

Senior A Men's and Mixed crew selection and timelines for Team USA at IDBF World Championships in 2017.

This email will give you some general information for what to expect for selections of Senior A men and mixed crews.

U.S National Dragon Boat Senior A Divisional head coach
Jeff Kuhn

U.S National Dragon Boat Senior A open and mixed assistant coach
Paolo Ameglio

Team Goals:

Senior A open and mixed class will be looking for team players who have an elite fitness level and are highly technically skilled, with a willingness to adapt and blend. The Senior A testing process will be fully transparent to all paddlers. We will work collaboratively to align our standards and create cohesiveness, a positive environment, and accountability. While fitness and testing criteria will play a primary role in selection, the intangible factors of attitude, versatility and positive team attitude will also play important roles in that process.

General Timeline**:

1. Fall 2016: Regional OC1 time trials. (Approximately 400-425 meters depending on the course)
Dates and locations to be announced.
- 3 Fall 2016 Optional 3 day mini-camps. One West Coast (Portland) and one East Coast (DC). These will be for the full Senior A class, men and women.
- 4 Fitness testing. Senior A men and mixed candidates will be required to Test on the Concept 2 with a drag factor of "3" for 500 meters followed by 10 minutes rest then a 1,000 meter test. Test results will need to be submitted 30 days prior to fall camps to Paolo. The purpose of this test is to determine who is in shape and identify those who are clearly out of the range. It is important that you prepare yourselves rigorously as there will

be further fitness testing in January 2017 and prior to the Spring/Summer 2017 invitation-based camp.

- 5 Spring/Summer 2017: Invitation-based, final selection camps in Florida.
- 6 Final selections will be made after camp.
- 7 Final time trials will be after spring 2017 camp. **Final time trials location will be determined and will likely include a short and a long distance. This will simulate the 500 meter and 1,000 meter distances.**
- 8 2017: World Championship in China. Both dates and location TBD. Expect to arrive in China for practices at least 5 days prior to the event. We ideally would like to have the entire team acclimated to the time change and allow for daily practices to have a well gelled team at the start of the event.

Fitness Testing Info:

Basic Fit test

- 500 meter ERGO (resistance setting #3) followed by 10 minute rest period
- 1000 meter ERGO (resistance setting #3) Test completed
- These tests need to be submitted 30 days prior to fall mini-camps not earlier no later we will open a 3 day window for submission.
- Test should be recorded on a USB Drive as the Concept 2 has a port on the machine also Test should be observed by a Known Paddler or Coach.

Mid-winter submission for all paddlers of Fit test second week of January

- Basic Test (base line for all TEAM USA/Known Paddlers, & first timers)
- 500 meter ERGO (resistance setting #3) followed by 10 Min Rest Period
- 1000 meter ERGO (resistance setting #3) Test completed

- Test should be recorded on a USB Drive as the Concept 2 has a port on the machine. Test should be observed by a known paddler or Coach.

Spring time testing for all paddlers (former Team USA/Known paddlers & first timers)

- 500 meter ERGO (resistance setting #3) 10 min rest
- 1000 meter ERGO (resistance setting #3) 20 min rest
- Bench press 50% body weight. No more than 1 second rest between repetition to failure.

5 minute rest

- Pull Ups. As many as possible in 90 seconds or until you release the bar. Palms must be facing the bar. **Pull UPS not chin ups!**

5 minute rest

- Held plank. Starting in base position facing down on your elbows.

Our Spring Camp will open with fitness testing and will conclude with Time Trials.

** Dates for the 2017 World Championship remain unannounced. These guides assume a midsummer date for Worlds and may be subject to adjustment.

We'll be forming a Facebook page to communicate with the group. Also, if you know of other potential candidates that have not submitted an interest form to the USDBF please encourage them to do so.

Coaches Jeff and Paolo