



# Norges Rørbund

Bergen, 5<sup>th</sup> of October 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. Didrik Wie-Soltvedt is one of them.

Didrik's efforts have started to pay dividends in the last years. Despite having started rowing only 5 years ago, Didrik quickly made into the JM4x selected for World Championships in Hamburg 2014 and into the National Federation's development groups the year after. After just 5 months in the single he ranked amongst the best 6 single scullers in his age range and weight class in Norway, which earned him a selection for the 2016 Under 23 World Championships held in Rotterdam last August. A crucial team player in the Norwegian BLM4x that took 8<sup>th</sup> place overall, Didrik 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 (with Kristoffer Brun on board, from the same club as Didrik) also placed 13<sup>th</sup> a few years back when competing as U23 rowers.

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 Didrik. 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 working to fund his ambition.

Rowing has earned Norway an average of one Olympic medal in every Olympic cycle since Munich 1972, and I think Didrik is one of the few rowers we can rely on to keep perpetuating that model in Tokyo 2020.

Yours faithfully,

Sebastian Baranzano Lena  
*Kraftsentertrener Vest/NR trener*