



## Canadian Senior C Program for 2019 IDBF World Championships

Hi Prospective SrC National Team Members!

Thank you for your interest in the 2019 SrC National Team. Andrea and I are looking forward to this campaign and building on our success in 2017!

After returning from the 2018 CCWC and talking with athletes we have revised the 2018 steps for the National Team program to make it more accessible to athletes who have just, or not yet, returned from the Championships, as this accounts for the majority of our athletes. The key changes are an increase in dragon boat focused training and decrease in testing emphasis in the Ontario 2018 fall camps, the addition of an Ottawa camp on August 27-28, no cuts between the fall 2018 and sprint 2019 camps and a later submission deadline for the first fitness test. We are also hoping to include OC-1 instruction at the Ontario camps. We will confirm with registered paddlers once we are able to confirm equipment availability.

Please review this document for more information about the coaches, program objectives, projects, criteria, dates and costs. Please contact me directly if you have any further questions after reading the information provided here.

Sincerely,

Kamini Jain

Program Director

[Kamini@rightangleperformance.com](mailto:Kamini@rightangleperformance.com)

604-787-1965



## Canadian Senior C Program for 2019 IDBF World Championships

### Athlete Eligibility:

This program is open to all paddlers that meet the following criteria:

- 60 years or older as of December 31, 2019 *\*\*Please note: this is a change in eligibility date from previous cycles where June 1 was used.*
- Canadian Citizen, Landed Immigrant Status or resident of Canada for a minimum of 3 years
- Member in good standing with DBC

We have found that athletes are tremendous recruiters for the National Team. Please encourage your friends and teammates to participate or to contact Kamini with any questions or concerns they have. Coaches, please also contact Kamini with questions or concerns. We wish to work closely with club coaches.

### How to Participate in the 2018-2019 SrC Program:

In order to participate in the 2018-2019 Canadian SrC Program, athletes (including steerspeople and drummers) must register for the program with Dragon Boat Canada through its registration portal that can be found on its website, [www.dragonboat.ca](http://www.dragonboat.ca). There is an \$80 + HST fee to register. After you register Kamini will contact you to introduce herself and learn more about you. Please make sure you enter your email of choice into the registration system.

### About the Coaching Team:

*Kamini Jain: Program Director and Coach*

Kamini led the Canadian SrC Team to a full sweep of 6 standard boat gold medals at the 2017 World Championships. She brings to this role 34 years of high-level experience as a canoe-sport athlete and thirteen years coaching dragon boat internationally. As an athlete, she is a two-time kayak Olympian and a multiple-time World champion in outrigger canoe and dragon boat. As a coach, her passion lies with the development of Premier and SrC athletes. Before directing the 2017 SrC program she led the Premier Mixed Dragon Boat Team for 5 World Championships. Kamini now looks forward to building on last cycle's success with our Canadian SrC's to reach new heights in 2019. How do you reach new heights when you won all standard boat races you ask? Well you win by more of course!

*Andrea Dillon: Coach*

Andrea Dillon is Canada's, and perhaps the World's, most experienced National Team dragon boat coach having coached at nine of 13 IDBF World Championships! She and Kamini have co-coached the Canadian SrC program last cycle and also the Premier National Team program before that. As well as her 32 years of experience in dragon boat, Andrea brings to the SrC National Team Program years of



outrigger and marathon canoe proficiency, giving her a multi-faceted, well-informed approach to body, paddle, boat and team dynamics.

### **Program overview:**

Our objective is to field the best teams yet put on the start line in this category. To do this we have done our best to put together an accessible and equitable yet challenging and results-driven program. The selection and preparation process will include regional camps in the autumn of 2018; one in Toronto, one in Ottawa and one in Vancouver; a selection camp in spring of 2019 in Vancouver, and two camps to prepare the selected teams, one attached to Nationals and one to Worlds. These are outlined later in this document. Our goals in all camps are to have every paddler learn and develop as an athlete as well to select and prepare those who will represent Canada in 2019. Athletes will be selected based on dragon boat paddling skill, performance in fitness tests, attitude, and size as it lends to boat trim. Up to ten of each male and female athletes may be selected to the team after the Fall 2018 Camps. All athletes who attend a fall 2018 camp will be invited to the April 2019 Selection Camp where final selections will be made. Athletes will be given an assessment after the fall camp so they can decide if they wish to stay in the process and, if so, how to best prepare for the spring 2019 selection camp. A total of 22 female, and 22 male paddlers and 2 steerspeople will be selected. At least one steersperson needs to be female. The drummers have already been selected; Susan Mott and Heidi Knupp.

### **Coaches' Expectations and Team Selection for Paddlers:**

Canada has so many exceptional athletes and very small margins sometimes differentiate paddlers. This makes team selection a challenge for our coaches, but one that rewards us all with world-class teams. Paddlers named to the team will show technical adaptability and a commitment to filling the technical roles requested of them. They will have strong testing scores and demonstrate this fitness in their paddling. In addition, they will exhibit exemplary teamwork skills. They will communicate on a timely basis, submitting all required information when requested. The expectation is the BC athletes will have higher on-water testing scores and athletes from colder areas of the country will have higher land-based testing scores. In some cases, size may play a role in selection as it lends to boat trim.

### **Coaches' Expectations and Team Selection for Steerspeople:**

Prospective steerspeople will be expected to attend either the Eastern or Western Autumn 2018 Camp and all subsequent camps. Athletes in these roles will not pay camp fees but will be expected to register through the DBC portal and pay the registration fee. Selected steerspeople will be expected to pay the Worlds team and accreditation fees and travel expenses, as do the paddlers. See below schedule for fees and camps.

### **Selection Elements for Steerspeople:**

Steerspeople will be selected based on the following:

- Resume, with special attention to international experience
- Observed interactions with athletes and his or her drummer or steersperson partner at camps.



- Interactions with coaches, including the ability to follow instructions and quickly adopt new calls and skills
- Observed steering skills

**Schedule, Locations and Fees:**

<p><b>Recruiting Phase</b></p> <p>April 1-Autumn Camps, 2018. Initiation fee: \$80</p>	<p>This period will be used to recruit athletes into the program.</p>
<p><b>Autumn 2018 Regional Camps</b></p> <p>Eastern Camp 1: Toronto Dates August 25-26 Outer Harbour Dragon Boat Club</p> <p>Eastern Camp 2: Ottawa Dates: August 27-28 Rideau Canoe Club</p> <p>Western Camp: Vancouver September 15-16, False Creek Racing Canoe Club</p> <p>Camp Fee: \$100</p>	<p>All athletes will be invited to this camp. It is mandatory for athletes to attend either the Eastern or Western Fall Camp. These camps will include dragon boat paddling, video review and an OC-1 instruction.</p> <p>Attempts will be made to billet athletes to minimize costs.</p> <p>All athletes will be invited to the continue in the team process through to the spring 2019 selection camp. Up to 10/sex may be pre-selected to the team.</p>
<p><b>Fitness Testing</b></p> <p>Deadline for Fitness Test #1 submission</p> <ul style="list-style-type: none"> <li>• October 15, 2018.</li> </ul> <p>Other testing deadlines:</p> <ul style="list-style-type: none"> <li>• Dec 31, 2018</li> <li>• March 31, 2019</li> </ul>	<p>Testing results can be submitted any time between June 1 and October 15.</p> <p>Results in this test will familiarize the coaches with the strengths of each athlete and provide each athlete with information on which set his or her training goals.</p>
<p><b>Training and Fitness Testing Phase</b></p> <p>October 2018-April 2019</p>	<p>Both named and potential athletes will be followed and tested throughout the off-season. Athletes will be given feedback after the Autumn Camps and throughout the winter as requested to help them prepare for the Spring Camp.</p>
<p><b>Spring Selection Camp</b></p> <p>April 15-19, 2019: Vancouver</p> <p>Camp Fee: \$200</p>	<p>This camp is for both selected Worlds athletes and Athlete Pool athletes and attendance is mandatory.</p> <p>Attempts will be made to billet athletes to minimize costs.</p>

<p><b>Team Selection</b> May 1, 2019</p>	<p>22 male and 22 female paddlers, two steerspeople and two drummers will be named to the roster</p>
<p><b>Nationals Camp</b> Regina, Saskatchewan</p> <ul style="list-style-type: none"> <li>• July 22-24</li> <li>• No Fee</li> </ul>	<p>There will be a three-day camp immediately after nationals. This camp will be mandatory for team members.</p> <p>Unconfirmed Nationals dates are July 19-21, 2019</p>
<p><b>IDBF World Championships</b> <b>Pattaya, Thailand</b></p> <ul style="list-style-type: none"> <li>• Practices: August 17-19</li> <li>• Race days: August 20-25</li> <li>• Team Fee (including accreditation): \$250</li> </ul>	<p>3 training days and 6 racing days</p>

### **Time Trials:**

The Autumn 2018 Western camp will include an OC-1 time trial. The general experience of Western athletes to OC-1 paddling and accessibility of canoes makes this beneficial. The Eastern camps will instead have OC-1 instruction, providing equipment is available. This will help the athletes less familiar with OC-1 know how to prepare for the OC-1 trials at the spring 2019 selection camp. For the Western camp and the 2019 spring section camp, the distance of the time trial will be approximately 250m. Paddlers will paddle on their dragon boat side with a dragon boat paddle with the boats rigged on the same side. Paddlers unfamiliar with OC-1 paddling will not be penalized for a poor performance as accessibility to this equipment is not equitable throughout the country. However, a paddler with outstanding testing results will be seen as one with exceptional paddling-specific fitness and/or a superior understanding of boat propulsion. A collateral benefit of this testing is to introduce paddlers to this mode of training who have not been provided with such access before. Although this mode of testing can be intimidating, a lack of experience should not deter a paddler from participating in this program. Kamini will provide videos for guidance on OC-1 paddling and trialing.

### **Fitness Testing:**

Please see Appendix 1 for the testing procedure.

Fitness testing will be completed three times in this cycle: by October 15 and December 31, 2018 and March 31, 2019. Athletes will be expected to be supervised and to submit their results by the submission deadline via a survey link that is provided in an Appendix. If you have an injury that precludes you participating in a given test, a substitute test will be provided. Winter testing for coastal BC athletes will include an on-water OC-1 time trial component while all other athletes will submit kayak-pro ergometer



results instead. This allows athletes to be tested on the paddling-specific tool they use most often for training. Vancouver Island paddlers can choose whether they test on the kayak-pro ergometer or OC-1 as they have access to both. If paddlers do not have access to a Kayak-Pro ergometer or an OC-1 and thawed water they will test instead on a Concept 2 Rowing Ergometer. For BC Coastal athletes only OC-1 or Kayak-Pro testing is acceptable.

### **Exemptions:**

If you need an exemption from any component of this program please write Kamini outlining your situation. An accompanying coach's recommendation or health professional assessment would be preferred.

### **Fundraising and Sponsorship Committee:**

We have a committee in place that has started exploring fundraising and sponsorship possibilities. It would be a huge asset to have members from outside of FCRCC on this committee. If you are interested in joining the committee, would like a copy of sponsorship materials to pursue a potential sponsor or have leads or ideas you'd like discuss with the committee please contact Kamini at [kamini@jwillbefast.com](mailto:kamini@jwillbefast.com)

### **Travel Committee:**

If you are interested in helping with travel arrangements please contact Judy at [jacomer@telus.net](mailto:jacomer@telus.net)

### **Billet Finder for Camps:**

It would be so fantastic if we could find hosts for every out-of-town paddler who would like one for the Toronto, Ottawa and Vancouver camps. If you are from one of these places and are willing to help find billets in your area, can you please email me at [kamini@rightangleperformance.com](mailto:kamini@rightangleperformance.com)

### **How to Participate in the 2018-2019 SrC Program:**

In order to participate in the 2018-2019 Canadian SrC Program, athletes (including steerspeople and drummers) must:

- 1) Register with Dragon Boat Canada. [Click here.](#)
- 2) Please provide us with some information about yourself at:  
<https://www.surveymonkey.com/r/SrCNTinfo2019>
- 3) Submit results by October 15 to <https://www.surveymonkey.com/r/SrCNTfittest>

Please contact Program Director Kamini Jain at [kamini@rightangleperformance.com](mailto:kamini@rightangleperformance.com) with any questions.



## SrC National Team Fitness Test

Submission Dates:

1. October 15, 2018
2. December 31, 2018
3. March 31, 2019

Please submit your results via the following link:

<https://www.surveymonkey.com/r/SrCNTfittest>

Videos are available that show testing and paddling advice at <https://vimeo.com/album/3979770>

Password: Canada 2019.

Please complete the items 1-4 within the same gym session (<90 min). Within this time-frame, take however much rest you feel will get you the best result. The erg tests can be done on a separate day from the other tests, but please complete both distances in the same session. Again, rest as you wish between tests within the one session.

### 1. Weigh-in

Please use an accurate scale in pounds. Body weights will not be shared with others. Weight may play a factor in crew selection with respect to how it affects boat balance.

### 2. Bench Press

From straight arms to 90 degree bend of elbows. As many repetitions as possible on one minute.

Weights:

- Men: 80% of body weight rounded down to closest 5 lb increment
- Women: 70% of body weight rounded down to closest 5 lb increment

### 3. Back Strength Measure

- Men: Pull-ups. Palms facing forward, from full extension to chin over bar. Keep body hanging straight during pull (no kipping/kicking). As many repetitions as possible in 1 minute. Rest is permitted within the minute.
  - If you cannot complete any chin-ups, please submit a lat-pull result as described below

with 85% of your body weight, rounded down to the closest 5 lb increment

- Women: Lat-pulls. 70% of body weight, rounded down to the closest 5 lb increment. Palms facing forward, from full extension to chin over bar. No leg support holding legs down. As many repetitions as possible in 1 minute. If possible, please use Life Fitness's single pulley Lat Pulldowns machine. These are available at every Vancouver community center. If you live elsewhere and know the location of such a machine, please email Kamini and she will spread the word.
  - Women are welcome to submit pull-up results in addition to lat-pull results if they wish.
  - There is a lat-pulls video at the above link. Please ignore the specificity of the weight being used.

4. Flexibility testing. The flexibility tests are best described with videos. You can find them at <https://vimeo.com/album/3979770> Password Canada 2019.

The three tests are:

- a. Shoulder Test
- b. Rotation Test
- c. Sit and Reach Test

5. Paddling Specific Measure

Prairie, Central, Eastern and Inland BC athletes:

KayakPro Paddling Ergometer:

- Testing on D-1, (or O-1 with a D-ring secured paddle)
- Paddling on one side only
- D-ring fixed 3<sup>rd</sup> slot from the bottom
- 200m and 500m. Complete the 500m test first.
- Men's settings: Drag factor: 70, Weight: 75
- Women's settings: Drag factor: 70, Weight: 65

Calibration instructions can be found at <http://rightangleperformance.com/wp-content/uploads/2016/02/ergcalibration.pdf>

Alternate test for those in frozen climates if a KayakPro ergometer is not available:

Concept 2 Rowing Ergometer:

- Drag factor: TBD
- 2:30 minutes and 1 minute. Complete the 2:30 minute test first





Coastal BC athletes:

OC-1 Time Trial:

- Autumn Camp 2018: ~250m
- November 2018: date TBD. 5 km with outrigger blade
- March 2018: date TBD, ~250m
- Spring Camp 2019: ~250m

All testing results other than body weight will be sent out to all participants as ranges and average performances. The top three performers in each test and their results will be acknowledged.

*Please do not let existing injuries or unfamiliarity with testing equipment deter you from trying out for this team. We understand that various injuries present themselves during life that may thankfully allow us to paddle at a high level but do not permit certain other activities. Please consult Kamini for advice and possible alternatives.*