Hello Everyone!

I am pleased to be releasing Bulletin #1 for the U.S. National Senior ‘C’ Dragon Boat Program. Konrad Doerrbecker and I are thrilled to have the opportunity to lead the USDBF National Team program once again!

Since the 2017 World Championships in China, the U.S. Senior ‘C’ program has attracted increased interest from across the country, including a significant response from the west coast.

We will be conducting two main Athlete Assessment Camps; in California and in Florida. Subsequent training events will be scheduled once the actual dates of the World Championships in Pattaya, Thailand have been confirmed. At this point we are expecting the event to take place in late July or August. It is my hope that athletes from across the country will make an effort to attend both camps. Billeting will be available for those athletes who are trying to economize. Final athlete selections will be made immediately following the February 2019 Camp.

The information below outlines the program selection criteria, recommended workout program, testing details and Athlete Assessment Camp schedule.

New to the Senior ‘C’ staff for this campaign is our Administrative Manager, Jane Young. Jane’s sole responsibility is managing the Senior ‘C’ program. She is a competitive dragon boat athlete and retired Human Resources Manager with Dow Chemical. Jane is highly organized and efficient. She will work closely with Konrad and I, USDBF, our travel consultant Durham Travel as well as host organizations regarding training camps, travel logistics and general program administration. Welcome aboard, Jane!

Big ‘thankx’ to Liz Bradley who was unexpectedly thrust into the Program Manager position last year, in addition to paddling.

Coach P
Athlete Selection Information

Dry Land Testing

- **Ergometer:** Maximum distance in 2’ (Concept 2 indoor rowing machine)
- **Raised Flat Bench Row:** Max reps in 90 seconds (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.

On-water Testing - OC1 Time Trials: 330 metres

*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 on-water 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 NOTE:** 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’

**Body Weight:** 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.
Preferred Paddler Fitness Program: From Coach K

Day 1 & 5 (once through is one set)
Complete 8 sets
2:00 mins
Rapid skip rope/ erg/ elliptical/ sprint treadmill then

2:30 mins
8-12 chin-ups/pulldowns/hangs
12-20 alternate high heavy rope (each arm)
20 push-ups or on med-balls (harder) or med balls with shoulder touch (hardest)
12-20 TRX Reverse pull-ups or bent over dumbbell rows
15 kettlebell swings or 15 dips

Day 3 (once through is one set)
Complete 8 sets
1:00 min
skip rope

1:00 min
15 goblet squats (40lbs)/ 25-40lbs for Women or (40-60lbs for Women) 60lb sandbag on shoulder squats
(alternate shoulder w/each set)
10 Bent over barbell row/ dead lift combo (80-100lbs) (Use good form and keep your back straight!)
https://www.youtube.com/watch?v=KDXAgoLBK1g

1:00 min
skip rope

1:00 min
8-12 (each arm) Push up/row combo https://www.youtube.com/watch?v=Z3vPyd8xHjY
10 push press/push jerk/power jerk w/dumbbells (15-25 lbs)

Adjust weight & reps as required. Always do 8 sets

“No guarantees of course but I have put dozens of athletes on similar programs with similar results. The athletes are extremely fit and have not experienced any overuse injuries to date. The workout is tough, sport specific, and takes less than 40 minutes.” “And no this is not an infomercial. Just do it.” KD
Contact K directly at doerrbecker@gmail.com with any questions concerning the above workout plan.
ATHLETE ASSESSMENT CAMPS SCHEDULE

Camp #1 - Morro Bay, California
Initial Athlete Evaluation Camp - Oct 26, 27, 28, 2018

Camp #2 – Tampa, Florida
Final Athlete Evaluation Camp – January 24, 25, 26, 27, 2019

Camp #3 - Location To be Determined
TEAM USA TRAINING CAMP - Dates To be Determined

Athlete Camp Fees:

Camp #1 - Morro Bay, California - $175.00 per athlete
Camp #2 – Tampa, Florida - $175.00 per athlete

Details regarding Camp #1 and #2 will follow in Bulletin #2 to be released in late July.

REMOTE TESTING SCHEDULE

Fit Tests and on-water time trials will take place on site at Athlete Evaluation Camps. Remote testing results between Camps will be submitted every 6 weeks.

Athletes will be expected to submit testing results and current body weight as follows:
- December 7, 2018
- January 18, 2019
- March 2, 2019
SENIOR ‘C’ STAFF
HEAD COACH and WOMEN CREW: Pat Bradley
OPEN CREW COACH: Konrad Doerrbecker
WOMENS COACH: Pat Bradley
MIXED COACH: Pat Bradley/Konrad Doerrbecker
TEAM MANAGER: Jane Young
NOTE: Assistant Coaches may be introduced at a later date.

Contact: HEAD COACH Pat pbradley159@gmail.com
OPEN COACH Konrad doerrbecker@gmail.com
MANAGER: Jane jeyoung2033@gmail.com

ATHLETE SENIOR C PROGRAM REGISTRATION
Athletes should register and complete the Athlete Profile form for the Senior C program asap on the USDBF website and copy Jane at jeyoung2033@gmail.com so she can start developing the group contact list of prospective national team candidates.

BULLETIN #2 to be released later this month and will include details on Camp #1 and #2.