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To whom it may concern,

**MS IRINA VORVOREANU ATHLETIC REPORT FROM OXFORD BROOKES HIGH PERFORMANCE ROWING SQUAD**

Irina first visited Oxford Brookes Boat Club on the 13<sup>th</sup> April 2016 and when I first met her I was immediately impressed with her attitude and clear drive and determination to excel in the sport of rowing. She trained with our High performance Women's Squad during her first visit and it was clear that she would fit in well with the squad and progress as an athlete whilst training alongside the elite rowers in the program.

Oxford Brookes Boat Club is a High Performance Centre for Men's and Women's rowing in the UK and has developed over many years into a Boat Club which provides a unique training environment, with a high level of professionalism to help young athletes progress to an international level within the sport. Last year saw 19 Oxford Brookes rowers compete for their country and the club has an outstanding record for producing athletes of this standard and this is supported by excellent facilities and elite coaching. The Women's squad currently has 30 athletes training as part of the High Performance program with dedicated world class equipment and coaching which stands the program apart from most others across World Rowing.

Irina showed when I first met and coached her that she was extremely motivated to continue developing as an athlete and represent her country on the international stage. Irina wanted to experience rowing as part of a large performance club to help her on this journey and I invited her to train with Oxford Brookes as a full-time athlete from September 2016. Since training full time from the start of this season Irina has shown a huge amount of dedication to the training and has excelled on the water and in the gym. As part of a competitive women's program Irina has rowed in a large range of boat classes from single scull up to and including training and racing in eights which helped develop her as a sweep athlete which she hadn't previously had much experience in.

Irina through training as part of a group has moved on significantly and after 6 weeks with the squad was selected to row in the first eight alongside international level rowers at the Great Britain National Rowing Championships where club and university crews from around the United Kingdom compete at a national level. The crew finished with a 5<sup>th</sup> place overall which is a very strong result and a testament to the individuals in the crew.

Since then Irina was again selected to row in our first eight at a large Head of the river race where she was part of the crew that won the Elite Eights event as the fastest women's crew at the event. Throughout this season Irina has also shown progression with her physiology and has pulled significant personal best scores on all her Ergometer tests with the highlights being a 2km score of 6 minutes and 59 seconds, a huge landmark score within women's rowing and puts her at the highest level of rowers world-wide, well within benchmarks set internationally for under-23 athletes.

She is now recognised as a performance athlete within the club and subsequently has been given access to our TASS (talented athlete support scheme) coaches for her strength and conditioning and is supported in all aspects on and off the water by full-time dedicated coaches. Through training 7 days a week, twice a day alongside a large group of likeminded athletes, Irina has shown that she is of an international standard and can continue to develop as an athlete and as her current coach I feel that she is only at the beginning of what she is capable of.

At Oxford Brookes we are dedicated to helping all our athletes succeed at the highest level of the sport and we are fully supportive of our rowers representing their country at national trials, training and competitions. We would always support Irina being available to row for Israel and I know that this is a constant aim for her and one of the main reasons for her being at Oxford Brookes is to put herself in position to gain further experience, develop as an athlete and have the opportunity to compete for her country again in the future. As her club coach I am also extremely happy to produce regular training reports and updates so that her progress can be monitored and there is a clear communication link.

Irina has shown huge dedication and sacrifice to move to England to train with the Oxford Brookes High Performance squad to excel as an athlete and is in an ideal place to do so. I would like to see Irina given the opportunity to continue training in an environment where she will clearly progress as an international level athlete and where she has already shown herself as a key part of a very strong squad.

Yours faithfully



Allan French

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