



*Norges Rørbund*

Bergen, 18<sup>th</sup> of September 2016

Dear Sir or Madam,

In my profession and over the years I have come across very few athletes who were both talented and motivated enough to dedicate themselves to their sport even when they became aware of the sacrifices international level entailed. Erling Øyasæter is one of them.

Despite resuming rowing in September 2014, Erling quickly made into the National Federation's development groups that season, and after just 4 months in the single he ranked amongst the best 6 single scullers in his age range in Norway, which earned him a selection for the Under 23 World Championships held in Rotterdam last August. A crucial team player in the Norwegian BH4x that took 13<sup>th</sup> place overall, Erling shows many of the traits required to make it into Elite international level, and he fits perfectly within the Norwegian development model for rowing: to put this into perspective, the lightweight double that took bronze in Rio 2016 also placed 13<sup>th</sup> only a few years back.

In our sport, making it to the international level requires training twice a day, often seven days a week and this over several years. It demands mental endurance, raw willingness, and a methodical approach to training coupled with determination. These are the qualities I see in Erling. He has solid technical and physical abilities but maybe one of his best assets besides being a fantastic team player, is that he is organized enough to manage to keep this tough regime whilst studying an engineering degree and at the same time being responsible for his school's rowing club, of which he is founding member and coach.

Rowing has earned Norway an average of one Olympic medal in every Olympic cycle since Munich 1972, and I think Erling is one of the few rowers we can rely on to keep perpetuating that model.

Yours faithfully,

Sebastian Baranzano Lena  
*Kraftsenter trener Vest/NR trener*