SENIOR 'C' NATIONAL DRAGONBOAT TEAM

BULLETIN #5

July 24, 2016

Hello Athletes.

As you are no doubt aware, there is still no official announcement from IDBF confirming location or dates for the 2017 World Championships. China is still 'rumored' to be the host country. Trust me the Coaching staff is as frustrated as you are, however we must continue to do all we can to be ready.

Assuming a summer or early fall World Championship event, the Senior C Coaching staff has scheduled two main Athlete Assessment camps.

- **The first Camp will take place at 'Melbourne', Florida**
- **October 28, 29, and 30, 2016 (*NOT Tampa as originally posted)***
- **The second main Athlete Assessment Camp will take place in San Diego, California**
- **December 9, 10 and 11, 2016.**

NOTE: Athletes are expected to attend at least one of these camps. Athletes may attend both camps if they wish but are not required to do so.

To register for either camp contact Liz Bradley (lizeeb@live.com).

Specific camp program, and accommodation details will be forwarded to registered athletes.

Individual cost is $60.00.

The testing protocol is listed on the USDBF website and included as an attachment to this email.

The entire battery of tests will be administered to all athletes at the Athlete Assessment Camps.

Clarification regarding FIT TESTS

The *Raised Flat Bench Pulls* are 'max reps in 90 seconds'.

The Pushups and Russian Twists are 'max reps in 60 seconds or failure.'

Sincerely,

Pat Bradley - Head Coach & Mixed Senior C

John Dyer - Open Coach Senior C

Linda Dyer - Women's Coach Senior C