

# SENIOR A TEAM CANADA

**PATTAYA, THAILAND 2019**

**Program Directors: Chris Edwards & Scott Murray**



## Team Overview

The 2019 Team Canada Senior A Program will progress through 4 phases:

**Phase 1 - Athlete Pool Development**

**Phase 2 - Athlete Assessment & Selection**

**Phase 3 - Team Training**

**Phase 4 - Performance (World Nations Championship, 2019)**



## ATHLETE SELECTION CRITERIA

Based upon the success of all crews in 2015 & 2017 we believe a terrific infrastructure is in place. The primary goal for the 2019 athlete selection process will be to utilize the best practices learned while also streamlining for efficiencies of cost and time.

Assessment Tools:	Assessment Criteria
Bench Press:	50% Body weight, 1 rep per second.
Pull Ups:	Grip bar with palms facing away. As many reps as possible in 90 seconds.
Paddle Erg Assessment:	1000m, 500m, 200m & Max wattage to pounds ratio - Erg tests will be video-taped for technical assessment
OC Time Trial:	We will utilize both OC-2 & OC-1 tests of various distances - OC-2 tests generally highlight a bit more power and the OC-1 test generally highlights a bit more skill and preparation - Details TBD (depends upon many factors such as water calmness and equipment availability )
If Necessary:	Video Footage: 30 second video clip in a dragon boat crew at medium to high intensity

Notes: Chris and Scott may modify any assessment at any time if they feel it is in the best interest of the program or if they come across new methodology that will prove advantageous.

## Phase 1 – Athlete Pool Development

### Projected Athlete Numbers

It is our goal to have 80 athletes register and conduct assessments in relation to the Senior A program. Our current projections provide for an expectation of the following participation (80 athletes):

Eastern Region: 30 participants

Central Region: 30 participants

Western Region: 20 participants

50% male + 50% female

Goal - 80 athletes (40 male + 40 female)

### May 2018:

Program launches featuring Senior A National Team page on Dragon Boat Canada website including: program overview, assessment criteria, athlete pool registration, detailed schedule and costs and coaches contact information

### May to August 2018:

Orientation clinics in which athletes can be introduced to the coaches and the expectations of the program can be communicated to the athletes.

Montreal - Friday June 8th

Pickering - Sunday July 8th

Welland - Monday July 2nd

Preparation for Fall Evaluation Camp. Coaches will prepare logistics, rosters/lineups and conduct athlete assessments as required.



## **Phase 2 - Athlete Assessment & Selection**

### September / October 2018:

Evaluation Camps to take place featuring fitness testing, outrigger testing, technical instruction and video assessment.

Toronto - September 22/23

Montreal - September 29/30

Victoria - October 20/21

November 15th - Invitations emailed to athletes invited to attend final selection camp.

### November 2018 to March 2019:

Athlete development (coaching) opportunities whenever possible and strength & paddle ergometer testing:

Winter Testing - December 8/9

Spring Testing - March 9/10

### April 2019:

Final Selection Camp to be conducted in Myrtle Beach, South Carolina, April 14 – 19, 2019

\*Exact date and location are still to be determined\*

Selection Camp Attendance:

Male 25 - 30 athletes

Female 30 – 35 athletes

Total: 60 athletes

Final roster selections to be communicated via email and posted on Dragon Boat Canada website approximately 2 weeks following Final Selection Camp.

### Goal for Roster Compilation:

Male 24 athletes, 1 drummer, 1 steersperson

Female: 24 athletes, 1 drummer, 1 steersperson

Total: 48 athletes, 2 drummers, 2 steerspersons, 2 program directors, 1 team manager, 1 treasurer

## Phase 3 - Team Training

### Summer 2019:

1 team development camp with focus on enhancing and improving individual and crew technique and performance. This camp will be optional for Western athletes.

Tentatively scheduled for Ottawa, Ontario June 29-30, 2019.

1 major team training camp with focus of determining racing lineups and racing strategies

Goal for Training Camp Attendance: 90% of selected roster

Tentatively scheduled for Regina, Saskatchewan immediately following Canadian Championships, 2-3 days. We will poll athletes to ensure most are attending Canadian Championships before confirming this camp.

1 team training camp with focus on racing at world championships and acclimatizing to local conditions, Pattaya, Thailand, 3-4 days

EVENT LOCATION	DATES	COST
Orientation Camp: Montreal	June 8, 2018	\$40
Orientation Camp: Welland	July 2, 2018	\$40
Orientation Camp: Pickering	July 8, 2018	\$40
Tryout Camp: Toronto	September 22/23, 2018	\$120
Tryout Camp: Montreal	September 29/30, 2018	\$120
Tryout Camp: Victoria	October 20/21, 2018	\$120
Winter Testing Regional	December 8/9, 2018	\$20
Spring Testing Regional	March 9/10	\$20
Selection Camp Myrtle Beach	April 14-19	Approximately \$380
Crew Development Camp: Ottawa	June 29/30	Approximately \$100
Training Camp Regina	July 2019	Approximately \$100
Race Preparation Pattaya, Thailand	August 2019	Approximately \$200



## Phase 4 - Performance (World Nations Championship)

World Nations Championship, Pattaya, Thailand - August, 2019



## Contact Information

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