube de Regatas Guanabara was the big winner of the Brazilian Championship of Master Rowing 2019, held in Rio de Janeiro between 13 and 14/07. In all, the Rio club won 31 of the 140 competitions. In second place was the Rio de Janeiro Rowing Club (30 wins), followed by the Piraquê Regatta Club (19 wins).

The event was attended by 422 athletes from 10 states. The oldest rowers competing were Odilon Maia Martins (Aldo Luz, 90 years old), Manoel de Carvalho (Rio de Janeiro Rowing Club, 85 years old) and Maria de Lurdes (Guanabara, 73 years old). The official results are available on the website of the Rowing Federation of Rio de Janeiro, organizer of the event with support from the Brazilian Rowing Confederation.

### **3.4 Northeast Rowing Cup 2019**

Esporte Clube Vitória (BA) became champion of Copa Norte Nordeste de Remo 2019. There were seven victories for the Bahian club, followed by Clube do Remo (PA), runner-up with four victories. Held in Salvador between September 21 and 22, the event was attended by 15 clubs from the North, Northeast and Federal District.

The event program featured 18 events in the Junior, Sub 23 and Senior categories, with finals played over two days. During the first day award ceremony, the rower Renê Pereira received a tribute for winning the silver medal in the Male Single Skiff PR1 in the 3rd Stage of the Rowing World Cup 2019. Renê also won the category spot for the Tokyo Paralympic Games 2020.





After the end of the Finals, a friendly game of Eight Com was played to celebrate the closing of the Cup. The event brought together athletes from various clubs and did not score points for the final result. In all, 63 athletes competed representing 15 clubs from the states of Bahia, Brasília, Pará, Pernambuco, Rio Grande do Norte and Sergipe.

The event was organized by CBR in partnership with the Federation of Rowing Clubs of Bahia (FCRB). In partnership with the Sports Department of the State of Bahia (SUDESB), the FCRB signed an accommodation, food and transport agreement.

### **3.5 Brazilian Interclub Championship of Rowing Long Boats**

The Clube de Regatas do Flamengo (RJ) was consecrated as the big winner of the Brazilian Interclub Rowing Championship Long Boats 2019. The Rio de Janeiro club rose to the top of the podium 14 times, also taking home the champion trophies by category. The competitions took place between 24 and 27/10 in Rio de Janeiro, with more than 280 athletes registered.

Second in the championship was Botafogo de Futebol e Regatas (RJ) with seven victories, followed by Vasco da Gama (RJ) in third place with three victories. This year, there were also awards for the champion clubs in the Senior, Sub 23 and Junior categories. The three trophies went to Flamengo, which won seven victories in Senior, four in Sub 23 and three in Junior. In this last category, there was a tie with Vasco da Gama, the winner's decision by the total of second places.

The championship activities started on Wednesday, 10/23, with the holding of the Technical Congress. The meeting was attended by technicians from participating clubs, CBR president Edson Altino Pereira Junior, CBR Magali Moreira Arbitration Director, FRERJ president Paulo Carvalho, CBC project supervisor Elisiário Palermo, and vice-president president of Vasco da Gama Horácio Gilberto Neto.

On Thursday, 10/24, the first qualifiers were scheduled. However, after the weigh-in of the athletes, some Lightweight boats were disqualified and, due to the number of remaining registrants, the races were canceled and went straight to the Finals. On Friday, 10/25, four Heat heats and two playoffs for Sunday's Finals were played.

On Friday night, a lecture was held with lawyer Marcelo Franklin. A specialist in sports law and anti-doping rules, Marcelo was hired by the COB for 14 years, advocating for countless sports confederations, Olympic athletes and world champions. The Flamengo auditorium was packed, there were two hours of fundamental information for athletes





and coaches. In addition to Marcelo, the CBF doctor Fernando Solera, the attorney for the Anti-Doping Court of Justice João Guilherme and the attorney general of the CPB and rower Alexandra Amadeo attended the lecture.

CBR received the enrollment of 285 athletes (81 rowers and 204 rowers). In 2018, there were 266 enrollments, a 7% increase in the number of athletes this year. The category with the most participants was Junior with 143 subscribers, followed by the Senior category with 78 athletes. In the U-23 races there were 64 rowers. The 27 registered clubs represented nine states: Bahia, Distrito Federal, Espírito Santo, Pará, Pernambuco, Rio de Janeiro, Rio Grande do Sul, Santa Catarina and São Paulo.

The CBI of Rowing Long Boats 2019 was organized by CBR in partnership with the Rio de Janeiro State Rowing Federation (FRERJ), Brazilian Club Committee (CBC) and Vasco da Gama Club, the event's host club.

### **3.6 Brazilian Interclub Championship of Young Rowing Talents - Stage 02**

The Clube de Regatas do Flamengo (RJ) was the great champion of the Brazilian Interclub of Young Talents of Rowing 2019. The Rio club won the 2nd Stage of the event and was also the overall champion of the year, there were 5 victories in this stage and 6 victories in the championship sum. The disputes were held on Ilha do Pavão, in Porto Alegre, between 14 and 17/11.

The runner-up in the second stage was Clube de Regatas Vasco da Gama (RJ) with 4 victories, followed by Clube Guaíba-Porto Alegre (RS) with 3 victories. The 2019 runner-up was Vasco da Gama (RJ). The annual decision was made by a tiebreaker: Flamengo had 6 wins and 5 second places, while Vasco had six wins and three second places.

This was the second edition of the CBI for Young Talents of Rowing, held this year in two stages. The first edition took place in 2017 with the participation of 188 athletes. In the first stage of this year there were 141 registered, a number that rose to 237 in this second race. The competition is open to all clubs in Brazil with evidence for rowers of three age groups: Juvenile (13 and 14 years old), Júnior B (15 and 16 years old) and Júnior A (17 and 18 years old).

The activities started on Wednesday with the holding of the Technical Congress. The teams arrived at Ilha do Pavão on Monday for three days of training, but the weather was quite unstable in the first days. Thursday's qualifiers were played with rain, only on Friday did the sun come back and improve the conditions of the lane.





19 Brazilian clubs and one club from Uruguay were enrolled in the 2nd Stage of the event, who participated as a guest. Club Mercedes brought 40 athletes from its team to Porto Alegre, making the competitions more competitive and allowing the exchange between athletes and the commission. The states of the Federal District, Espírito Santo, Pará, Paraná, Rio de Janeiro, Rio Grande do Norte, Rio Grande do Sul, Santa Catarina and São Paulo were represented.

The category with the largest number of subscribers was Junior B with 92 athletes. Then Junior A with 76 registered and Juvenile with 69 registered. The number of athletes was higher in the men's events, with 153 rowers and 84 rowers. In the first stage of 2019 there were 50 women, which means a 68% increase in female participation in this stage.

The CBI for Young Talent of Rowing 2019 was organized by CBR in partnership with Grêmio Náutico União, with the Rowing Federation of Rio Grande do Sul (Remosul) and with the Brazilian Club Competition (CBC).

### **3.7 Brazilian Para-Rowing Championship**

The Clube de Regatas do Flamengo (RJ) won the Brazilian Para-Rowing Championship 2019, an event played between 11/29 and 12/01 at Lagoa Rodrigo de Freitas, in Rio de Janeiro. In second place was Clube de Regatas Bandeirante (SP). The final decision was made by a tiebreaker, since both clubs had the same number of victories.

44 athletes from 16 Brazilian clubs (18 rowers and 33 rowers) were enrolled in the championship, in addition to seven athletes from Argentina. The participating clubs represented the states of Bahia, Distrito Federal, Espírito Santo, Pernambuco, Rio de Janeiro, Rio Grande do Norte, Rio Grande do Sul, Santa Catarina and São Paulo.

In 2018, the championship received 45 athletes and was won by Esporte Clube Pinheiros (SP), followed by Clube de Regatas Aldo Luz, (SC), in second position, and Clube de Regatas do Flamengo (RJ), which ended in third place. In 2017, the event hosted 42 athletes from 18 clubs, with Clube Álvares Cabral (ES) as the great champion, followed by Clube Aldo Luz (SC), runner-up, and Esporte Clube Pinheiros (SP), in third.

The Para-Rowing Brazilian 2019 was organized by the Brazilian Rowing Confederation in partnership with the Rio de Janeiro State Rowing Federation (FRERJ). The week before the championship, between the 24th and 28th of November, the Americas For Rowing Training Camp was held by CBR in partnership with FISA, an international





training camp focused on para-rowing. The activities were led by four FISA professionals and had the participation of 9 athletes and 13 coaches from six countries. In addition to the Functional Classification, several types of training were carried out, including safety, boat regulation and rowing techniques. The activities continued during the championship with sessions to evaluate the daily results of the tests.

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## 4. INTERNATIONAL CHAMPIONSHIPS

### 4.1 South American Master Rowing

Clube de Regatas Guaíba-Porto Alegre (GPA) won for the 13th consecutive time the champion trophy in the South American Rowing Master. The 2019 edition took place in Asunción, Paraguay, between April 5th and 7th. The event was attended by 2500 people from 53 clubs from different countries, including 16 Brazilian Master rowing clubs and associations.

Under the command of coach João Gonçalves, the delegation of the Rio Grande do Sul club, made up of 70 rowers, won 60 medals. Also participating in the event were the clubs: Almirante Barroso, Álvares Cabral, Guajará Rowing Association, Espírito Santo Master Rowing Association, Caxias Esporte Clube, CEPEUSP, Curitiba Regattas Club, Rio de Janeiro Rowing Club, Francisco Martinelli, Grêmio Náutico União, Guaíba-Porto Alegre, Guanabara, Minas Brasília Tennis Club, Paysandu Sport Club, Sport Club Corinthians Paulista and URVEC.

The South American Rowing Master has been held since 1988, with the first edition held in Argentina. Paraguay hosted the event in four editions: 1998, 2004, 2009 and 2014. The 2019 edition was organized by Club Deportivo de Puerto Sajonia. The event also had the support of the Paraguayan Olympic Committee, the National Sports Secretariat of Paraguay, the National Tourism Secretariat of Paraguay and the Prefecture of Asunción.

### 4.2 South American Rowing

The Brazilian Rowing Team ended their participation in the South American Junior Rowing Championship and Sub 23 2019 with 16 medals, eight silver and eight bronze. The South American Champion trophy went to Chile, which won 15 of the twenty contests. The event was held between 27 and 28/04 at Lagoa Rodrigo de Freitas, in Rio de Janeiro. Uruguay took the title of Vice-South American Champion with five victories and Paraguay finished third with one victory.

Brazil ranked fourth in the overall ranking of medals. The event trophy honored Dr. Eden Francisco Lopes, a great collaborator in Brazilian rowing and the author of the Rowing Anthem. Eden completed 97 years in 2019 and was present at the event to deliver the champion trophy to the winning country.





The championship activities started on April 25th with the holding of the Technical Congress. On April 26, as there were no qualifiers, the athletes had time for training and last adjustments on the boats. The Finals took place on the 27th and 28th of April with CBR's YouTube live broadcast. On 28/04, the start of the events had to be postponed due to the strong wind at Lagoa Rodrigo de Freitas. The rowers could only enter the water at noon and the tests were carried out at a distance of 1000 meters.

South American marked the debut of the new uniform of the Brazilian team. The 2019 model of the little monkey was produced by Mormaii, supporter and official supplier throughout the season. The modeling was adjusted according to the feedback received from the athletes. The chosen fabric is lighter, has quick drying and UV protection.

In addition to Brazil, the teams from Argentina, Chile, Ecuador, Paraguay, Peru and Uruguay participated in the event. The South American Junior and Sub 23 Rowing Championship was organized by CBR in partnership with the South American Rowing Confederation (CSAR), and had the support of the Rio de Janeiro Rowing Federation (FRERJ), Secretariat of Sports, Leisure and Youth of Rio de Janeiro and the Sports Department of the State of Rio de Janeiro (SUDERJ).

#### 4.3 Rowing World Cup

Silver medal for Brazil in the 3rd Stage of the Rowing World Cup 2019. Rower Renê Campos won second place in Final A of the Male Single Skiff PR1 (PR1 M1x). The championship was played at the International Streak of Rotterdam, in the Netherlands, between 12 and 14/07, with more than 700 registered athletes from 42 countries.

The Brazilian started the race fighting for the first position with the winner Roman Polianskyi, but the Ukrainian managed to increase the difference and crossed the finish line 11 seconds ahead. Renê has participated in the Rowing World Cup since 2015 and this is his first podium. Until then, his best result had been the 4th position in 2018.

In the Eliminary events, Renê had already stood out qualifying for Final A with the second best time in the category. The qualifiers needed to be delayed for a few hours due to the strong storm that hit Rotterdam. They were performed in a time qualification system, using only one lane with outputs every 30 seconds.

In an interview with the World Rowing website, Renê says that he was very happy with the result: "I liked the race! The distance between [me and the first placed Roman Polianskyi] in the Senior Rowing World Championship was 30 seconds, but I managed





to reduce the difference to 10 seconds. My training is going very well. " The Brazilian rower traveled accompanied by the CBR para-rowing technician, Guilherme Soares, and the physiotherapist Rafael Jacob.

The Olympic team of the Brazilian Rowing Team did not participate in the World Cup this year. Due to the proximity of dates to the Pan-American 2019, it was defined in consultation with the coaches for keeping athletes in preparation in Brazil. The exception was the boat Dois Sem Masculino (M2-), formed by Xavier Vela Maggi and Pau Vela Maggi, who was training in Europe and participated in the 2nd Stage of the World Cup with his own resources.

#### **4.4 U23 World Rowing Championship**

The participation of the Brazilian Rowing Team in the Sub-23 World Rowing Championship ended this Sunday. The event took place in Sarasota, in the USA, between 24 and 28/07, with the presence of five athletes in three boats. The best result of Brazil in the event was the boat Dois Sem Masculino Lightweight Sub 23, which was in 9th place in the general ranking of the category.

In the Two Without Men Lightweight Sub 23 (BLM2-), Brazil was represented by Iago Costa and Warley Rocha, debutants in the World Championship. The capixaba duo, currently rowing for Flamengo (RJ), started with 5th place in the Eliminary heat. Qualified for the Repechage, they were again with the 5th place, being classified for the Final B. The Brazilians finished with the 9th position in the ranking of the category.

Chloé Delazeri and Maria Clara Lewenkopf formed a pair in the Women's Double Skiff Sub 23 (BW2x). The Brazilians, also new to the Worlds, started with the 6th place in their Eliminary heat and went to the Repechage, being in 5th place. Classified for Final B, the pair ended with the 10th position in the general ranking of the category. Maria Clara is a rower for Flamengo (RJ) and Chloé for Vasco da Gama (RJ).

Lucas Verthein represented Brazil in the Single Skiff Male Sub 23 (BM1x). The athlete started with the 3rd position in the Eliminary heat and qualified for the Quarterfinals. With the 4th place in his heat, he went to the C / D Semifinal and qualified for the Final C. Lucas ended his participation in the 13th overall position of the category. The Brazilian is currently a rower for Botafogo (RJ) and this was his third participation in the World Rowing Championship U23.





In the Under 23 Rowing World Championship there are competitions in 22 categories with rowers under 23 years of age. The event started in 1976, when it was still called Seniors Match. Subsequently, it was renamed to the Nations Cup before officially becoming the Sub 23 World Rowing Championship in 2005. Brazil won the first medal in the event in 2009, with Aílson Silva's silver in the Men's Single Skiff Lightweight. In 2017 and 2018, Uncas Tales was twice champion and broke the record for time in the same category.

The athletes traveled to the United States on 07/20 accompanied by CBR's Technical Coordinator, Marcello Varriale, and by coaches Carlos Henrique Martins (Vasco da Gama), Paulo Vinícius Alves de Souza (Botafogo) and Edson Salles (Flamengo). The slargo athletes, Warley and coach Edson attended the event with funds from the club. As defined in Technical Bulletin 08/2019, only competitions played on olympic boats would be paid by CBR.

#### **4.5 Pan American Rowing**

Brazil won a silver medal and two bronze medals in the rowing events of the Pan American Games in Lima 2019. There were three podiums out of a total of 12 events, which took place between 06 and 08/08, in Peru. The silver went to the boat Two Without Men. Bronze went to Men's Double Skiff and Men's Four.

The rowing events started on 08/06, with Brazilian boats in five Eliminary heats and two playoffs. The best result on this day was for the Four without Men (M4-) which won the 1st position in the category. Continuing with qualifiers on 08/07, Brazil participated in six more races and one play-off, with emphasis on the Eight With Men (M8 +), first place in the category. The Finals were played on August 8, 9 and 10, with Brazilian boats fighting for medals in eight events.

On the first day of the Rowing Finals, 08/08, Brazil won two bronze medals. Lucas Verthein and Uncas Tales Batista won bronze in Final A of the Men's Double Skiff (M2x). The Brazilian duo started their participation in the Pan with the 2nd place in the Eliminary heat. With this result, he went to the repechage, being second again and guaranteeing a place in Final A. Lucas and Uncas started the final race with the third position and went up to the second place in the 1000 meters. In the fight for silver, the boat Cuban team regained speed and ended the race 2.2 seconds in front.





The second bronze was in the dispute of the Men's Four (M4-), in a boat formed by the athletes Willian Giaretton, Gael Campos, Fábio Moreira and Alef Fontoura. The Brazilian team had been in the first position of the Eliminary heat. In the Final race, in dispute for the silver, Brazil was in the third position with only 1.1s of difference.

On the second day of Finals, 09/08, the athletes Pau Vela Maggi and Xavier Vela Maggi won the silver medal in Dois Sem Masculino (M2-). The pair had taken 2nd place in the knockout round and repeated the result in Final A of the category. Throughout the race, Xavier and Pau fought for gold with the Chilean boat, crossing the 1000m and 1500m practically tied. Chile crossed the finish line just 0.68s ahead of Brazil.

Uncas Tales Batista was also enrolled in the Male Single Skiff (M1x). He took 4th place in the knockout round and went to the repechage that same afternoon. However, due to the proximity of time to the Men's Double Skiff Playoff (M2x), there would not be enough recovery time between the races. Athlete and coaching staff then decided to cancel participation in Single Skiff.

Brazil would also go to the Final B of the Men's Double Skiff Lightweight (LM2x), in a boat formed by Aílson Eráclito and Evaldo Becker. The pair had taken 5th place in the Playoff and 6th place in the Playoffs. However, athlete Aílson became ill and the Technical Committee opted to suspend participation in the race. The Men's Four Skiff (M4x) race was suspended for the same reason.

The Brazilian team traveled on an official COB mission, accompanied by coaches Bernhard Stomporowski (Flamengo), Paulo Vinícius Alves de Sousa (Botafogo) and physiotherapist Rafael Jacob. The team leader is the Technical Coordinator of CBR, Marcello Varriale. Also in Lima are CBR president Edson Altino Pereira Júnior, and vice presidents Marcos Nardi Polchowicz and Magali Moreira, who served in the arbitration.

#### **4.6 Junior Rowing World Championship**

This Sunday, in Tokyo, the participation of the Junior team of the Brazilian Rowing Team at the 2019 Junior Rowing World Championship ended. Athletes Tomás Levy and Breno Ornellas, newcomers to the World Championship, took the 6th place in Final B of the Double Skiff Male Junior (JM2x), 12th overall category with 23 boats registered. The event took place between 07 and 11/08.

Accompanied by coach Leticia Muziol, the athletes traveled to Japan on July 31 for training and acclimatization period. On Tuesday, August 6, Tomás and Breno





participated in the Opening Ceremony. In the Eliminary heat, played on 07/08, the Brazilian pair took the 4th position and went to the Repechage.

On 08/08, in an exciting meter-by-meter dispute with the New Zealand boat, Tomás and Breno secured 2nd place in the playoffs. With this result, they qualified for the Semifinal A / B. With the 5th place in the Semifinal, the pair went to Final B, where they ended their participation with 6th place, 12th overall place in the category ranking.

The duo Tomás and Breno won a bronze medal in the Double Skiff Male Junior in the South American Rowing Junior and Sub 23 2019, held in April in Rio de Janeiro. Tomás, who paddles for Sport Club Corinthians (SP), was champion of the Single Skiff Junior in the Brazilian Short Boat 2019. Breno, rower of Vasco da Gama (RJ), won the category silver. The athletes traveled accompanied by coach Leticia Muziol, from Sport Club Corinthians (SP).

#### **4.7 Senior Rowing World Championship**

This weekend Brazil won a bronze medal and two places for the Tokyo Paralympic Games 2020 at the World Senior Rowing Championship 2019. The bronze went to the duo Emanuel Borges and Vangelys Reinke in the Two Men Without Lightweight (LM2-). The vacancies in Tokyo were for Double Skiff Misto PR2 (PR2 Mix2x), with Josiane Lima and Michel Pessanha, and for Male Single Skiff PR1 (PR1 M1x), with Renê Pereira. The Senior World Cup was played in Linz, Austria, between 25/08 and 01/09.

Vangelys Reinke and Emanuel Borges, from Flamengo (RJ), won the bronze medal at Dois Sem Masculino Lightweight (LM2-). The duo started at the Worlds with the 2nd position in the Elimination and went to the Repechage, where they won the 1st position and qualified for the Final A. In the final dispute, the Brazilian rowers had a great race, fighting for the podium with Russia and the Czech Republic during the first part and guaranteeing the bronze medal at 1500m. In an interview with the World Rowing website after the race, Emanuel celebrated winning the medal: "It was a great race, the Italians were very fast. We played a lot with Russia close to 1000m, but we are very happy with the result." Brazil's first medal in the category at the Senior Worlds was in 2017 with the duo Willian Giaretton and Xavier Vela Maggi, who also won bronze.

The first Brazilian boat classified for the Tokyo 2020 Paralympic Games was the Double Skiff Mixed PR2 (PR2 Mix2x), formed by athletes Josiane Lima and Michel Pessanha. The duo started in the World Championship with the 2nd position in the Eliminary





heat, qualifying for the Semifinal A / B, where they conquered the 2nd position again. With this result, the athletes competed in Final A, ending their participation with the 5th place and guaranteeing their place in Tokyo. The eight best countries in the category ranking won the spot. Josiane currently paddles for Aldo Luz (SC) and Michel for Flamengo (RJ).

Then, Renê Pereira won another spot in Tokyo for Brazil in the Single Skiff Male PR1 (PR1 M1x). In Round battery, the Brazilian got the 1st position 20 seconds in front of the second place and qualified for the semi-final A / B. With the 2nd position in the Semifinal, Renê played in Final A, ending his participation with the 5th place and guaranteeing his place in Tokyo. The seven best placed in the ranking of the category won the vacancy. The rower of São Salvador (BA) had this year won the silver medal of the category in the 3rd Stage of the Rowing World Cup, in July

At Quatro Com Misto PR4, the team formed by Angel Santos, Diana Barcelos, Erik Lima, Jairo Klug and Jucelino Silva made their debut at the Worlds. The boat started with the 4th position in the Eliminary heat and went to the Repechage, where it won the 1st position. Qualified for the A / B Semifinal, the Brazilian team had a great race, remaining in the second and third positions until the 1500m. However, in the final seconds, she was overtaken by Israel's boat, getting 4th place by just 1.4s difference. With this result, the team played in Final B of the category and ended its participation with the 3rd position. In the final race, Brazil crossed the finish line almost tied with the Ukrainian boat, only 0.39s difference, but only the first and second place in Final B guaranteed the place in Tokyo. The team will have a new chance to classify the boat in the Final Paralympic Qualifying Regatta, in May next year. The athletes Angel and Diana row for Flamengo (RJ), Jucelino for Guanabara (RJ), Erik for Cabanga (PE) and Jairo for Pinheiros (SP).

In the Men's Lightweight Single Skiff (LM1x), Brazil was represented by Uncas Tales Batista, athlete from Botafogo (RJ) and two-time champion of the category in the Under 23 World Championship. The rower started with the 5th place in the Elimination heat and went to the Repechage, where he won the 2nd position and qualified for the Quarterfinals. With the 5th place in the Quarterfinals, Uncas went to the Semifinal C / D. The Brazilian crossed the 1500m line in 5th position, but managed to recover speed and surpassed the competitors until the 1st place, qualifying for the Final C. In the final race, Uncas finished in third, 15th overall in the category.





Brothers Xavier Vela Maggi and Pau Vela Maggi, from Flamengo (RJ), represented Brazil in Dois Sem Masculino (M2-). The pair started with the 5th place in the Eliminary race and went to the Repechage, where they won the 1st position. Qualified for the Quarterfinals, Xavier and Pau took the 5th place and went on to the Semifinal C / D. In one of the toughest events in the World Cup, three boats crossed the finish line tied and the result needed to be defined by Photo Finish. The Brazilian boat was behind Holland and Poland for just 0.53s. With this result, the pair went on to Final D, ending their participation with the 2nd position, 20th place in the ranking of the category.

The Brazilian Rowing Team traveled to Austria on 08/20, accompanied by coaches Bernhard Stomporowski (Flamengo), Guilherme Soares (CBR), Frederic Mallrich (Flamengo) and Fernando Carvalho (CBR). Also part of the mission are the physiotherapist Rafael Jacob, the technical coordinator of CBR Marcello Varriale and the president of CBR Edson Altino Pereira Júnior. Athletes Uncas Tales Batista, Vangelys Reinke and Emanuel Borges traveled to the event with funds from their clubs. As defined in Technical Bulletin 09/2019, only competitions played on Olympic boats would be paid for by CBR.

#### **4.8 Coastal Rowing World**

André Arthur Dutra, from Santa Catarina, rower of Clube de Regatas Aldo Luz (SC), and São Paulo from Herbert Soares Berckenhagen, rower from Clube de Regatas Bandeirante (SP), were the two Brazilians enrolled in the 2019 Coastal Rowing World Championship. The event was held between November 1st and 3rd, in Victoria Harbor, Hong Kong Bay, China. André reached the 29th best time in the qualifying phase and the 12th position in his heat, being eliminated from the Finals that classified only the top 11. Herbert took the 25th place in the general ranking of the category, reaching the Final B. Both athletes competed in the Single Skiff Male Coastal (CM1x) category.

Interest in coastal rowing has been growing around the world, considered a major trend for the sport. The boats are designed to be used in the open sea, with a special structure to withstand winds and waves, in addition to a system for draining water. The coastal rowing tests are carried out over a distance of 4 kilometers, with a course bounded by buoys that must be bypassed by the boats. The athlete André Dutra traveled with funds from the FUNDESPORTE Program of the Sports Foundation of the State of Santa Catarina. Despite being a Paralympic athlete, André rowed in the conventional category.





## 5. TECHNICAL DEPARTMENT

### 5.1 Intensive Para-Rowing Training

Between March 9th and 16th, the rowing athletes Renê Pereira and Michel Pessanha were in the city of São Paulo for a period of intensive training. Organized by CBR, the main objective of this meeting was to make specific adaptations on the boats, in addition to technical and physical monitoring of the rowers. CBR's para-rowing coach, Guilherme Soares, explains that athletes from other countries are increasingly observed at international events using special adaptations on boats for each type of injury. "We understand that this can make a difference in increasing the individual performance of our athletes, extracting maximum performance."

For the development of these new adaptations, the Paralympic team has the support of Conforpés, a company specialized in prostheses. During training, analyzes were performed in and out of the water to understand the movement mechanics of each athlete. Then, the rowers went to the company's headquarters in Sorocaba to take measurements and perform new tests. The first prototype will be ready in May.

In the training part, there were two training periods in the water in the morning from Monday to Friday. On Monday, Wednesday and Friday aGernoon, the athletes complemented the training with weight training and swimming. On Saturday and Sunday, training was in just one period.

The training was organized by CBR and had the support of the Brazilian Paralympic Committee (CPB), USP Sports Practices Center (CEPEUSP) and Instituto Remo Meu Rumo (IRMR). The CPB provided accommodation and food, CEPEUSP provided a motorboat to monitor training in the lane and the IRMR provided the club's internal space to store boats and oars. The CBR team also counted on the assistance of the professional César Moreira, from IRMR, in carrying out daily activities.

### 5.2 Technical Training Course for Trainers

Between 05 and 10/12, CBR held in Rio de Janeiro the first edition of the Technical Training Course for Rowing Coaches - Level 2. With 24 participants, the classes focused on training methodology, technical analysis, identification of talents, biomechanics, development of Brazilian rowing and security.

The course is part of the Training Program for Rowing Coaches (PCTR), which started in 2015 and now reaches the second level of training. The program's objective is to bring





international trainers to the country in each edition, always seeking to add knowledge through the exchange of experiences and new methodologies.

The classes were taught by three technicians: Marcello Varriale, technical coordinator of CBR and member of the FISA Competitive Rowing Commission; Wolfgang Fritsch, experienced German technician with several world medals and author of training books"; and Bernhard Stomporowski, a specialist technician in high performance, with several world and Olympic medals, as well as leader of the Brazilian Rowing Team.

Participants completed the course by preparing projects for the development of rowing in their respective regions of operation through working in groups divided by state. It was also possible to participate actively in the training routine of the Olympic Project of the Brazilian Rowing Team, including an assessment of 4 km.

According to the coordinator Marcello Varriale, the course was "very productive and the participation of all technicians was constructive in all sessions. The discussions of this group demonstrate the maturity and evolution of the professionals working in the sport, with great commitment to the evolution of Brazilian rowing. "

Clube de Regatas do Flamengo was a partner of CBR in carrying out the course, providing infrastructure and equipment, in addition to covering part of the costs of coach Wolfgang Fritsch. Grêmio Náutico União provided its biomechanics assessment system for the practical analysis of the stroke during classes. CBR organized the course and paid for airfare for 15 registered technicians from other states.

Antonio José Silva (Vitória)  
Cesar Augusto Moreiro da Silva (Remo Meu Ruemo)  
Eduardo Roberto Silveira Santos (URVEC)  
Elias Cordeiro de Freitas (Grêmio Náutico União)  
Fábio Barreto Maia da Silva (Vasco da Gama)  
Fernando Carvalho Neto (CBR)  
Fernando Madruga de Souza (Federation of RN)  
Franquelim Oliveira (Flamengo)  
Guilherme Ribeiro Soares (CBR)  
Inguerson de Souza Silva (Rema Campos)  
Jessica Torgano (Flamengo)  
João Carlos Gonçalves (Guaíba-Porto Alegre)  
Julio Rozindo Pereira (Álvares Cabral)





Luiz Felipe da Silva (Sport Club Natal)  
Manoel Hoff Azzi (Grêmio Náutico União)  
Marco Moreira Martins (Martinelli)  
Marilene Silva Barbosa (São Salvador)  
Oguener Tissot (Portuguese Center)  
Raimundo Nonato da Silva Araújo (Guajará)  
Robson Amorim Pontes (Flamengo)  
Roque Ricardo Zimmermann (America)  
Stefan Genthner (Curitiba Racing Club)  
Thainá Korpalski (Aldo Luz)  
Thiago Almeida (Riachuelo)

### 5.3 Equipment Concession Notice

To stimulate high performance training among young rowers in Brazilian clubs, CBR public or in 2019 a notice for equipment concession. They were selected 18 clubs to receive boats and oars to be in use in the training of athletes between 14 and 18 years.

Selected clubs receive, through a lease agreement, a boat Double Sculls, two boats Single Sculls, two pairs of short oars and a pair of long oars exclusively for young athletes. Complete information on participation in the selection process is available on the CBR website, in Edital CBR 01/2019.

	CONTEMPLATED CLUBS	CLASSIFICATION
01	Rowing Association Guajará	Polo School
02	Nautical Center Potengi	Polo School
03	Portuguese Center 1st of December	Future Pole
04	Álvares Cabral Swimming and Regatta Club	Polo School
05	São Salvador Swimming and Regatta Club	Polo School
06	Club of Regattas Aldo Luz	Future Pole
07	Club of Regatas Curitiba	Polo School
08	Club of Regattas Guaíba-Porto Alegre	Future Pole
09	Vasco da Gama Racing Club	Polo Performance





10	Rowing Club	Future Pole
11	Nautical Club America	Future Pole
12	Clube Nautical Capibaribe	Polo School
13	Nautical Club Francisco Martinelli	Future Pole
14	Clube Náutico Riachuelo	Future Pole
15	Pinheiros Sports Club	Polo Performance
16	Sport Club Vitória	Polo School
17	Paysandu Sport Club	Future Pole
18	Sport Club Corinthians Paulista	Future Pole

#### 5.4 New Talent of the Para-Remo

Between February 17 and 22, the first Paralympic Rowing New Talent Camping was held in São Paulo, organized by CBR in partnership with the Brazilian Paralympic Committee. There were six days of lectures, evaluations and knowledge exchange in order to train new rowers for the Brazilian Rowing Team.

Twelve rowers from six states participated in the camping, summoned according to their age and their results in the 2018 Brazilian Para-Rowing Championship. The athletes were accompanied by four coaches: Fernando Carvalho Neto (CBR), Frederic Mallrich Junior (Flamengo), Cláudio Mota (Rowing Association Salvador) and Roque Ricardo Zimmermann (America). Coach Fernando was also responsible for organizing the camping. The first day started with the general presentation of the project, schedule, locations and times of activities. Afterwards, Fernando talked to the athletes about the current trends in high-level para-rowing training. Then, Roque gave a lecture on the principles of sports training.

Frederick presented the lecture "Being an Athlete" to the athletes, where he discussed how a high-level rower should behave. Afterwards, Cláudio talked to the team about his experience as a coach at the Paralympic Games. He is currently the only Brazilian coach to win a Paralympic medal.

On February 18th, the team started the morning with a lecture given by Fernando on how to plan the training. Then, a technical analysis of all athletes was performed on the remoergometer. In the afternoon, the participants went to visit the weight training





academy of the CPB Paralympic Training Center. The athletes were coached by Victor Sampaio Pires Leal, a PR2 Paralympic rower with a master's degree in sports training. To finish the day, the rowers did a 50- minute workout.

On the morning of the third day, Fernando talked with the athletes about notions of assembling and regulating boats. Then, the team helped in the assembly and adjustment of CBR boats, transported to USP's Raia. With the boats ready, the team conducted drills and technical exercises on the water. During the afternoon, the rowing technique was evaluated and the athletes rotated positions in the training of the boat Quatro Com PR3.

The fourth day of camping started with an analysis of the footage taken during the training of the previous day. The coaches guided the athletes in the correction and improvement of the stroke technique. Still in the morning, the team attended a lecture with CPB physiotherapist, Cristina Alcântara. The subject addressed was injury prevention in high performance sports, in addition to the importance of stretching and health awareness. In the afternoon, retreat exercises were performed at CPB.

On February 21, the athletes started the morning with an assessment on the remoergometer performed by CPB physiologists under the supervision of coordinator Ciro Winckler. The collected data will be recorded and will serve as a basis for athletes and coaches to have a reference to evaluate the results over time. During the afternoon, the team returned to Raia da USP to carry out new water training.

The campsite closed on Friday, 02/22. In the morning, the team met to discuss new boat formations, mainly in Quatro Com PR3, one of the key boats to define in this camping. After lunch, the athletes and coaches said goodbye and returned to their cities of origin. After the end of the activities, the participants answered a questionnaire where they could evaluate their experience during the camping. The average score obtained was 9.3 points out of a maximum of 10 points. Teachers, location and activities were very well evaluated by the participants, who reported being more prepared to continue training.

Camping de was held by the Brazilian Rowing Confederation in partnership with the Brazilian Paralympic Committee. The activities took place at the CPB Paralympic Training Center and at USP's Olympic Rays, both in São Paulo.





## 5.5 CRO / UDESC Adapted Remo Project

On 07/05, the project developed by CBR, in partnership with the Health and Sport Sciences Center (CEFID) of the State University of Santa Catarina (UDESC), and with the Aldo Luz Racing Club, was presented during the university's Adapted Sports Panel, where students display their projects and participations in internships.

The project is coordinated by CBR's para-rowing technician, Fernando Carvalho, who also teaches sports adapted to students in the 8th Physical Education Phase. The objective of the partnership is to train the trainees for professional performance in rowing and to make the practice of rowing adapted for new athletes.

Eduardo Bandinelli, Hélicon Lannier Silveira, Marina Constantini and Pedro Henrique de Sá participated in this semester of the project. Within the university, the project is part of the Supervised Curricular Internship discipline. One of the outstanding results of the project is the athlete Júnior da Silva, rower of Aldo Luz. With less than a year in the adapted rowing, he is already on the list of athletes from the Brazilian team called up for training camps. Currently, Júnior is applying for a spot on the boat Quatro Com Misto PR3 (PR3 Mix4 +) for the Tokyo 2020 Olympic Games.





## 6. MANAGEMENT AND TRANSPARENCY

### 6.1 CBC Sports Training Seminar

Between 02 and 04/12, the Brazilian Club Committee (CBC) held in Campinas, São Paulo, the 5th Edition of the National Sports Training Seminar. CBR was present during the three days of the event and was represented by Vice President Magali Moreira and technical sports analyst Saulo Deboni, responsible for the confederation's marketing.

The focus of this edition was planning for the 2020-2024 Olympic and Paralympic Cycle. At the General Plenary, panels and debates were held on challenges in the training of athletes and meetings to define the calendar of Brazilian Interclub Championships (CBI) for 2020. CBR expanded its partnership with CBC and will have the support of the entity in all next season's national events, check the calendar.

For the communication team, CBC gave lectures on new business models, marketing cases and the use of social networks. Among the names present at the seminar were Andrew Parsons, president of the International Paralympic Committee, André Heller, Olympic volleyball medalist, and Rafael Rezende, responsible for Flamengo's communication.

### 6.2 Annual Managers Update Meeting

Between the 24th and 28th of June, three employees of the Brazilian Rowing Confederation participated in the Annual Meeting to Update Confederation Managers. The event is organized by the Brazilian Olympic Institute (IOB), the education arm of the Brazilian Olympic Committee (COB), as a way to improve the internal management of national entities. The topics covered at the Meeting were Strategic Planning, Integrated Sports and Financial Management System, Conflict Management, Marketing, Social Networks, Ethics and Accountability. Representing CBR, employees Jean Guill (accountability), Thiago Campos (accountability) and Saulo Deboni (marketing).

The main objective of the Meeting is to train participants in the use of COB management tools and to present the best management practices in the market, in addition to providing subsidies to exercise their functions effectively in their daily activities. The course lasted 40 hours spread over five days, with theoretical and practical activities at the headquarters of the Olympic Committee, in Rio de Janeiro. The COB offered three places for each confederation and paid for the operating costs. Each confederation was responsible for the costs of accommodation, food and transportation to the event.





### 6.3 Good Governance in Sport

On October 8, the vice presidents of CBR, Marcos Nardi Polchowicz and Magali Moreira, were at the Brazilian Olympic Committee in Rio de Janeiro, to participate in the “Good Governance in Sport” training. The main issue was the functioning of the Board of Directors in the confederations. The Management, Ethics and Transparency Program (GET) was also presented, of which CBR has been a part since 2017. The activities were promoted by the Brazilian Olympic Institute (IOB), the educational arm of COB.

### 6.4 GET Program - Management, Ethics and Transparency

The Brazilian Rowing Confederation closed the 2019 Cycle of the GET Program - Management, Ethics and Transparency with 9.56 points in the overall ranking. Launched in 2017 by the Brazilian Olympic Committee (COB), the program is an initiative to develop the management of sports confederations and its result has a direct influence on the distribution of resources by the COB.

Among the improvements implemented by CBR through the GET Program are the formalization of internal policies, reorganization of the transparency processes, implementation of the ombudsman system and reports on the activities of the events. The result obtained places CBR in the 7th place in the ranking among the 32 participating sports entities.

To define the ranking, confederations are evaluated in five areas of knowledge: Governance, Strategy, Transparency, Processes / Support and Compliance. In total, 368 questions are analyzed according to the size of each entity. The GET Program score is one of the 12 items assessed by the COB in the annual allocation of resources to Olympic sports. Another item considered is the Accountability of Lei Piva, where CBR reached 8.1 points.

MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
2.98	3.78	4.20	6.17	7.03	7.70	9.56

#### PROJECTS IMPLEMENTED IN 2019

- Updates to the CBR Statute
- External Complaints and Ombudsman channel
- Creation of the CBR Code of Ethics and Conduct
- Formalization of 15 internal policies





- Organization chart formalization
- Formalization of the Athletes Commission processes
- New Transparency area on the CBR website
- New procurement process by Tender
- Publication of the Strategic Planning Cycle 2017-2024
- Internal Regulations of the Fiscal Council, Management and Audit Committee
- Championships Activity and Expense Reports

In July, CBR received a plaque of recognition for its participation in the GET Program. On the occasion, the confederation was represented by the collaborator Jean Guill, responsible for the internal implementation of the program. In 2020, a new cycle will begin, with the opportunity to implement further improvements and improve the placement in the overall ranking. On 07/09, the Brazilian Rowing Confederation received a recognition plaque for its participation in the Management, Ethics and Transparency Program (GET), a reference model in management in confederations developed by the Brazilian Olympic Committee (COB). CBR was represented by employee Jean Guill, responsible for monitoring the GET. GET aims to improve administrative processes in confederations using a reference model. In all participating entities, there were improvements in the structure, better use of available resources and increased transparency. In all, 32 confederations joined the program.

## 6.5 Code of Ethics and Conduct

Following the guidelines of the Brazilian Olympic Committee, CBR formalized its Code of Ethics and Conduct (CEC). This document defines the ethical principles and guidelines for behavior that should guide the activities of the confederation and of all the people who work with the entity. CBR participates since 2018 in GET - Management, Ethics and Transparency, a program of good practices in COB governance. Through regular monitoring, new management ideas are proposed to make sports confederations more socially responsible. Within this program, adjustments are also being made in other sectors of the CBR, such as the transparency policy.

The CEC must be read and known by athletes, coaches, referees, employees and professionals who participate in CBR's activities. Respecting these guidelines means acting honestly, valuing national sport and contributing to the good image of rowing. The document highlights the rights and duties of everyone, also indicating the possibility of punishment.





From 2019, a Term of Adhesion and Commitment must be signed by all professionals covered by the code. The term will initially be mandatory for employees and those invited to the Brazilian Rowing Team, over time it will also become mandatory for all professionals involved in CBR activities.

The CEC does not have a definitive character, new guidelines may be included as needed by the confederation or suggestions from the rowing community. Comments on the document can be sent through our Ombudsman. They will be evaluated and, if accepted, included in a new version of the document. CEC updates will always be communicated via email to the entire CBR contact list.

## 6.6 Chamber of Deputies Audience

On 17 of September, the president of CBR, Edson Altino Pereira Júnior, and the vice-chairman of the CBR Athletes Commission, Fernanda Nunes, were the Chamber of Deputies in Brasilia, presenting information on rowing, CBR and preparation for the Tokyo 2020 Olympic and Paralympic Games. The session was organized by the Sports Commission of the Chamber (CESPO) on the initiative of deputy Luiz Lima, from Rio de Janeiro. In addition to rowing, representatives of canoeing, pentathlon and triathlon were also present.





## 7 MARKETING AND COMMUNICATION

### 7.1 Remo Handbook for Young Athletes

The Women's Sport Network (WSNet), with the support of CBR and the Federation Internacio Remo nal (FISA), launched in March the Portuguese version of your paddle manual for girls. The publication "Develop Your Performance on Rowing" is part of the HerMojo collection, which encourages female empowerment through sport.

The manual has 50 pages with information to help young rowers to become more confident athletes. In addition to developing specific rowing skills through physical exercise, the manual presents topics on body image, nutrition, menstruation, anxiety and injury prevention. The material also has special chapters to guide coaches, coaches, fathers and mothers of young athletes.

The launch of the English version, with official support from FISA, took place during the Coaches Conference held in Berlin in November. CBR helped WSNet translate the content into Portuguese and disseminate the manual in Brazil. WSNet sports manuals also cover other sports, such as rugby, badminton and football.

FISA vice president Tricia Smith explains that one of the roles of national federations is to promote women's participation in sport. "With this material, it will be possible to discuss some important issues that impact young rowers and help these athletes to increase their opportunities in rowing. If you can practice rowing in a positive and inclusive environment, the chances of you becoming a high-performance athlete are increased, as well as becoming a strong, empowered and confident woman."

The practice of rowing and other sports has many benefits for the physical and mental development of young women. In addition to becoming more competent athletes, the goal of WSNet is to empower these girls to defend gender equality in sport and thus expand that confidence to other aspects of their lives.

The WSNet (acronym for Women Sports Network) is a non-profit cooperative formed by independent volunteers, who already has more than 100,000 participants in its activities around the world. Its focus is to promote discussion and coordinate opportunities related to the inclusion of women in sport, working in partnership with the private sector, NGOs, schools, universities and organizations.

Sally Kettle, one of the managing partners of WSNet, is an experienced rower. She was the first woman to cross the Atlantic Ocean twice in a rowboat! "As an extreme sports





athlete, I spent six months on a rowing boat, where I was able to learn more about myself. Much of that knowledge is included in the manual, which I think is ideal for girls who want to become successful rowers and confident women. "Women's rowing has shown good growth in Brazil in recent years. In 2017, there were 359 women registered in the Integrated Rowing System, CBR's national database. In 2019, that number rose to 521, an increase of 45%. However, there is still a lot of room for growth, since the total number of rowers corresponds to only 25% of all athletes registered.

## 7.2 Play True Day

True champions play fair! The World Anti-Doping Agency (WADA) celebrated on 04/10 the International Day of Clean Game - Play True Day. The purpose of this date is to raise awareness among athletes, coaches and the public about the importance of the fight against doping in sport. In Brazil, anti-doping is coordinated by the Brazilian Doping Control Authority (ABCD). CBR took advantage of this day to publish photos of the duo Jairo Klug and Diana Barcelos, two-time champions in the Double Skiff Mixed PR3 category at the Senior Rowing World Championship in 2017 and 2018, and Uncas Tales Batista, two-time champion in the Single Skiff Men Lightweight Sub 23 category. at the Sub 23 World Rowing Championship in 2017 and 2018. The athletes also received the images and were invited to post on their social networks.

## 7.3 Internet Results

In 2019, the disclosure of CBR on the internet had very expressive results. On the website, visits increased 28% in the last three years, from 2018 to 2019 the increase was 30%. This increase was expected and follows the same pace in the previous year to Rio 2016. By 2020, the results should be even better with the Games of Tokyo 2020.

The Facebook, which had showed a fall of 42% in views in 2018, had a strong recovery in 2019, but the determined d the last s three years still maintained a 7% drop. The platform made changes to its algorithm in 2018, focusing on publications from friends and relatives and setting aside page and company publications. The experiences with videos and new advertising formats used in 2019 proved to be quite positive for CBR, generating a good expectation for the results of 2020.

In 2018, the use of Instagram and Twitter started, which had a very high growth in the audience. The Twitter grew by 215% in the views in just one year, but the number of followers is still low (474). Instagram is now become the network share with the best





results for the CBR. The increase in one year was 117% in the audience, in addition to a strong engagement among followers, which went from 2289 to 3886.

The YouTube began to be used more strongly this year with the online transmission of the major championships. The number followed went from 28 and in 2017 to 1022 in 2019, showing that there is an interest very large public by events. In general, all CBR events had an increase in audience. The most expressive results were in Long Boats, with a 159% increase, in the Senior World Championship, with 164% increase, and in the South American, with a 232% increase in audience between 2018 and 2019. These results were obtained through the increase in the quality and quantity of publications.

The best result of 2019 among all events was the Pan American Games in Lima with 164,112 views. This championship had a strategy differentiated: first, were posted images of Pan medalists to start counting regressive until the beginning of the evidence rowing. During and this same period were posted the individual photos called the athletes. The photos were accompanied by a link to the website, where there was a release of the event and information about each athlete. The result was a 45% increase in site visits in the month prior to the Pan and 14% more time spent by users on visits. During the tests, online published images in real time with the results of each boat and on the site a daily summary with the results of the Brazilian national team. A curiosity about the results is that the publications of the women's team reached 25% more audience than the other posts.

#### 7.4 Supporters

The Mormaii was supporter of Remo Brazilian selection during the season 2019 by providing uniform 145 (monkeys) athletes. The disclosure of the brand happened especially during the South American, when they were made photos of the athletes with the new uniform, and during World Rowing Senior, with the publication of videos of the dispute with the logo Mormaii applied in Brazilian boats.

#### 7.5 Disclosure of State Remo

CBR continued to support state federations in publicizing regional rowing championships during the 2019 season. There were 33 news items published on the confederation's website and social networks, totaling more than 220 news items since 2013. Medals were also provided at cost price for the federations concerned. 1,276 medals were sent to the states of the Federal District, Espírito Santo, Pará, Paraná, Santa Catarina and São Paulo.

