

2019 U24 NATIONAL TEAM INFORMATION PACKAGE

VERSION 2, JUNE 11TH, 2018



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DRAGON BOAT CANADA
BATEAU-DRAGON CANADA

U24NATIONALTEAM@GMAIL.COM



TEAM ELIGIBILITY

To be eligible to race with the Canadian U24 National Team, all racers (paddlers, drummer, and steersperson) must:

- 1) Be 12 to 23 years old on December 31st 2018*
* Two racers (paddlers, drummer, or steersperson) may be 24 or 25 years old on December 31st 2018.
- 2) Be a Canadian Citizen or hold Landed Immigrant Status, or resident of Canada for minimum of 3 years
- 3) Have not represented any other country at the World Dragon Boat Racing Championships (WDBRC) in the last two years.
- 4) Be a member in good standing with DBC





PREMIER/U24 INTEGRATION

For the 2019 cycle, the U24 and Premier programs will be working together much more closely than previous cycles. Steps have been taken to match the testing parameters as closely as reasonably possible, and the technique fundamentals taught are nearly identical. This will allow the Premier and U24 National Team programs to merge into a single selection process. This means that any athlete in the U24 National Team selection process can concurrently be a part of the Premier National Team selection process, without needing to attend multiple camps. This allows for the top athletes in the country to be selected to the Premier National Team, resulting in Team Canada's best performance possible at the World Dragon Boat Racing Championships.

As a part of this partnership, the U24 and Premier National Team programs will be running select camps together. At these camps, all OC1 Time Trials and pre-camp supervised erg testing will be done together, but all training will be done separately. If an athlete in the U24 selection process wishes to be considered for Premier selection, then they must register for both teams through the DBC Portal. They will only pay for one camp fee, and their training time at camps will be split between the two programs. All athletes who wish to be considered for selection by both programs must indicate so in an email addressed to: u24nationalteam@gmail.com and the Premier program directors.



The following camps will be held together with the Premier National Team Program:

- Summer 2018 Training camps in Vancouver and Montreal
- Both of the selection camps: Western and Central/Eastern

The following camps will be held independent of the Premier National Team Program:

- Summer 2018 Toronto Training camp
- Fall 2018 Training camps in Vancouver, Toronto, and Montreal
- Winter 2018 Training camps in Vancouver, Toronto, and Montreal
- Pre-Worlds Vancouver Training Camp
- All stroke camps





SCHEDULE AND SELECTION PLAN

Schedule

Summer 2018	
Training Camps:	
Toronto	August 18-19th, 2018
Montreal	August 25-26th, 2018
Vancouver	September 1st-2nd, 2018
Fall 2018	
Stroke Camps	Aug 20th-Nov 30th, 2018
Training Camps:	
Toronto	November, 2018
Montreal	November, 2018
Vancouver	November, 2018
Winter 2018/2019	
Training Camps:	
Toronto	February, 2019
Montreal	February, 2019
Vancouver	February, 2019

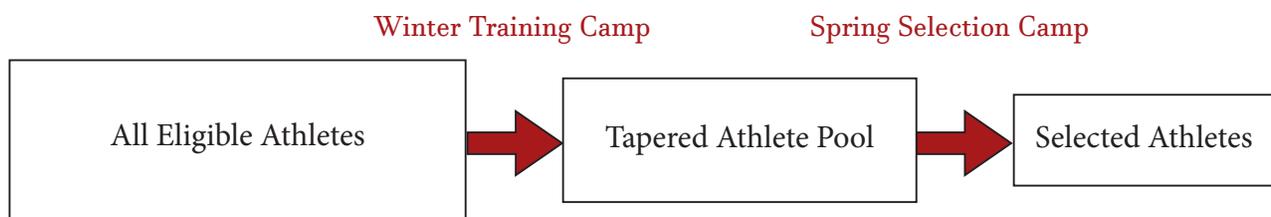
Spring 2019	
Stroke Camps	February-May, 2019
Selection Camps:	
Western	May 2019
Central/Eastern	May 2019
Summer 2019	
Stroke Camps	Dates TBD
Post-Nats Practice	After last day of racing
Pre-worlds	Dependent on competition dates
Vancouver Training Camp	dates



Selection Plan

All eligible Canadian U24 athletes are encouraged to participate in the training and selection process starting with the 2018 Summer Training Camp. All athletes will remain in the selection pool up until and including the 2019 Winter Training Camp. Following the 2019 Winter Training Camp, the selection pool will be narrowed down to only the athletes who the Program Directors believe have a reasonably good chance of making the team.

Based on athletes' performance in the Spring Selection Camps, the top 10 paddlers of each gender (M/F), Paddling side (L/R), and distance category (200m, 500m, and 1000m/2000m) will be selected from across the country to the Open and Womens rosters. The mixed team will not be decided until the Pre-Worlds Training Camp.



Although not mandatory for athletes' selection to the U24 National Team, each preparatory camp (training and stroke camps) are highly recommended. Athletes who attend these camps will gain valuable experience with the testing procedures and program technique, which would ultimately lead to their selection.

Fitness tests will be due (online submission) and paddle ergometer tests will be conducted one week before each training and selection camp. Fitness tests must be video taped with the video uploaded to a media sharing platform and the link emailed to the program. Fitness tests not sent to the program email (u24nationalteam@gmail.com) by 11:59pm 7 days before the start of each training and selection camp will not be considered for selection. If an athlete does not participate in a paddle ergometer testing session supervised by a program coach, then they will not be considered for selection.

All 3 time trial distances will be tested at each training and selection camp where conditions permit. Due to freezing temperatures, time trials will not be held during the fall and winter training camps in Toronto and Montreal.

Stroke Camps are extended practices that will be used to further athletes' understanding of efficient paddling technique, as well as prepare athletes for each testing parameter. Stroke camps will be lead by the coaches within each region, serving as an excellent opportunity for athletes to receive quality one-on-one feedback. Each stroke camp will be unique and essential towards the team's success at the 2019 Nations Championships.





FINANCES

This program will be financially responsible and transparent. A program budget will be provided to athletes so they know what all collected fees are for, and where their money is spent. It is important to note that all coaches and staff volunteer their time because of their passion for the sport, and are not involved for personal financial reasons. A financial fund will be developed throughout the selection process to allow for a subsidy to be provided to the athletes with the greatest travel expenses. The program will also be actively pursuing sponsorship and fundraising initiatives.

Selection Process Fees

Event	Fee
Personal Sport Profile Creation Fee	\$28
Athlete Registration	\$80
Summer 2018 Training Camp	\$50
Fall 2018 Training Camp	\$60
Winter 2018/2019 Training Camp	\$60
Selection Camp*	\$80
Total Selection Process Fees	\$358

*Athletes who need to travel to attend this camp will not be charged a Selection Camp fee.

The fee for the World Championships is dependant on many factors, and will be announced as soon as it is decided.





COACHES AND STAFF

WESTERN CANADA

Provinces: British Columbia, Alberta, Saskatchewan, Yukon, and Northwest Territories

Base: Vancouver, BC

COACHES



Aidan Menard and Shamus Menard Head Coaches / Program Directors

Aidan and Shamus Menard have been competing in dragon boat since 13 years of age. Starting from a recreational junior team based in the West End of Vancouver, they quickly developed a passion for the sport and a desire to win. They changed schools to train

with Eric Hamber Eternal Dragon so they could grow as athletes in a competitive environment. With Eternal Dragon, they raced at the 2013 Canadian National Championships, earning one gold and two silver medals. In their final year with the team, they competed at the 2014 Club Crew World Championships where they swept the Junior A division bringing home 8 gold medals.



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After leaving Eternal Dragon in September 2014, Aidan and Shamus began to coach the team while continuing their pursuit of athletic excellence on One West. In 2015, they lead Eternal Dragon as coaches to it's best performance in 17 years, breaking the 16-year winning streak of their rival team at the Concord Pacific Vancouver Dragon Boat Festival. Concurrently, as athletes, Aidan and Shamus earned a silver medal in the mixed competitive A division at the Concord Pacific Vancouver Dragon Boat Festival with One West, a silver medal in the U24 mixed division at the Canadian National Championships, and 7 gold medals at the World Nations Championships as a part of the U24 National Team at 18 years of age.

In the following two years, they spearheaded a coaching staff of 6 to bring Eternal Dragon to the 2016 and 2017 Canadian National Championships, placing first in the Junior mixed, open, and women's divisions both years. At the 2017 Canadian National Championships, they lead Dragon Zone U24 Open to win every race in the U24 open division, claiming first place overall. Additionally, they lead the Dragon Zone U24 Women to a third place finish and Eternal Dragon U24 to a second place finish in the U24 mixed 200m, and a 5th place finish overall. Their athletic achievements during these two years include: two bronze medals in the Premier Mixed Competitive A Division, one gold medal in the Premier Open Competitive A Division, and one gold and one silver in the International Cup 100m Knockout event at the Concord Pacific Vancouver Dragon Boat Festival. Additionally, Shamus raced with the 2017 Premier Open National Team in Kunming, China.

In the last three years, Aidan and Shamus have shown great initiative in developing the paddling community through the founding, managing, and coaching of the Langara College Ligers, University of British Columbia Current, Juice, and the Creekside Paddling Club canoe/kayak sprint team.

STAFF



Ryan Wong
Physical Therapist

Ryan Wong is a certified and practicing Physiotherapist based in Vancouver, BC. Ryan Wong completed his Bachelor of Kinesiology from the University of British Columbia in 2015 before achieving his Master of Physiotherapy in 2017 from the same institution. He is also a Certified Personal Trainer and holds a Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy: Level 1. His

other certifications include Standard First Aid BC CPR-C and AED. Ryan also brings his 7 years of competitive dragon boat experience to this role, allowing him to effectively diagnose the source of injuries in relation to the sport.

Ryan's primary role within the program is injury diagnosis and treatment prescription. The treatment types permitted will be stretches, self myofascial release (SMR) strategies and locations, athletic taping, and resistance exercises for strength development (eg. Bands, bodyweight, light weights). His secondary role is to contribute towards injury prevention initiatives in conjunction with Terence Yu and Mariane Gaumond. An example of this would be a group stretching or SMR session to educate athletes on how to safely and effectively use these recovery methods to minimize injury risk.

Based out of Vancouver, Ryan will have moderate involvement in this program. He will attend one day for each Vancouver Fall and Winter training camps, two days for the pre-worlds training camp, and lead one stroke camp on injury prevention. When the team is in Thailand for the championship, Ryan will be available for one hour of communication with the team each day to help maintain the athletes' ability to perform.

CENTRAL CANADA

Provinces: Ontario, Manitoba, and Nunavut

Base: Toronto, ON

COACHES



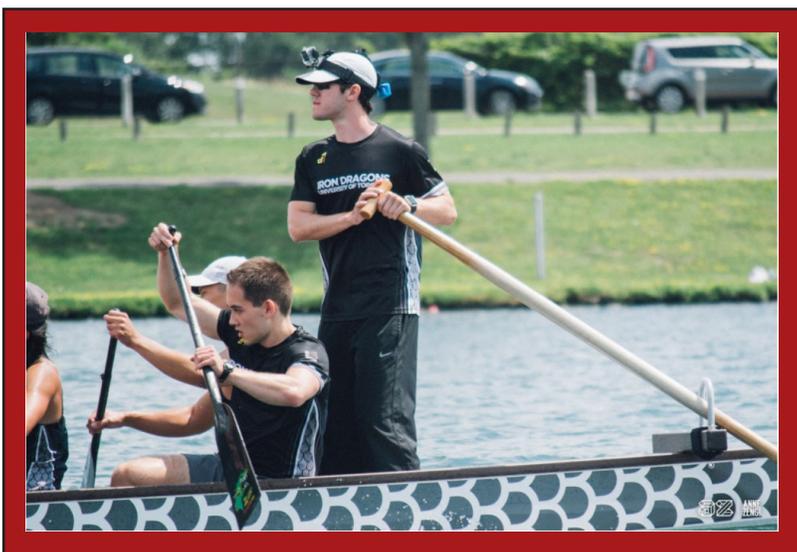
Terence Yu National Assistant Coach

Terence Yu has over 8 years of paddling experience and has been involved with the sport of dragon boat since 2010. He studied kinesiology at the University of Western Ontario, where he started paddling for the UWO Dragon boat team (Western Mustangs) in his first year. Since then, he has developed a passion for the sport and advanced through the ranks, first becoming a dryland coach (2012-2013), then the team's head strength and conditioning coach (2013-2014), and finally the current head coach since 2014.

Throughout the span of this time, Terence gained many athletic experiences, racing for the U24 Canadian National Team in Szeged, Hungary (2013) and in Welland, Canada (2015). He has also been paddling with the New Dragons Racing Club since 2013 and represented the club in Ravenna, Italy at the Club Crew World Championships (2014).

As Terence achieved success as a dragon boat paddler, he developed a passion for coaching and sharing his love of the sport to his fellow paddlers, friends, and teammates. He decided to pursue his Masters degree (2016) at Western University in kinesiology, with a specialization in coaching. He gained hands-on experience with athletes from different sports in a weight-room setting, where he developed techniques to minimize risk of injury, reduce the stress that athletes were experiencing from the nature of their sports, and recovery methods to prevent further injury. As his final assignment, he wrote “Prioritize Long Term Health: Preventative Exercises for Dragon Boat Athletes” as a requirement to obtain his Masters degree.

As a recent graduate, Terence continues his love of coaching by sharing his knowledge of dragon boat and strength & conditioning. He has been a coach for multiple community teams, such as Community Wave (2017), University of Toronto Medicine Pacemakers (2017), and P&G (2017). He is currently a strength & conditioning coach at Afterburn Fitness (2016-present) and the head coach for the University of Toronto Crimson Tide Dragon Boat Team (2017-present).



Michael Lucky Regional Coach

Michael Lucky has been the head coach of Iron Dragons since September 2016. At the 2017 Canadian National Dragon Boat Championships, Iron Dragons were the University National Champions, U24 Mixed silver medallists, and U24 Women’s silver medallists.

Michael previously paddled on Iron Dragons for four years (2012-2016) before joining his current team Hammerheads. He has represented Canada at the 2014 Club Crew World Championships with New Dragons Racing Club and the 2017 World Nations Championships on the U24 National Team.





Elizabeth Yee Regional Coach

Elizabeth has an extensive athletic history. She learned to paddle on the Pickering junior team in 2009 before moving on to the York University Dragon Boat Club for 8 years (2010-2017). In this time, she competed with the U18 National Team in 2009 and the U24 National Team in 2011 and 2013.

Elizabeth has coached the York University Dragon Boat Club for a total of three years. During this time, she grew the team to a three-boat force, and achieved top 3 finishes at local regattas and the 2017 Canadian National Championships.

EASTERN CANADA

Provinces: Quebec, New Brunswick, Newfoundland and Labrador, Prince Edward Island, and Nova Scotia

Base: Montreal, QC

COACHES



Jean-Anthony Malouf National Assistant Coach

Jean-Anthony Malouf earned his bachelor in Kinesiology in 2015 from the University Laval in Quebec city. After being invited to try dragon boating with a student team in 2007, he was immediately hooked. Since then, he has spent his time developing the sport, from coaching all levels teams to volunteering for DBC as an eastern representative on their board of directors. He is currently coaching H2O U24 and is the only H2O personal trainer.



During his 11 years in dragon boat, Anthony raced mainly in the Open division. He paddled at almost every National Championships since 2011 with MFM (2012, 2013) and Arsenal (2014-present). He grew as a paddler by attending the CCWC in Ravenna in 2014 with Arsenal.

At the University Laval, Anthony worked with many movement analysis tools and explored how they could improve dragon boat athletes' selection and training processes. After his studies, he worked in a gym as a personal trainer to improve his efficacy in developing exercise programs based on the clients needs and athletic history. To make the best of his time, Anthony volunteered with Cours Ta Reussite, an organization that helps students to pursue their studies by using sport as a source of motivation. His work was to assess injuries and suggest a program to help them recover.

His work with H2O U24 helped him sharpen his coaching abilities with young athletes, training them in both a group and individual setting. Anthony believes that U24 athletes have a strong bond with their peers, and by unifying the coaching technique across the country, the athletes involved in this program will achieve their full potential.

Michael Wu Regional Coach



Michael has been involved with the Canadian National Team since his selection to the U23 National Team in 2009. He moved on to the Premier National Team for the 2013 World Nations Championships before shifting his focus towards coaching. Michael's most outstanding coaching accomplishments include being the Program Director for the 2015 Junior National

Team (where the team won the junior cup for overall results) and the head coach for True Grit since 2012. In Michael's time coaching True Grit, the team has claimed a bronze medal at the 2012 Club Crew World Championships and first overall in the U24 division at the 2017 Canadian National Championships.

Mariane Gaumont Regional Coach



Mariane has had a brief, yet highly competitive period of exposure to the sport of dragon boat. She competed as a paddler at the 2017 Canadian National Championships for Arsenal Mixed and Womens, and Phoenix Firefly. In just the last 1.5 years, she has coached Shockwave-Gozness, Draveurs, BDHQ, Internation, Water Rocket, and Bell.

Mariane brings her professional and academic experience to the program as a personal trainer and physiotherapist.





TEAM PHILOSOPHY

This program is proudly organized and executed primarily by athletes who have represented Canada on the U24 National Team. The aggregation of our experiences, and the lessons derived from them, were a driving force in shaping this program. With experience stretching from the 2009 world championships in Prague, to 2017 in Divonne Les Bains, this program addresses the previously unmet evolving needs of Canadian U24 athletes. This program will not only produce a high performing U24 National Team, but also stimulate growth in the U24 division across the country and inspire athletes to pursue excellence in Dragon Boat racing above and beyond the U24 division.

A principle of this program is its involvement and collaboration of coaches from 6 of the country's highest performing U24 teams. This program boasts coaches from Dragon Zone U24/Eternal Dragon, Western University, H2O Playground U24, True Grit, Iron Dragons and York University Lions. This alliance will result in the sharing of techniques and ideas between U24 teams across the country. Furthermore, this allows for the swift advancement of the Canadian U24 dragon boat community towards a standardized technical approach. This will lay the foundation for more unified future Canadian U24 National Teams and produce greater success at IDBF World Nations Championships.

Although the historical success of the Canadian U24 National Team is extensive, the emergence of competitors such as the Thailand U24 program has highlighted the need for the development



of a higher performing program. In 2017 Canada's most successful distance against Thailand was the 500m, due to the testing and selection parameters being set up for solely the 500m. This program will test and select athletes for the 200m, 500m, and 1000m/2000m through a greater variety of erg and OC1 time trial testing than has ever been done before for the U24 program. These testing parameters will allow the head coaches to select athletes based on their strengths in each distance. The result will be Canada's strongest possible U24 team which can compete for the gold medal in all distances.

This program will provide equal opportunity to athletes across the country by redistributing funds, effectively reducing the financial burden in the most heavily impacted areas. This will be accomplished by building a financial fund throughout the selection process, and distributing this fund in the form of travel subsidies. These subsidies will be focused towards athletes who must travel and pay for accommodations for the Vancouver pre-worlds training camp.

Keeping athletes injury-free increases the longevity of their athletic career, and therefore is a priority of this program. Three methods will be used to maintain the physical health of athletes. (1) Coaches will teach paddling techniques that reduce the stress placed upon the shoulders and back such as maintaining a neutral degree of top-arm humeral rotation and a straight back. (2) Staff will prescribe a set of recovery methods for athletes to perform with the purpose of reducing tension in frequently-injured areas. (3) Coaches and athletes will consult the program's physiotherapist regarding posture and positioning to minimize the risk of acquiring an injury.

The three primary objectives of this program are: To win more gold medals than all other countries in the U24 division at the World Championships, to facilitate the development of athletes and coaches in the Canadian U24 division, and to prepare and train athletes to become future Premier National Team athletes.





TRAINING

This program's training plan is based on scientifically accepted fundamentals of training. The training begins with a macrocycle with a general focus and narrows towards a sport specific focus at the end of the 13 months of training. Within these macrocycles are several mesocycles that progressively develop the strength required to perform on race day. Within each mesocycle are several microcycles which fluctuate in volume loads to trigger physiological adaptation without causing fatigue.

The training plan begins following the Summer Training Camp in August 2018, and concludes with the World Nations Championships date in August 2019. The types of training included in this program are: Dragon Boat (limited to program events), Resistance Training (frequency/intensity only), OC1/Erg (athletes may choose which mode of training they need to address their weaknesses), and Flexibility/Recovery.

The training plan will be provided to all athletes who are registered through Dragon Boat Canada's National Team portal and have attended a training camp. Following the release of selections, training will be provided only to the selected athletes.





RACING PHILOSOPHY

The racing philosophy is broken into two parts: Racing Strategy and Team Values.

RACING STRATEGY

Start

Theory - The start for all distances will be identical. The goal of the start is to get the boat up to top speed as quickly as possible and hold it there for a short time. Relative to other teams, the goal is to use the start to take the lead by as much as possible, so we can race from the lead of the pack. This is critical because the team in the lead is mentally at an advantage, and can focus on positive and confident thoughts to widen the gap, as opposed to racing from behind and thinking about catching up. The confidence provided by this strategy is of particular importance in the U24 division where you can have a much greater impact on the moral of the opponents due to the athletes being less experienced than in the premier division, for example.

Mechanics - During the start, full length strokes will be taken at all times. The recovery phase duration (air time) will be as little as possible, meaning that from the exit point to the catch, athletes will move as quickly as they can. The result is maximized time spent in the pull phase, so the boat can



increase speed at the fastest rate possible. There will be maximal effort on every stroke. Due to this constant maximal effort being applied repeatedly, the boat will increase in speed, and subsequently the water moving past the boat will also increase in speed. This faster water, coupled with the continued maximal pressure, will result in the stroke rate increasing gradually throughout the start. The stroke rate will increase only due to the preceding sequence of events, and not artificially through the shortening of the stroke length. As the crew comes close to the end of the start, there will be a plateau in stroke rate, this is the top speed the crew is capable of. After holding this top speed for a short time, the transition will occur.

Transition

Theory: The goal of the transition is to decrease the effort level from a maximal effort start to a pace that can be reasonably held for the duration of the race. As such, the duration and execution of the transition will change depending on the distance of the race. The transition will use the momentum created in the start and carry that forward into the body of the piece.

Mechanics: A call from the drummer will signal the end of the start, and the beginning of the transition. Immediately the athletes will begin to increase the air time, and decrease the pressure in the pull phase, all while maintaining the same full stroke length. The amount of air time and pressure in the pull phase established at the end of the transition is fully dependant on the distance of the race. After the correct rhythm is established the body of the race begins.

Body

Theory: The goal of the body is to paddle at an effort level (pace) which can be held for exactly the duration of the race. If the pace is too high then the crew will reach exhaustion too early and will result in a slower time, and if the pace is too low then the crew will not be fully exhausted at the end of the race and will result in a slower time. The role of the drummer and steersperson is critical in the body of the race. Various calls will be made throughout the body to ensure perfect execution of the race plan and make adjustments during the race where necessary.

Mechanics: Technical calls will be made by the drummer and steersperson to reinforce the crew's paddling technique throughout the race, while also keeping the crew calm and focused.



Examples of technical calls to be used are: “air time”, “swing”, “catch”, “hips”, “rotate”, “get big”, etc. Motivational calls will be made by the drummer and steersperson to maintain the effort level and confidence of the crew even when experiencing fatigue or doubt. Examples of motivational calls to be used are: “I need more”, “give me more”, “let’s take it”, “open the lead”, “right there”, etc. Tactical calls will be made by the drummer and steersperson to implement a dynamic race strategy where the athletes behave differently. Examples of tactical calls to be used are: “3-2-1-push”, “easy”, “spike”, “pry”, etc. Consistency of pacing through the whole body of the race is critical, as once the boat speed changes it’s very challenging to return to the desired speed.

Finish

Theory: The goal of the finish is to act as a motivational call to signal the proximity of the finish line. The crew will either increase or maintain their current pace to make sure they use all their remaining energy before the finish line.

Mechanics: As the crew nears the finish line, the drummer or steersperson will call “finish”, followed by a series of motivational and technical calls. The expectation is that the athletes will re-evaluate their remaining energy, and work at a pace which will leave them fully exhausted at the finish line. A primary focus of the finish is to maintain the integrity of the stroke, perfect technique, and the ideal rhythm despite inevitable fatigue.

TEAM VALUES

Passion

The sole motivation for everyone involved in the program is their love of sport. All athletes, coaches, and staff know the benefits of sport first-hand and work diligently to spread it. At the championship the team will embody this passion in everything they do.

Fairness

This program will represent Canada with pride by understanding the rules of racing and always abiding by them without exception. The team will focus entirely on having the best performance possible without seeking any unfair advantages to ourselves, or disadvantages to other teams.



Respect

At all stages of the program, whether it's a stroke camp or at the championships, all participants in this program will show the highest level of professionalism and respect for all other parties. This means athletes will listen to the coaches' instructions and allow anyone to speak openly during a debrief. Coaches will actively and openly seek the opinions of the athletes at various stages of the program because their opinion is valued. During races, the program will listen to the officials' instructions and demands without question. At the championship, both on and off the water, all participants in the program will be respectful towards competitors and be grateful for the benefits that healthy competition brings to everyone involved.

Growth

Implement the culture of performing to the highest level possible regardless of placement, and of continually improving throughout the duration of the competition through identification of inefficiencies in post-race debriefs. Leaders are developed through debriefs and during-practice feedback.

Excellence and achievement

Excellence is exemplified by Canada's U24 National Team performing at the highest level possible, and achievement is winning gold medals in all distances and categories. This program will use these performance goals to motivate everyone involved throughout the cycle and will embody everything the program does.

The U24 National Team program would like to thank Ed Nguyen Photography and Caotography for contributing their work for this document.

