

U18 NATIONAL TEAM COACHES



GEOFF JOHNSTON - coach at Woodstock Dragonboat Club in Woodstock, Ontario



KAT MESSINA - coach and athlete at H2o Playground in Montreal, Québec

U16 NATIONAL TEAM COACH



KATRINA KRAEMER - coach at PDBC in Pickering, Ontario

ASSISTANT COACHES



MAXIME CARRIER - coach at H2o Playground in Montréal, Québec



BERNADETTE NG - coach and athlete at Sunnyside Paddling Club in Toronto, Ontario



KATIE TRINH - coach and athlete at 22Dragons in Montréal, Québec

Join us in our journey to the 17th World Dragon Boat Racing Championships in Brandenburg an der Havel, Germany!



Dragon Boat Canada

NATIONAL TEAM JUNIOR PROGRAM

DRAGONBOAT.CA/NATIONAL-TEAM/



@18UNATIONALTEAM

WE ARE
ONE TEAM
CANADA

OUR MISSION

Our mission is to create a world-class dragon boat team for youth 18 and under, providing them with exceptional training and opportunities to excel.



OUR GOAL

Our goal is to send 88 of the best young paddlers from across the country to represent Canada, and defend our Youth Cup, at the 17th IDBF World Dragonboat Racing Championships in Brandenburg an der Havel, Germany in July 2025.

2024-2025 SCHEDULE

The Junior National Team Selection Cycle will unfold over 10 months as follows:



SEPTEMBER-OCTOBER 2024:
Local selection camps in major cities led by NTCs and supported by local coaches



NOVEMBER 2024 - JULY 2025:
Athletes receive strength training programs and virtual support from NTCs



DECEMBER 2024:
First Fitness Test - at accredited testing centers



MARCH 2025:
Final Fitness Test - at accredited testing centers



MARCH - APRIL 2025:
Team Selection



MAY 2025:
Training camp for Junior National Team Cycle at H2O Playground, Montreal, Canada



MAY - JULY 2025:
Team training and team building activities



Paddles Up!

OUR VISION

WE BELIEVE IN EMPOWERING YOUTH PADDLERS FOR TEAM CANADA

Our vision is to build a legacy of excellence in youth dragon boat racing across Canada. We aim to develop stronger, resilient athletes who will grow into leaders, fostering a culture of inclusion and participation that will inspire future generations for years to come.