



TEAM USA SENIOR 'C' DRAGON BOAT PROGRAM: 2018-19

BULLETIN #2

July 31, 2018

From the Coach

Hi Everyone~

The challenge before us is considerable. A gold medal at the 2019 World Championships. We came close in China but fell short. We have unfinished business to take care of in Thailand.

Since the World Championships in China there has been a significant increase in interest from athletes across the country in the Senior C program. Many former Senior C athletes are returning to try out and a large number of new athletes have also registered. So... be ready! Be fit and strong when you arrive. Camp is not a place for you to 'get into' shape.

Regarding OC1

I highly recommend you all get as much time in an OC1 as possible prior to camp. If you are a novice OC1 paddler, I suggest you consider searching out an experienced paddler who can work with you, or at least get you started.

I suggest you mix up your on-water training. Practice high-volume on-water sessions of 5-7 minute pieces to develop effective technique and consistency in your stroke. Alternately shorter interval training sessions will develop power and acceleration 1 min to 90 second pieces, with 50% recovery time.

Regarding Strength Training

Konrad's program is tough and effective. It is designed to increase strength and endurance with minimal risk of injury.

Regarding Erg Training

Also, attached is an Erg program many athletes have used to prepare for the 2 min test. This program is also tough, but produces results.

Feel free to contact me or Konrad directly if you have any questions regarding the training.

Looking forward to seeing you all at Morro Bay!

Pat



Athlete Assessment Camp Logistics - Morro Bay, California - Oct 25-28

- ✚ **USDBF Athlete Profile** – All athletes **MUST** complete the athlete profile on the USDBF website to be able to attend. Please complete your profile and send me a copy of your email receipt so I have your confirmation in my files. Please follow this link to complete your USDBF [Athlete Profile](#).
- ✚ **Camp Registration and Fees**– To register for camp you will need to complete the camp registration form and send it directly to Jane Young @ jeyoung2033@gmail.com by **September 26th**. Registration form is an attachment in the email. Cost for camp is \$175 per athlete and can be paid via check or cash at the Athlete Welcome on Oct 25th.
- ✚ **Camp Hotel Accommodations** – We have reserved a block of 26 rooms at the [La Serena Inn](#) located in Morro Bay. To make your reservation you will need to call directly to the hotel and tell them you are booking a room under the USADB block. You will not be able to book online for the reduced rate, you must call the reservation desk.
- ✚ **Travel Options** – Morro Bay is located approximately 4 hours north of Los Angeles and 4 hours south of San Francisco. Los Angeles and San Francisco are very well serviced airports by multiple airlines and prices are currently quite reasonable into these locations. The smaller airport options are Santa Barbara or San Luis Obispo fewer carriers to choose from and limited service and prices appear to be higher. **Please review the camp agenda so you book your flights accordingly and allow for travel time to the hotel and back to the airport.**
- ✚ **Transportation to La Serena Inn from airports** – You will need to arrange for your own transportation to and from the airport, here are some options. Once we have received all flight information from you we will provide a list of athlete flight arrival and departures so you can coordinate ride sharing.
 - **Los Angeles Intl Airport to Morro Bay**
 - **Rental Car:** Carpooling with other athletes and sharing the cost of a rental car for camp. All national rental car agencies can be found at LAX. This is approximately a 3-4 hour drive depending on traffic and route.
 - **Train:** Amtrak non-stop is a 5 hour ride a cost ranges from \$50 - \$120 round-trip, depending class of seat. Make sure to check the schedules so you leave yourself enough time. It is recommended to purchase your tickets in advance.
 - **San Francisco Intl Airport to Morro Bay**
 - **Rental Car:** Carpooling with other athletes and sharing the cost of a rental car for camp. All national rental car agencies can be found at San Francisco Intl Airport. This is approximately a 3-4 hour drive depending on traffic and route.
 - **Train:** Amtrak non-stop is a 5 hour ride a cost ranges from \$50 - \$120 round-trip, depending class of seat. Make sure to check the schedules so you leave yourself enough time. It is recommended to purchase your tickets in advance.
 - **San Luis Obispo Airport to Morro Bay**
 - **Rental Car:** Carpooling with other athletes and sharing the cost of a rental car for camp. All national rental car agencies can be found at San Luis Obispo. This is approximately a 20 min drive depending on traffic and route.
 - **Taxi Service:** Available from Central Coast Taxi at (805) 234-8294
 - **Public Transportation:** Via Ride On Transportation here is a link to their website. <http://www.ride-on.org/ride-on-airport-amtrak-shuttle.php>



Athlete Assessment Camp Draft Schedule - Morro Bay, California - Oct 25-28

Date	Start	End	Description	Location
Thursday October 25	5:00:00 PM	8:00:00 PM	Registration and Weigh-In	La Serena Inn 990 Morro Ave. Morro Bay, CA 93442
	7:00:00 PM	9:00:00 PM	Welcome and Team Meeting/Social	La Serena Inn 990 Morro Ave. Morro Bay, CA 93442
Friday October 26	8:30:00 AM	10:30:00 AM	OC-1 Time Trials - Women	
	10:00:00 AM	11:00:00 AM	Dragon Boat Practice Open crews	
	11:00:00 AM	12:00:00 PM	Dragon Boat Practice Womens crew	
	12:00:00 PM	1:30:00 PM	Lunch Break	
	1:30:00 PM	2:45:00 PM	Dragon Boat Practice Open crews	
	3:00:00 PM	4:15:00 PM	Dragon Boat Practice Womens crew	
	6:00:00 PM	7:00:00 PM	Video Review Open Crews	
	7:00:00 PM	8:00:00 PM	Vidoe Review Womens Crews	
Saturday October 27	8:30:00 AM	10:30:00 AM	OC-1 Time Trials - Open	
	9:00:00 AM	10:15:00 AM	Dragon Boat Practice Womens Crews	
	10:45:00 AM	12:00:00 PM	Dragon Boat Practice Open crews	
	12:00:00 PM	1:00:00 PM	Lunch Break	
	1:00:00 PM	2:15:00 PM	Dragon Boat Practice Womens Crews	
	2:30:00 PM	3:45:00 PM	Dragon Boat Practice Open crews	
	4:15:00 PM	6:30:00 PM	Leisure Activities ***	
	7:00:00 PM	9:00:00 PM	Team Dinner	
Sunday October 28	8:00:00 AM	9:30:00 AM	Fit Testing Open Athletes Dragon Boat Practice Womens Crew	
	10:00:00 AM	11:30:00 AM	Fit Testing Women Athletes Dragon Boat Practice Womens Crew	
	12:00:00 PM	1:00:00 PM	Team Meeting and Q&A	
	1:00:00 PM		End of Camp	

*** Stay tuned for more information and details regarding the leisure activities on the afternoon of Saturday, October 27th. ***



More Information Coming Soon – Save The Dates Now

ATHLETE ASSESSMENT CAMP

Camp #2 – Tampa, Florida

Final Athlete Evaluation Camp - February 1, 2, 3, 2019

Athlete Camp Fees:

Camp #2 – Tampa, Florida - \$175.00 per athlete