

## **Senior C Selection Criteria**

- OC2 Time Trials: 330 meters
- Fitness Testing
- Technical paddling skills
- Team Compatibility
- Body Weight
- Commitment

## **Athlete Selection Information**

### **Dry Land Testing**

**Ergometer:** Maximum distance in 2' (Concept 2 indoor rowing machine)

**Raised Flat Bench Row:** Max reps in 90seconds (50% body weight Men, 40% Body weight Women)

**Russian Twist:** Max reps in 60 seconds. Men 8lb medicine ball, Women 6lb medicine ball

**Metronome Pushups:** 1 second up/ 1 second down. Max in two minutes.

### **Onwater Testing**

**OC1 Time Trials:**330metre

*NOTE: After careful consideration the Coaches have decided to shift from OC2 to an OC1 paddling test. We anticipate a significant number of athletes trying out, therefore onwater time trials will be time consuming. OC1s are generally more accessible than OC2s and we can run a fleet of 3-5 boats at a time, which will reduce the amount of time required for testing. We recognize that the OC1 requires more advanced paddling skills, and that some athletes may have little OC1 experience. All athletes are encouraged to get as much OC1 paddling experience as possible prior to testing. IMPORTANT: The OC1 test will be used as 'only one of several' components of the overall athlete assessment process.*

**Dragon Boat Paddling Assessments:** Athletes will be assessed in the dragon boat by the coaches as well as post-practice video reviews. Effort, timing, technique and power in the dragon boat will be assessed.

**Attitude:** Attitudinal attributes we are looking for include...

- Commitment
- Effort
- Teammates 'first' attitude
- Receptive to coaching
- Technically adaptable
- Tough; Never give up
- Team 'FIT'

**BodyWeight:** The Senior C program will consist of the strongest athletes available at optimum individual body weights. Individual body weight goals will be established for each athlete.

--

Pat Bradley  
PAN AM DRAGONBOAT, TAMPA, FLORIDA  
TEAM USA, C DIVISON, HEAD COACH  
Cell 813 600-8215