

# 2019 U24 NATIONAL TEAM TESTING PROTOCOLS VERSION 2, JUNE 10TH, 2018



**DRAGON BOAT CANADA  
BATEAU-DRAGON CANADA**

# ATHLETE SELECTION

Athlete selection will be based on three sets of objective performance indicators and two sets of subjective criteria. The breakdown is as follows.

Testing Criteria	Specifications	Weight (%)
OC1 Time Trial	150m, 330m, 660m	30
Paddle Ergometer Test	200m, 500m, 1,000m	30
Technique	Subjective Assessment	20
Fitness Testing	Bench Press, Pull-ups, Sit-ups	15
Attitude/Coachability/Adaptability	Subjective Assessment	5

## OC1 Time Trial

The OC1 time trials will be performed using OC1s that are as similar as possible in make, model, weight, and degree of wear. Amas rigged on the paddling side, paddling on one side only with an IDBF approved dragon boat paddle. The start order may be in heats or staggered, dependant on the distance, conditions, and schedule.

## Paddle Ergometer Test

Erg testing will be conducted one week prior to each training and selection camp, and will be administered by a Program Coach in each region (exact testing dates, locations and times will be communicated to registered athletes). It is understood that every machine is different, and therefore no two tests can be perfectly compared. All steps will be taken to create the most fair selection process possible. As a result of the U24/Premier National Team integration plan (elaborated upon in the U24 National Team Information Package), this program's paddle ergometer test settings are identical to those of the Premier National Team program.

The settings will be:

- 45kg weight for women, 68kg weight for men.
- 52 drag. If machine doesn't go as low as 52, use tape to cover exposed fan.
- Arm free floating.
- Barrier at 15 inches past seat.



## Fitness Testing

Fitness testing will be performed outside of camp hours. Athletes are required to videotape each component of the fitness testing, and upload the videos to a media sharing platform. The links for each component of each fitness test (before every training or selection camp) will be pasted into the DBCU24 National Team Fitness Test Submission Form at:

<https://goo.gl/forms/UjL8dzSc2XSBA6d2>. If an athlete responds to the form more than once for a single camp then only the first submission will be accepted.

For each component of the Fitness Test, athletes' form will be held to the highest standards. The purpose of this is to not only ensure the fairest selection process possible, but also to continually promote healthy training habits to minimize injury risk. If a repetition in any component does not meet these standards, then it will not count towards the athlete's score. The specific requirements for each component are listed below. Videos must be recorded from an angle which clearly shows the movements being completed in accordance with the specifications listed below.

**Bench Press:** Men: 165lbs, Women: 85lbs. Maximum repetitions until failure. 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. Grip/hand positioning must remain the same throughout the whole test.

**Pull-Ups:** Maximum repetitions at bodyweight until failure without letting go of the bar. Start first repetition from a dead hang, chin clearing the bar at the top, arms straight at the bottom. No movement from the hips or legs is allowed. Grip/hand positioning must remain the same throughout the whole test.

**Sit-Ups:** Maximum repetitions within 2 minutes. Ankles and feet held to the ground for support, shoulders must fully touch the ground at the bottom, elbows must touch the knees at the top, no movement of the arms in any way to assist the motion.



# STEERSPERSON AND DRUMMER SELECTIONS

Drummer and steersperson selections will be made based solely on a subjective assessment by the coaches. This is due to the multifactorial and highly subjective nature of the roles. The following criteria will be used evaluate and select drummers and steerspeople. 1-2 drummers and 1-2 steerspeople will be selected.

## DRUMMER CRITERIA

1. Motivational qualities
2. Technical knowledge / effective use of race calls
3. Ability to provide effective feedback in debriefs
4. Timing of calls / race strategy
5. Communication ability with athletes and steersperson
6. Ability to execute a race plan
7. Previous racing experience

## STEERSPERSON CRITERIA

1. Ability to hold a straight line while having minimal impact on boat speed
2. Proficiency in executing tight counter-clockwise turns around buoys
3. Understanding of race strategy - particularly over 2km
4. Technical knowledge / effective use of race calls
5. Race experience - specifically 2k races
6. Motivational qualities
7. Ability to provide effective feedback in debriefs
8. Respect the officials' calls

\*\*Candidates who wish to try out as a drummer or steersperson must register online through the athlete registration and notify the PDs via email of their intention to try out as a drummer or steersperson. Candidates must also attend one fall training camp, and one selection camp.

