

# USDBF Under 24 Selection Criteria

If you are new to this program, please do not be discouraged or overwhelmed in what you read, but understand the reality of high expectation and high-level performance. I encourage you to have a one-to-one conversation directly with me before having any second thoughts.

Below I will briefly list what I believe is important and a guideline for you to make the team.

- Selections will be heavily based on outrigger canoe time trials(TT) along with paddling ability on the dragon boat. Paddling ergometer and weight lifting are supplements to selection.
- Time trial distance are set at 425m and 750m (standard amongst Team USA division). They will be tested back-to-back with 750m as the first distance. Paddling only on 1 side with a dragon boat blade only. Times are relative to course conditions.
- Candidates are welcome to test at any designated testing site, targeting 2-4 testing sites TBD. Only confirmed location is D and R Canal, Pennsylvania (East Coast). Possibly Northern California, Southern California, and Florida/Texas.
- Final Selection Dates will be determined when IDBF and USDBF give us more information. However the earlier we select, we can keep cost down. I would plan West Coast last selection/TT date to happen mid-April and East Coast selection/TT date mid-May. You choose your testing location. There will be opportunity to TT earlier than final dates as this will be announced in coming weeks.
- There will be NO general U24 camp.(Normally held in January). However there will be smaller camps where I travel to you. The effort is to keep your cost down. This schedule to be announced in the coming weeks.
- Start a workout log to be shared with me, my coaches, and eventually with your peers. (google spreadsheet) ACCOUNTABILITY is everything. How many meters did you do this week? It also helps us know what you are doing and help guide you if you are not doing enough or the right things. We would also like to work with your coaches so there are no misunderstandings. Their support is vital to your success.

## Coaches Recommendations:

- I highly recommend and encourage small boat racing and training(OC-1).
- Your first priority is to find what opportunity is around you that offers small boat programs, training, racing. It could be in your own organization, joining another organization, or finding a location that offers use of small boat.
- We look at small boat racing results and how you stack up against other competitors. Which means we look at your results in comparative to the fastest person, not on your placement in your division. (this may be a replacement for TT)
- Time on the water is everything. Weight lifting is recommended if you lack or need to build strength. Paddle ergometer is not a replacement to water time and can be technically damaging to your stroke on the water. We care how much water you move, not how hard you can pull a string. (Believe me, I am from New York, I perg a lot).
- If you are not a east coast or west coast candidate, no worries, we plan to work with you directly and with your coach.