

RP3 TRUE ROWING EXPERIENCE

Newsletter

Dear RP3 Rowing Crew,

We're all about making rowing a good time for everyone, from beginners to seasoned athletes. Our goal is to help you not just train well on land and win on the water but also to add more enjoyment to your rowing experience.

As we kick off the new year, it's awesome to see our community growing.

There's been a noticeable uptick in visits to our web pages, especially the online RP3 Rowing portal. Now, you can dig into your training details, whether it's on solid ground or out on the water. Our portal offers insights that can benefit rowers at any level.

And for those into a bit of friendly competition, check out the leaderboard on the portal. It's your go-to for the latest world records set on the RP3.

If you're still figuring out the ins and outs of our products, we've got some updates that should make things easier for you!

RP3 ROWING WORKSHOP: COLLABORATION WITH ERIC KENT!

As mentioned in last month's edition, the RP3 workshop has been piloted! The initial run was a tremendous success, and we are pleased with the positive feedback and engagement from participants. Now to take it to the next level!

In collaboration with British coach Eric Kent, high level coach at Agecroft R.C. with workshop experience working with British rowing, we've been hard at work refining and enhancing the workshop. Eric's invaluable insights and expertise have allowed us to fine-tune the content, ensuring an even more enriching experience for all rowers and coaches involved.



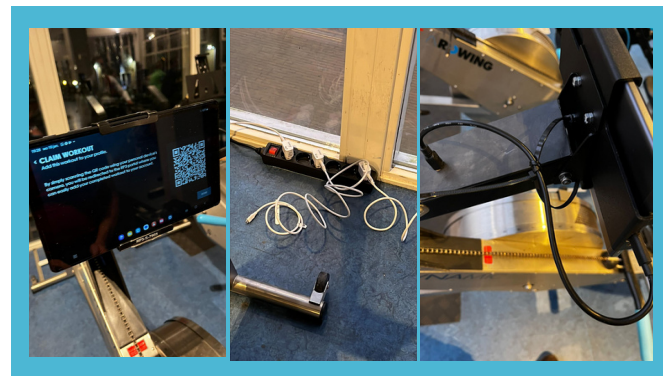
Stef Broenink at the first RP3 Rowing workshop

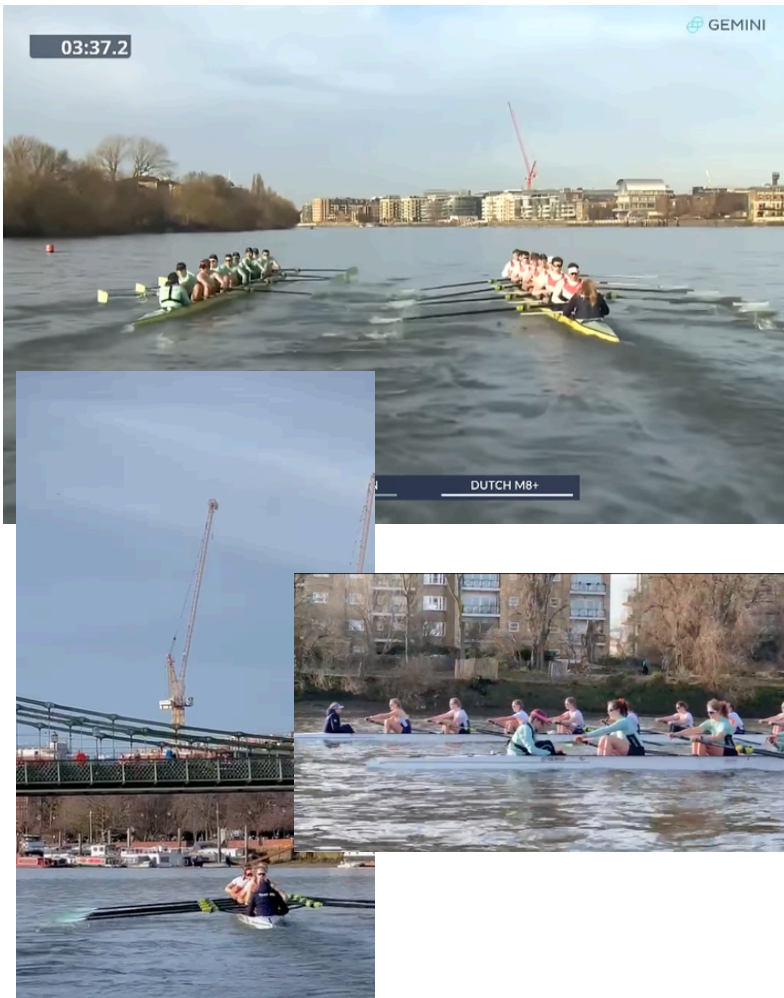
The upcoming release will see the workshop taking on four distinct forms, each tailored to cater to specific preferences and skill levels. Whether you're a seasoned pro or just dipping your oars into the world of rowing, there's a workshop designed just for you. Besides catering to different skill levels, the separate forms of the workshop will also allow us to provide knowledge in several forms. Fully as a handbook, Online, for small groups and for large groups who will take part in a full RP3 Rowing day! By spreading this knowledge we aim to help more coaches become certified RP3 coaches. Contact us if you wish to learn more!

Innovation: Fixed tablets and charging, ideal for clubs!

We're excited to share a practical update aimed at making your RP3 experience more convenient. Our latest test - Fixed Tablets with a connected charging station at K.A.R.Z.V. De Hoop (largest club in Amsterdam).

For clubs using our product, especially those interested in using public tablets, this setup is designed to simplify things. The fixed tablets make using the RP3 app more accessible for all club members while the charging station ensures they keep working! Rowers can claim their workout when their done and analyze it on their own Portal account. We've launched the first version and are keen on gathering feedback. With these insights, we plan to make necessary tweaks and improvements, with the goal of offering an easy-to-use option for rowing clubs around the globe.





ELITE RACING: BOAT RACE FIXTURES, DUTCH TALENTTEAM VS CAMBRIDGE

For anyone who is missing watching high level rowing during this off-season, we recommend you check out this weekend's Boat Race fixtures where the Dutch TalentTeam take on Cambridge University. The Dutch are of course known for training with RP3 Rowing but Cambridge University and their Head coach Rob Baker are also loyal users. When rowing on a course as tough as the river Thames, it is even more important to stay loose and fluid. These habits are trained on land with RP3 Rowing! Check out the exciting races between the men and women and see how the dynamic style of these crews translates to high pressure on-water racing!

ROWER OF THE MONTH: MIROSLAV VRASTIL RECORDS CONTINUE TO FALL!

Celebrating our community, we present the Rower/Coach of the Month competitions! Nominate yourself or others by sharing success stories, training milestones, or coaching innovations via email or Instagram DM. Winners will be featured in newsletters and on social media!

February's Rower of the Month is Miroslav Vrastil!

After qualifying for the olympics for a staggering fourth time, the 41 year old lightweight from the Czech Republic continues to show the world he isn't slowing down! After pulling an impressive 6km on the RP3, Miroslav doubled down and set the new lightweight world record on the 2km with a time of 5:58.45! Congratulations Miroslav!



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