

2015

United States Dragon Boat Federation

U24 OPEN, U24 WOMEN

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U24 MIXED

Coach: Randy Ng

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REVISED 4/21/14

USDBF TEAM USA 2015 TESTING AND SELECTION CRITERIA

For the World Championships, Welland Canada, August 19-23, 2015

***** TESTING / SELECTION CRITERIA ARE THE SAME FOR THE ENTIRE U24 CATEGORY *****

OVERVIEW

Athletes are expected to have an existing high level of fitness, to presently be engaged in training and racing at a high level, to show that they are coachable & adaptable, and to behave in a manner that is selfless and in the best interest of the team at all times. Athletes are also expected to make attendance at training/selection camps a priority – as comprehensive team practices are essential to success. Coaches are mindful that cost of travel and accommodation may be a factor for many athletes and are working to ensure costs are as low as possible.

ROSTER

Final roster for each crew will consist of 24 paddlers, 1 drummer and 1 steersperson. We are seeking applications for ALL of these crew positions. *NOTE: It is preferable to have at least 2 paddlers who can also steer or drum effectively and act as alternates for those positions.*

ELIGIBILITY

- Age 18-23 (inclusive) as of June 1, 2015. *Exceptions: Up to four 4 (4) racers in a Standard Boat competition and two (2) in a Small Boat Competition may be at least 16 but under 18 as of June 1, 2015. Up to two (2) racers in a Standard Boat competition and one (1) in a Small Boat competition may be over 23 but under 26 as of June 1, 2015.*
- US Citizen or legal Permanent Resident¹

¹ Permanent residents must have resided in the USA continuously for at least three (3) years and not represented their country/territory of birth for at least two (2) years



SELECTION CRITERIA

Selection and eligibility criteria, training regimen and participation is applicable to ALL applicants, regardless of crew position.

Crew selection will be based upon fitness, weight, paddling ability, coachability, adaptability (to technique, position, racing strategy, etc.), camp attendance and attitude/team fit. In order to perform well, each crew must practice together prior to competition. In order to accomplish this, there will be two mandatory camps prior to competition in Welland. One in January 2015, and one in June/July 2015. Athletes will be required to participate in three (3) fitness evaluations and one paddling evaluation. Tests shall either be administered by crew coaches or another National coach or previously approved individual. These fitness evaluations will assess muscle strength, endurance, cardiovascular fitness and technical skill. Athletes will also be observed/evaluated at selection camps and/or via video as feasible. *Note: since some cross rostering between the three U24 Open, Women's and Mixed crews may occur, the basic fitness and paddling evaluations required will be the same for all crews.*

Paddling Evaluation

Strongly encouraged:

1) OC-1 timed trial: 500m course. Wind speed and direction as well as water depth and type will be considered. If not administered by a U24 Open or Women's coach, a minimum of 40" video of athlete paddling during the test must be included with results.

and/or

2) KayakPro: Timed 500m, set at 68kg with 68 drag.

or

Concept2 Paddle Adaptor (version 1): Timed 500m, set at 3 (men) or 1 (women)

If not administered by a U24 Open or Women's coach, entire paddle-erg piece should be recorded and video submitted with results.

Mandatory:

Video of athlete paddling in a dragon boat: 1 x 45" @40 spm; 1 x 45" @65-70 spm



Fitness Evaluation

All athletes seeking a position on a crew will be required to complete this test three times and submit their results according to the following schedule: June 1, 2014; November 1, 2014; and March 1, 2015. Athletes who do not test in the presence of a U24 Open or Women's coach may have their test proctored by another national coach or previously approved individual.

Horizontal Pull-up

Maximum repetitions in 2 minutes. Feet elevated 8-12", chest must touch or come within 4" of bar. No pushing with legs/feet, no arching of back.

10 minutes rest

Lactic bench press – Women at 40% body weight, Men at 60%

Maximum repetitions in 2 minutes. Bar must touch chest followed by full extension. No arching of the back permitted.

10 minutes rest

Pull-ups

Maximum repetitions to failure (letting go of the bar). No kipping or swinging. Start from dead hang; chin MUST reach bar to count.

10 minutes rest

Row (only a Concept2 ergometer will be permitted)

Damper set to 5, clock to 4 minutes

Maximum distance rowed in 4 minutes

15 minutes rest

Run

Maximum distance in 12 minutes. Incline set to 1. No holding onto machine.

or

Timed run: 1.5 miles on a track. Indicate whether indoor or outdoor track with results.



TENTATIVE SCHEDULE

(selection/training camps may be modified depending upon paddler locations. A more concrete schedule will be distributed after June 1, 2015)

- **April 2014** – Athlete registration begins (paddler info. form; coach’s recommendation letter)
- **June 1, 2014** – paddler registration deadline; fitness test #1 results submitted
- **August 31, 2014** – paddling evaluation completed
- **October 11-13, 2014** – selection/training camp, Chicago area (Columbus Day weekend)*
- **Late fall 2014** – selection/training camp, west coast (Sat/Sun schedule, date/place TBD)
- **November 1, 2014** – fitness test #2 results submitted
- **January 2015** – Paddling camp, either in southern California (outdoor) or Philadelphia, PA or Montreal, QC (indoor paddling tank) **
- **March 1, 2015** – fitness test #3 results submitted
- **March 7, 2015** - provisional roster announced
- **April 2015** – selection/training camp, e.g. Florida, South Carolina (TBD)*
- **May 23-25, 2015** – selection/training camp, Burlington, VT (Memorial Day weekend)*
- **June 1, 2015** - final roster announced
- **June/July 2015** – final training camp/practice race, location TBD**
- **August 16-18, 2015** – travel to and practices in Welland, ON (final schedule TBD)
- **August 19-23, 2015** – World Nations Championships, Welland, ON

** camp attendance highly encouraged ** camp attendance mandatory*

(please contact coaches directly if you have any questions or schedule conflicts, etc.)



Explanation of Additional Criteria

Team Player and Selflessness

Paddlers must display ability to adapt to each other's personal, mental and physical differences. We are looking for teammates who are respectful, supportive, motivating, and encouraging to their fellow teammates, coaches, managers and the USDBF. All members, including coaches, managers, and team members are expected to be a positive, humble, and respectful example to their peers, their country and to the world.

Adaptability

Since we are selecting paddlers from across the country, technique may be determinate upon a common paddling ground. Paddlers will also need to adapt to racing strategies, which will require both physical and mental flexibility and seating adjustments.

Current Participation

Since we are selecting a U24 crew for Team USA 2015, the selection process will consider your participation in the current racing year (2014) for your local club and/or your own individual racing. Being a participant in, and your support for, dragon boat in your local area is important.