

To: Team USA Senior C Candidates  
From: Coaching Staff  
Date: September 13, 2016

## **Bulletin #6**

We hope this Bulletin finds you well and beginning to get excited about the challenging road ahead. There is some important information to share about our forthcoming schedule.

### **1. Site of Nation's Cup**

We regret to inform you that things are still status quo: no decision yet. Officials at USDBF have sent a number of communications to IDBF expressing a degree of exasperation. Still, things have not changed. People in a position to know the innermost workings of the current IDBF Board have informed us that the site will be in China. The specific city and the actual date have not been chosen. We will inform you immediately if any meaningful information is reported.

### **2. October Athlete Assessment Camp**

As reported in Bulletin #5, the October Senior C Assessment Camp will be held October 28, 29 and 30 at Oars and Paddles Park in Indian Harbour Beach, FL (Melbourne is adjacent to Indian Harbour Beach).

We will do double DB paddling sessions each day. In addition, we will do time trials in OC-2's at a distance of 250m and two ERG tests (Concept2) for 2' and 30" respectively. Fitness tests will include release push ups (1'); Russian Twists with a medicine ball (1'); and pull up bench presses (military presses) lifting 50% of body weight men/40% women (90'). Video review sessions will be held on Saturday and Sunday morning.

The camp schedule will commence at 8:00 AM on Friday morning and conclude in the early afternoon on Sunday so there will be adequate time for those flying out of Melbourne or Orlando to make flights scheduled in the late afternoon or evening.

Our host hotel will be the Crown Plaza Melbourne Oceanfront, 2605 N. Hwy A1A, Indialantic, FL 32903. The hotel is a short drive (2.6 miles) from Oars and Paddles Park. The room rate is \$119 per night. This includes a full breakfast, free parking, free Wi-Fi, our meeting rooms and our video rooms. To make reservations, telephone 321-777-4100 and request the room block for "Team USA Dragon Boat." Alternatively, simply click on the following link:

<https://www.crowneplaza.com/redirect?path=hd&brandCode=cp&localeCode=en&regionCode=1&hotelCode=MLBOC&PMID=99801505&GPC=DBC>.

Should you have any difficulty making a reservation, ask for Kim Santiago. Kim manages our account and has been a pleasure to work with.

Our room block (65 rooms) will stay open through October 6, 2016. Please act quickly to fill the rooms. It would be greatly appreciated if you would utilize the host hotel. This will make communication, meetings, socials, carpooling and potential schedule changes easy to manage. Moreover, the video review sessions and our fitness testing will occur at this facility.

The Crown Plaza is an oceanfront resort hotel with significant amenities: pool, beach lounges, restaurants, inside and outside bars.

We are all looking forward to a great camp. **Please drop an email ASAP to Liz Bradley if you will be participating: [lizeeb@live.com](mailto:lizeeb@live.com).**

## **2. Melbourne Time Trials/Sunday, October 16**

Not to be mistaken with the three day mini-camp, we will hold a single session time trial at Oars and Paddles Park in Melbourne on Sunday, October 16, commencing at 11:00 AM. All participating candidates will test on a 250m course in an OC-2 steered by a third party. Candidates will also do two ERG tests: 2' (for distance) and 30" (for distance).

If you want to participate in this event please contact either John Dyer (Open Coach) [jgdyer3@gmail.com](mailto:jgdyer3@gmail.com) or Linda Dyer (Women's Coach) [ldyer7@gmail.com](mailto:ldyer7@gmail.com).

This session was originally planned for Saturday, October 15. We realized that this is the date of the Orlando Dragon Boat Festival so we moved the event to the next day to avoid conflict.

## **4. Bay Area (CA) Time Trials/September 24-25**

We are all set for our time trials in the Bay Area (CA) on Sept. 24 (Sat) and Sept 25 (Sun). The location has been moved from the Berkeley Marina to the O Kalani Canoe Club, 225 Central Ave., Alameda, CA. Look for the Encinal Boat Ramp. This location can be found just behind Encinal High School and just past the Naval Air Station. We will do OC-2 testing (250m/coach steering) on Saturday. Start time is 7:00 AM. We will continue until everyone is tested. Evidently, the winds can be problematic as the day progresses, so we have scheduled an early start to get the calmest water. On Sunday morning, the ERG testing component will be done at Cru-Fit, 6125 Medau Place, Oakland, CA. This is located in the Montclair district. Start time is 6:15 AM. Cru-Fit has donated use of the facility.

Many thanks to Lendy Won and the folks at Dragon Max for their help in setting up this event.

## **5. San Diego Camp Moved to January**

Given the uncertainty of the actual date of the Nation's Cup, we have decided to move back our second try-out camp from early December to early January 2017.

Currently we are planning to hold the camp courtesy of the San Diego Dragon Boat Club at the San Diego Youth Aquatic Center, 1750 Fiesta Island Road, San Diego, CA. The date would be Jan. 13-15 and the host hotel would be the Best Western at Mission Bay, 2575 Clairemont Dr., San Diego, CA 92117.

### **These arrangements, however, are tentative.**

There is some question about availability of equipment at the San Diego site that we are trying to resolve. The alternate location will be the Newport Aquatic Center, 1 Whitecliffs Drive, Newport Beach, CA. We currently are receiving bids from a number of local hotels.

We will confirm these details in the next few days and publish the updated information in the next bulletin.

## **6. ERG Test Results**

If you cannot make any of the scheduled time trial/fitness testing locations, please submit a photo of the monitor from a Concept 2 rowing machine that will demonstrate your performance on the 2' test (total distance in meters) and the 30" test (total distance in meters). Results should be emailed to the coaching staff.

## **7. Houston Time Trials**

Hype Mattingly, the Premier Women's Coach, will be holding OC time trials in Houston, TX on October 1. Premier candidates will be given preference. However, Hype indicates that she has space for thirty athletes. If you intend to participate in this time trial, please register with Hype by using the following link:

<https://goo.gl/forms/yZdR5VmQIZteFQ0d2>

Also, please advise the Sr. C coaching staff if you register for this event so that we can follow up with Hype.

If you have any questions, please don't hesitate to contact us.

Pat Bradley, Head Coach Mixed Crew - [pbradley159@gmail.com](mailto:pbradley159@gmail.com)

John Dyer, Head Coach, Open Crew - [jgdyer3@gmail.com](mailto:jgdyer3@gmail.com)

Linda Dyer, Head Coach, Women's Crew - [ldyer7@gmail.com](mailto:ldyer7@gmail.com)