

2019 IDBF World Nations Championship Senior A USDBF Selection process and training criteria.

The Senior A team will embrace as it did in the 2017 cycle a team that fosters diversity, respect, transparency, and a fair selection process for all candidates regardless of geographic location.

Selection Criteria

- OC1 time trials with an IDBF approved paddle
- Team attitude/displaying a positive and supportive attitude
- Coach-ability
- Following Instructions
- Fit/Blending into the boat and ability to grasp technique
- Weight and side preference in selecting a team to balance the boat
- Sportsmanship and being a positive ambassador to the Senior A program
- Submitting Erg scores through the selection process
- Provide a fall time trial at a designated location that will give a baseline result.
- Exceptions will be considered for applicants joining late in the cycle or coming for another division. If no regional trial is available or this creates a financial hardship please contact the head coach for an exemption. We are not unreasonable people. Testing sites will include DC, FL, PA, Portland OR, LA. Fall camps are optional but highly recommended for paddlers new to the program.
- Spring 2019 time trials mandatory for all candidates
- Spring camp in Tampa the second week of April is highly recommended and team selection will start at this point.

Training Plan

Fall of 2018 build strength with weight training 3x week minimum. Incorporate long steady state aerobic workouts into program on OC1, ERG, Nordic Skiing and any other beneficial way.

Winter strength training and continue Aerobic conditioning. Avoid Anaerobic stress.
Weight loss/control

Spring 2019 transition to increased intensity and shortened pieces increasing lactate threshold and prepare for OC1 testing

Time Lines

Spring Camp will kick off selection and Florida will be the first official time trial location. PA, and Portland Oregon will follow as spring progresses.

Things to avoid that will get you removed from the team and or be removed from consideration

- Not following up in a timely manner with requests
- A history of poor sportsmanship
- Not following instructions and/or given direction
- Not training properly

Most importantly...bringing any drama or negative distractions into the team