

USBDF 2019 Senior B Open, Women and Mixed selection criteria and training program  
Submitted by Peter McNamara and Ellen Law SB coaches

❖ Selection criteria

- The primary test method will be an OC-1 trial; single sided, using a dragon boat blade no longer than 51 inches (DQ from process if violated).
- The primary test site is the D and R canal in Titusville, NJ (directions provided)
- The primary selection/screening distance on the D and R will be 750 meters to approximate the 1K race.
- Shorter distances 425m/500m will be incorporated depending on the site of the testing and the need to differentiate between paddlers. We will also look to hold time trials at various sites across the country.
- Paddlers may also submit race results from 1 or 2 person events in outrigger, marathon, SUP, kayak for consideration. The coaches will seek such results when looking for candidates as well.

❖ Training plan

- The main focus of the SB teams will be to win the longer races.
- Fall 2018: small boat long distance paddling
- Winter 2018-9: strength training (weight program has been posted on Facebook), long distance paddling where possible, steady state ergs, aerobic fitness and weight maintenance.
- Spring 2019: Tampa camp one week of double practices. Dates requested are April 14-20, confirmation pending. (Premier candidates will also be at this camp)
- Late Spring/Summer 2019:
  - Mini-camps in Philadelphia (Saturday double/Sunday AM)
  - Interval training to start depending on race date, recommended work outs sent to candidates/selectees via e-mail.
  - Late season sprint work outs sent to selectees

❖ Time line

- Time trials to be run mid-May through June with goal to select team by 7/1
- Team selections on a rolling basis (paddlers will be named ahead of 7/1)
- Full team will have been selected in time to secure travel arrangements, work release time by 8 weeks prior to Worlds.