



# Coaching Competitive Dragon Boat

## Course Overview

This course is designed to provide advanced Coaches the tools to effectively train a competitive crew that trains year round.

Coaches will leave the course with the skills to provide a well-rounded program to their athletes.

## Pre-requisites

- Coaching Community Dragon Boat Certification
- First Aid
- Pleasure Craft Operators Card

Topics included in this course (but not limited to):

## Exercise Physiology

- Energy Systems
- Training Zones
- Training Throughout the Season

## Program Planning

- Fundamental Principles of training
- Goal Setting
- Needs Analysis
- Periodize Training Plan
- Monitoring Health and Progress of Athletes
- Testing



## Crew Selection

## Roles in the Boat

- Balancing the Boat and Adaptations

## Mental Training

## Coach Tools and Gadgets

## Advanced Technique