

To: Team USA Senior C Candidates  
From: Coaching Staff  
Date: February 28, 2017

## **Bulletin #8**

Finally – now we know!

Congratulations to those of you who are moving on with the Senior C program. We have a place and a date for the 2017 World Championships; October 18 -22, 2017. Team U.S.A. has eight months to get it right. We will be at the start line in 231 days. The mission is clear. Now we need to commit to that date, to the program and to each other. We need to maximize our potential. WE must get in the best shape of our life, get on the water together as much as possible, not get injured and show up to the events and camps we have planned.

### ***1. Assessment Camp – Tampa, FL***

**Date – May 4, 5 & 6, 2017**

We are holding an additional assessment camp to make final evaluations

**Camp Location** - The camp will run out of Harney Park, Bypass Canal, Tampa, FL. 7171 US 301, Tampa, FL 33610. This is a public park with dock access and good deep paddling water.

**Camp Program** – We will hold early registration Wednesday evening at the hotel. The camp format will have multiple practice sessions on Thursday & Friday with a half day Saturday. A formal camp schedule will follow in April.

**Cost** - The cost for the camp will be \$75. Please bring a check to registration payable to “Southern Heat Dragon Boat Training Center”. Western based athletes (California) will be exempt from this camp fee.

**Athlete Selection** – Roster’s will be set for Open and Women after the May 2017 camp

### ***2. Host Hotel***

Quality Inn and Suites, will serve as our host hotel - 4955 18<sup>th</sup> Ave, Tampa, FL 33605. The hotel is a short drive (5 minutes) from Harney Park and approx. 25 minute drive from Tampa International Airport. The group room rate is \$94.99 per night plus tax. Hot breakfast is included.

**To make reservations, telephone 1-813-623-6000 and request the room block for “Team USA Dragon Boat.” **Cut-off date for reservations is April 15, 2017.****

*If you're looking to share a room feel free to email athletes to make arrangements.*

We've tried our best to minimize the cost for our camps and we want to thank all who have offered support and equipment donations along the way including Heart and Soul in Melbourne and Pan Am Dragon Boat in Tampa.

### ***3. Site of 2017 IDBF World Championships***

The 2017 IDBF World Championships will be Lake Dianchi, Kunming, China.

As you are reading this bulletin the Coaches are waiting for notification of a USDBF National Team Coach meeting regarding CHINA. You will be provided with the USDBF updates as soon as we receive them. i.e. hotel accommodations, visas, uniforms and other details.

Our tentative plans are to depart for China on October 8 or 9. We want to be training in China on October 11. That gives us Oct 8, 9, & 10 for travel, rest and acclimatization. We will have 7 days in China to train and prepare for the World Championships. We'll need all of this time to adjust to the jet lag, time change, altitude, food and everything in between.

**Passport:** please note – China has very strict rules regarding entry and the date of expiry on your passport. Typically you MUST have a minimum of 6 months past your date of entry to China (Oct) from when your passport expires. Stay tuned we will pass on all information we receive as soon as we receive it. In the meantime check out the links below for some general tourist information.

Copy and paste this link to find Kunming – it is right below the Stone Forest on the map.

<http://www.mapsofworld.com/china/maps/china-map.gif>

Copy and paste this link to find attractions in and around Kunming.

<http://www.chinahighlights.com/kunming/attraction>

### ***4. Future Camp Schedule***

August 22-26, 2017 – Washington D.C.

Training and race at D.C. festival August 26. We've been advised by the festival host that accommodations will be within walking distance from the training site. On water training site in Washington is Gang Plank Marina at The Wharf. More details will be shared as they evolve.

October 4-7, 2017 – We're in the planning stages of looking for a venue in California to train prior to departing for China. Stay tuned.

## 5. Fundraising Committee

Judy Lee and Ross Elder are the first two to step up to create a committee. We'll set aside some time at camp to discuss Team Fundraising efforts, and decide as a group how to move forward. There's not much time to get things in place, please feel free to reach out as they'll need some help to get things moving.

Judy Lee - [gongliwc@gmail.com](mailto:gongliwc@gmail.com)

Ross Elder - [etching@comcast.net](mailto:etching@comcast.net)

## 6. Athlete remote erg test

Athletes are required to submit a 2 min test followed by 30 sec test.  
Please refer to testing protocol.

The test results (screen shots) are due on the 30<sup>th</sup> of March & April respectively.  
Please email to: [lizeeb@live.com](mailto:lizeeb@live.com)

***“Stay strong and believe. Remember, we’re as strong as our weakest link.  
The work and dedication we each demonstrate when no one is looking is what will  
make us Champions.”***

Pat