

**2023
national
team**

ORIENTATION

A large group of rowers in a dragon boat on a lake, with a building and trees in the background. The rowers are wearing various colored shirts and are actively rowing. The boat is decorated with a dragon head at the front. The background shows a grassy bank and a building with a red roof.

WELCOME TO THE
PARA PROGRAM

BIENVENUE AU
PROGRAMME PARA

PARA PROGRAM SPECIFICS

- IDBF created Para division in 2019 cycle, Philippines were the only entrants
- Covid-19 disrupted 2021 cycle; 2023 will be Canada's first representation on the IDBF world dragon boat stage by a Para Dragon Boat team
- Eligibility
 - ❖ Any gender
 - ❖ 12yrs or older
 - ❖ Canadian Citizen, Landed immigrant or resident (3+ years)
 - ❖ Member in good standing with Dragon Boat Canada
 - ❖ Athletes with a psychological, sensory, physical, neurological and/or developmental disability – IDBF medical form required for any athlete identifying as a para athlete
- We will be fielding a **PD2** team, this includes non-Para athlete positions
- **The Paradrageon division consists only of the open category**
- *All athletes must race in approved PFDs in the Para division as per IDBF rules (under review, may be scrapped)*

DISABILITY DEFINITION

- IDBF – a disability is any diagnosed physical, psychological, sensory, neurological and/or developmental impairment that affects the way in which a paddler participates in the sport of dragon boating
- Examples:
 - Psychological – ADHD, Learning Disability, Depression, Anxiety
 - Sensory – Vision or Hearing Impaired
 - Physical – Paraplegia, Limb Loss, Mobility Restriction, Muscle Weakness
 - Neurological – Multiple Sclerosis
 - Developmental – Down Syndrome
- This list is by no means exhaustive and while I am not an expert in all conditions, I can confer with those in the know on any eligibility questions

PARA CREW COMPOSITION

- There are 3 Paradrakon Crew Classifications according to the IDBF:
 - PD1 – Full Paradrakon
 - All paddlers have different types and/or levels of disability
 - *****PD2 – Partial Paradrakon*****
 - Half of the paddlers have disabilities
 - PD3 – Specific Paradrakon
 - All paddlers have a specific type of disability
- Benefit in applying as a non-Para athlete include helping build the team, gaining international experience & increasing your exposure to other national team coaches in your age groups
- Drummer & steersperson do not count in 50:50 ratio
- Final crew composition will depend on the number of skilled participants available to the program

PROGRAM DIRECTOR: KATY MILNE

- Cancer researcher by day with BC Cancer
- Started dragon boat & outrigger in 2001; previously rowed
- Dragon Boat & Outrigger coach since 2002 including Paddlers of the Fifth Moon (est. 2001) & Snappin' Dragons (est. 2011)
- Competitive level dragon boat coach & NCCP level 2 theory
- 2019 cycle – Mentee coach, DBC NT Coaching Mentorship Program, with Senior C under Kamini Jain & Andrea Dillon
- 2021 Cycle – Assistant coach Senior C under Andrew Milner
- 2023 Cycle – Program Director for Para Team
- Strongly values solid technique, inclusivity & creative problem-solving in creating team blend



PROGRAM MANAGER: SUSIE CURNOW

- Day job - Educational Assistant working in a high school Inclusive Education program
- Started dragon boat & kayaking in 2003, outrigger in 2010, rowing 2021
- Worked with people of all ages with special needs within school districts & community recreation settings for 25+ years
- Captaining & managing dragon boat teams and working alongside Katy for 20yrs
- Co-captain/co-manager of Snappin' Dragons Women's team (est. 2011)
- Club coaching experience in dragon boat, volleyball, rugby & soccer
- Brings strong values, organization skills & problem-solving skills
- Looking forward to this amazing opportunity & feel honoured to be a part of this grassroots team



PROGRAM GOAL

- The goal for this cycle is to put together Canada's first Paradrugon team for the IDBF world championships in Hong Kong (or Thailand???)
- This team will serve as the benchmark for all future Canadian National Para Dragon Team Performances, we want to set the bar high
- Building a successful national para program should also have a long-term effect in promoting para dragon boat racing in Canada and helping to establish even more para teams. This will ensure an even more robust national Para team program in future. It starts here.



PROGRAM PHILOSOPHY

- The aim is to build on skills/fitness already developed under the athlete's individual & club training plan
- Team training will focus more on technical and team blend than strength & fitness development which will be assessed as part of the selection process
- We will select the strongest candidates & blend them into a cohesive, high performing crew
- We will use a collaborative approach to building & blending the team. I not an expert in any disabilities that prospective athletes may be living with & will rely on a partnership with the athlete to provide the best blend
- We are committed to providing an inclusive, safe training environment for all athletes based on mutual respect for all involved
- Race strategies will be developed based on experiences & abilities of the team rather than imposing pre-directed strategy
- To ensure a cohesive technical approach we will follow the DBC National Team Technical fundamentals

DRAGON BOAT CANADA TECHNICAL FUNDAMENTALS

Stroke Phase	Basic - Position/Motion	Advanced - Load	High-Performance - Speed
Overall positioning	<ul style="list-style-type: none"> • Good posture, back straight, shoulders down • Solid but relaxed grip • Spine straight, no sideways curve • Head and eyes pointed forward • Body weight to paddling side • Shoulder lightly in front of hips 		
Set-up	<ul style="list-style-type: none"> • Core/Torso posture • Stable seated position • Hip to Shoulder rotation at setup • Shoulder down and engaged, not stretched forward or up 	<ul style="list-style-type: none"> • Strong, open extended top arm • Bottom arm extended, but not locked • Lower body load - loaded leg and rotated hips • Tall body - hinge to use for entry 	<ul style="list-style-type: none"> • Effective reach vs. absolute reach • Complete set-up before moving to water
Catch	<ul style="list-style-type: none"> • Move body to water • Paddle positive or 90 degrees at bury • Held rotation through hips to shoulders • Fully buried blade before pull • 	<ul style="list-style-type: none"> • Applying weight to the water • Finding support from the water • Dropping bottom shoulder/lat to catch • Loading top arm through body • Finding load through body, not with arms 	<ul style="list-style-type: none"> • Quick engagement to support • Clean entry • Establishing load immediately at entry

DBC TECHNICAL FUNDAMENTALS CONT'D

Stroke Phase	Basic - Position/Motion	Advanced - Load	High-Performance - Speed
Pull	<ul style="list-style-type: none"> • Lower Body as force generator • Hip - Core - Shoulder sequence of motion • Constant depth of pull • Even distribution of movements throughout stroke • Top hand over water from catch to exit • Paddle path tight to boat 	<ul style="list-style-type: none"> • Lift(sit-up) and de-rotate at the same time as soon as load is established • Lower (Paddle-side) Lat engaging • Lift torso through downward pressure on support from the water • Downward pressure on blade • Top arm pressure tracks down the paddle shaft • Maintain pressure and connection to the boat through contact points (feet and "seat") 	<ul style="list-style-type: none"> • Constant load on paddle, acceleration through the stroke • Body at pace with hands/paddle through stroke
Exit/Recovery	<ul style="list-style-type: none"> • Body always slightly forward, athlete tall at exit • Top arm not dropping below sternum • Body movements in control through recovery • Exit position at or before hip with bottom hand (high variability between crews) • 	<ul style="list-style-type: none"> • Maintain load and pressure to exit • Use load on water to initiate exit and recovery • Reset body through recovery • Body leads movement forward to next set-up • Bodyweight stays towards the paddle side 	<ul style="list-style-type: none"> • Quick disengagement from water - minimum time from load to paddle out of water • Controlled recovery at speed - complete reload quickly to set-up • Efficient recovery - minimum extraneous motion during recovery

TALENT SPOTLIGHT & ASSESSMENT

All athletes are expected to attend 1 of 2 spotlight camps (Welland Sep 30-Oct3, Burnaby Oct 14-17). The camps will include OC1, P-ERG, & Dragon Boat practice.

Each athlete is required to attend 2 of the 4 days. General schedule:

- Day 1 & 2 - All women Junior, 24U, Premier and Senior A
- Day 2 & 3 – All men Junior, 24U , Premier and Senior A
- Day 3 & 4 – All athletes aged 50 and over, and Para Athletes

Working on getting a para boat for Welland at least (Burnaby will depend on numbers). Current options are Day 2 5:30pm or Day 3 at 5:30pm.

The testing protocols for the athletes at the talent showcase are as follows:

- P-erg 2:00 & 4:00 for distance
- No OC testing required for Para (150m/350m for other programs)

PROGRAM SELECTION PROCESS

Phase 1 – Preparation and Selection

Fee \$300

Fee includes athlete preparation, indoor testing & Talent Spotlight Camp

- Program Orientation
- Talent Spotlight camps
- Indoor Testing - Tests to be completed at specific Certified Testing Centres
 - Performance on these tests will form part of the basis for selection to the next stage of the selection process
 - P-Erg for distance 2:00 & 4:00
 - Bench pull, max reps 50% bodyweight
 - Bench press, max reps 50% bodyweight
 - Cost of entry to centres included in National Team Registration
 - Date: TBD (will aim to align with other programs); Various locations across Canada
- Technical evaluation will happen periodically through fall & winter via video

PROGRAM SELECTION PROCESS

Phase 2 – Selection

Fee \$390 (maximum, could be reduced based on numbers from phase 1)

Fee includes athlete preparation, indoor testing & spring selection camp

- Indoor Testing – As outlined previously
 - Date: TBD (will aim to align with other programs); Various locations across Canada
- Spring Selection Camp – location & time TBD, may align with other NT programs we have overlapping athletes with
- In addition to physical performance, attitude, reliability & coachability will be considered for selection; we may reach out to your coaches for their assessment of your performance in a team setting
- Note: aim is to not double roster athletes to avoid challenges at competition. If you are selected for your age group I likely will not select you for para

PROGRAM SELECTION PROCESS

Phase 3 - Crew Preparation

- Fee \$400 (estimated, likely max)
- Fee includes all IDBF & Organizing Committee Fees (Registration) & final camp
- May forego usual post-nationals camp - very close to Worlds; need to determine if post-selection camp in Canada is feasible, will likely depend on team composition
- Dates – Racing in Hong Kong Aug 7-13 (location pending meeting Sep 16); 5-day camp preceding competition on location; anticipate arriving no later than Aug 1



NATIONAL TEAM FEE SCHEDULE

All fees collected for the National Team program are used for the National Team. No revenues are used for the standard DBC operating budget or programs. All fees collected are used to compensate the Coaching staff, Coaching and Support travel, equipment and site rental.

The fee schedule for the National Team is as follows:

PHASE 1 - \$300

Due: September 15th, 2022

PHASE 2 - \$390

Due: February 1, 2023

PHASE 3 - \$400

Due: June 15, 2023

Note that this does not include your travel or accommodation costs

Link to the registration portal on the Dragon Boat Canada Facebook Page or on the Dragon Boat Canada National Team page

CONTACT INFORMATION

Contact with the National Team for athletes through the selection process will be through their respective Program Director.

Program Director/Coach: Katy Milne

Program Manager: Susie Curnow

Email: nationalparateam@dragonboat.ca

Facebook: <https://www.facebook.com/groups/348909659548251/?ref=share>

Other Relevant Websites

Dragon Boat Canada - <https://dragonboat.ca/>

Dragon Boat Canada Facebook - <https://www.facebook.com/DBC.BDC/>

DBC Para Program - <https://dragonboat.ca/para-dragon-boat/>

IDBF - <https://www.dragonboat.sport/>

IDBF Paradragons - <https://www.dragonboat.sport/paradragons>

