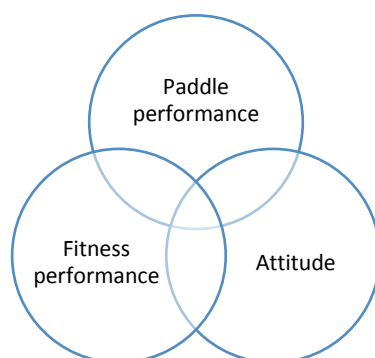


# U16/U18 JUNIOR NATIONAL TEAM TESTING PROTOCOL (2019)

## ATHLETE SELECTION

Athletes trying out for the Junior National Teams will be required to complete a series of standardized testing, both in the gym and on the water. Athlete selection will look at three key components:



Fitness testing will take place at each of the regional camps as well as at the final selection camp. Results from previous testing will be collected and used in combination with new results to determine selection.

In order to field the best U16 and U18 teams, the top overall athletes – based on objective results – will be selected to U18

- U16 athletes selected to the U18 rosters will be pre-selected to the U16 rosters, with the goal to race all categories in Standard Boat
- U16 rosters will be dependent on registration, with the goal to race all categories in Standard Boat

### Drummers and Steers

- Interested parties will be encouraged to contact the Program outlining relevant experience
- Unless there is expressed interest, drummers will be assigned during the creation of racing lineups, from rostered athletes
- Unless there is expressed interest, the Program will engage steerspersons known to have the qualities and experience necessary to race at an international level

### Regional Camps (Determine invitations to selection camp)

Component	Methodology	Weighting
Fitness Testing	<ol style="list-style-type: none"> <li>1. Bench row</li> <li>2. Bench Press</li> <li>3. Plank</li> </ol>	40%
Erg Testing	<ol style="list-style-type: none"> <li>1. 1000m</li> <li>2. 500m</li> <li>3. 200m</li> </ol>	40%
Technique	Video review of erg	15%
Coach's Assessment	Athlete attitude	5%

### Spring Selection Camp (Invitation Only)

Component	Methodology	Weighting
Fitness Testing	<ol style="list-style-type: none"> <li>1. 800m run</li> <li>2. Bench row</li> <li>3. Bench Press</li> <li>4. Plank</li> </ol>	20%
Erg Testing	<ol style="list-style-type: none"> <li>1. 1000m</li> <li>2. 500m</li> <li>3. 200m</li> </ol>	25%
OC Testing (OC-2)	<ol style="list-style-type: none"> <li>1. 150m</li> <li>2. 330m</li> </ol>	35%
Technique	Video review of dragon boat practice	15%
Coach's Assessment	Athlete attitude	5%



### **Bench Row**

Lying on your stomach while keeping your chest in contact with the elevated bench, lift the barbell (50% of your bodyweight at time of testing) to make contact with the bottom of the bench. Barbell remains suspended above the ground for duration of test. Maximum number of repetitions to failure.

[LINK](#) to exercise example

### **Bench Press**

No arch in back, butt must remain touching the bench at all times, bar touching chest at the bottom, elbows fully extended at the top. Weight will be 50% of your bodyweight at time of testing. Maximum number of repetitions to failure.

[LINK](#) to exercise example

### **Plank**

On your elbows with your back straight and toes on the ground, hold a plank position for a maximum of 10 minutes. You may listen to music, watch videos, etc. throughout.

[LINK](#) to exercise example

### **Erg (KayakPro) Settings**

- a) Drag factor of 60 for both men and women
- b) 60kg weight for women, 70kg weight for men
- c) Arm free-floating
- d) Barrier 15 inches behind seat