

# 2017



**United States Dragon Boat Federation**

**Premier Women  
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## **USDBF TEAM USA 2017 TESTING AND SELECTION CRITERIA**

For the World Championships, Dianchi Lake, Kunming, Yunnan China – August 23-27, 2017



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# USDBF Team USA 2017 Testing and Selection Criteria

## Quick Reference/Checklist for Team USA Premier Women 2017

Due Date	✓	Item	Requirement
31-Dec-16		Submit Initial OC1 Time Trial (or race results)	Within ~25 sec of top time for 425 m
10-Dec-16		<b>Submit Baseline Fitness Assessments (all are self-tested)</b>	
		<b>MetCon Performance – Choose one from below:</b>	
		Rowing Erg – 2000 meter time (self test, self-reported) <b>or</b>	report OR
		Treadmill Running – 1.5 mile at 1% grade (self test, self-reported) <b>or</b>	report OR
		Pool Swimming - 500-yard or 450 meter swim (self test, self-reported)	report
		<b>Strength Self-Tests</b> - Athlete's Choice - see pp 14 for suggestions - <b>choose one lift in EACH category below (3 lifts total)</b>	
		Upper Body Strength Baseline Results (self test, self-reported)	report AND
	Lower Body Strength Baseline Results (self test, self-reported)	report AND	
		Core Strength Baseline Results (self test, self-reported)	report
25-Mar-17		<b>Submit Final Fitness Assessments (all but Performance Cardio are self-tested). Must be the same tests used for initial test.</b>	
		<b>MetCon Performance</b> - must be PROCTORED or verified – <b>Choose the same one as your baseline.</b>	
		Rowing Erg – 2000 meter FINAL time (proctored/verified) <b>or</b>	for athletes over 135 lbs, 7:57. Athletes 135 lbs and less, 8:03.
		Treadmill Running – 1.5 mile at 1% Grade (proctored or verified) <b>or</b>	12:08 or better
		Pool Swimming - 500-yard or 450 meter swim	450 m - 9:20; 500 yd - 9:30 or better
		<b>Strength Self-Tests</b> - 3 lifts total - same ones <b>you chose for BASELINE.</b>	
		Upper Bod Strength Final Results (self test, self-reported)	report AND
	Lower Bod Strength Final Results (self test, self-reported)	report AND	
		Core Strength Final Results (self test, self-reported)	report
Jan - Mar 2017		Mini Camps – dates and locations TBD	-
Mar thru Apr 2017		Final Spring Camp and Time Trials - TBD	Top 22 to make team
May thru Aug 2017		Post Selection Minicamps, practice racing - Dates and Locations TBD	-
Aug 23 - 27, 2017		<b>World Championships, Dianchi Lake, Kunming, Yunnan China</b>	<b>REQUIRED!</b>



### Quick Instructions - Team USA Premier Women Hopefuls

- 1) Read this document – be aware of crew selection criteria (time trials, erg and strength requirements).
- 2) Complete the Paddler Information Form and submit it through the following web site: [http://www.usdbf.org/about\\_us/team\\_usa](http://www.usdbf.org/about_us/team_usa)
- 3) Mark your calendars for important dates – minicamps, camps, fitness testing deadlines etc.
- 4) Contact Hype Mattingly with any questions and request to be added to Team Snap for Premier Women Hopefuls  
[HypatiaSwan@yahoo.com](mailto:HypatiaSwan@yahoo.com)
- 5) Join us on FaceBook on the group “USA Premier Women Dragon Boat Team”
- 6) Train/Prepare for trials and other selection criteria
- 7) Submit Fitness Assessment results by due date (pp 2) and according to procedures for proctoring/verification and reporting your assessment results.



### Overview of Crew Selection Timeline for Team USA Premier Women

Selection for Team USA Premier Women will begin in March of 2016 and will run through May of 2017. An initial kick off training camp (optional) and time trial will be conducted in March of 2016. The remainder of 2016 will be used to conduct initial time trials around the nation in order to develop a pool for selection to the preliminary roster. Most athletes will be named to the preliminary roster by (latest) March of 2017. Under some circumstances, athletes may be named to the preliminary roster after March of 2017 at the coach's discretion (e.g. top paddlers with outstanding race results).

Selection for final roster for Team USA Premier Women will be rolling – with (possible) limited selections made following initial time trials – pending fitness testing – at the coach's discretion. Most of the selection to the final roster will occur in April – May of 2017. For the overwhelming majority of circumstances, the final roster will comprise athletes selected from the preliminary roster.

Initial fitness assessments are SELF assessments. Results must be submitted to the coach by 10 December 2016. Final fitness assessments must be submitted to the coach by March 25, 2017. The METCON portion of the final fitness assessment is VERIFIED (not self-assessed). The strength part of the final fitness assessment is SELF-TESTED.

A spring training camp and time trail is planned in April- May of 2017 (TBD). This camp is by INVITE ONLY. Performance at the camp and spring time trial will be used for selection to the final roster.

Please refer to the Selection Quick Reference and Checklist, pp2 and Timeline pp4.



## Selection Timeline

Date/Time Frame	Activity	Selection Progression
<b>2016</b>		
March 20 - 26, 2016	Training Camp (optional), Tampa with On Water USA	Initial trials/Paddler Information Form Submission (thru March 2017). Select Prelim Roster (~50 athletes). Open Practices in Philadelphia Ongoing through the world championships. Limited selection to final roster following initial trials and pending fitness assessment.
March 20 - 26, 2016	Initial Trials, Tampa	
April - May 2016	Paddlers declare intent via Paddler Information Forms (ongoing through March 2017)	
July – Oct 2016	Initial Time Trials, Philadelphia, DC, Tampa etc.	
October 2016	Initial Time Trials, Houston	
November 11-13, 2016	MINICAMP, Sarasota	
<b>December 31, 2016</b>	<b>Baseline Fitness Assessment Results Due to Coach - see Criteria</b>	
<b>2017</b>		
Jan/Feb/Mar 2017	Minicamps in warm places TBD.	Fitness Assessments - Limited selections to Final Roster
<b>March 25, 2017</b>	<b>FINAL Fitness Assessment Results Due to Coach - see Criteria</b>	
<b>April/May 2017</b>	<b>Final Training Camp (location TBD). Final Time Trials.</b>	Final Selections
June/July 2017	Tentative - Clean up Time Trials/Selection	
July/August 2017	Tentative - Practice Race - TBD	Training, Minicamps, Practice racing.
July/August 2017	Tentative - ~2 Minicamps, Philadelphia (weekend)	
<b>August 22-27</b>	<b>World Championships - Location TBD</b>	

Athletes should submit the Paddler Information Form which will serve as your intent to try out for Team USA Premier Women: <http://www.USDBF.org>

Athletes should contact Hype Mattingly and ask to get your name included on the Team Snap List [HypatiaSwan@yahoo.com](mailto:HypatiaSwan@yahoo.com) for news and updates.

**Athletes should report fitness assessment results via The Tracking Sheet (Google Docs) – no emails with results, please. The link for this document will be provided to athletes via Team Snap.**



## Selection Criteria Overview

### OC1 Time Trials

Team USA Premier Women's selection process is most heavily based on OC1 time trials and/or hull speed tests. Several opportunities for trial will be offered in 2016 in or near Philadelphia, as well as in several other locations around the country. Athletes may attend trials held by other Team USA Coaches at other locations with permission from that coach. Athletes are then expected to contact the Team USA Premier Women's Head Coach (Hype Mattingly) to communicate that intent to trial elsewhere. Athletes who made Team USA Premier Women or Premier Mixed may opt out of the initial trial and will be placed on the Preliminary Roster pending fitness assessment.

### Fitness Assessment, Technique and Other Criteria

In addition to time trials, a number of other criteria are also factored into selection – the idea being to get an all-around picture of every athlete's personal profile and that athlete's potential contribution to Team USA. The broad areas of selection criteria are Boat speed tests (e.g. time trials), paddling technique, fitness testing and TEAM attributes.

### Race Results

At the coach's discretion, athletes may submit race results in lieu of some or all of the selection criteria requirements. This option will be handled on a case by case basis. Athletes must contact the Head Coach for the Premier Women (Hype Mattingly) in order to be considered for this option.

Each of the broad areas for Team USA Premier Women selection is described in more detail in the pages that follow.

### **Athletes trying out for more than one crew for Team USA**

Athletes may be considered for other crews, in addition to the Premier Women (e.g. Premier Mixed, senior or youth crews, etc.). Those athletes should contact Hype Mattingly directly – as well as the other coaches – to determine timing, selection criteria sharing etc.



### “On Water” – Paddling and Boat Speed Tests

1. **OC1 Time Trials** – Approximate distance for trials is ~425 - 500 meters or, a course designed to be completed in approximately 2-3 minutes of paddling. **“Initial” trials** will be used to select athletes for the preliminary roster (2016). **Final trials (2017)** will be used to select athletes for the final roster. Athletes may be asked to trial more than once. In some cases, longer trial distances (e.g. 800 – 1000 m) may be used in order to further differentiate athlete boat speed performance.

Athletes who made Team USA Premier Women in 2015 are exempt from initial trials and will be placed on the prelim roster pending submission of the Paddler Information Form and fitness assessment.

2. **Paddling Technique** – on water coach assessment in a dragon boat. All Team USA Premier Women hopefuls must have Team USA Coach assessment of their paddling technique in a dragon boat. Candidates may attend designated practices with Philadelphia Fying Phoenix as well as any minicamps, camps or clinics in order to be assessed by the Head Coach for Team USA Premier Women. Athletes may also submit a short video of themselves paddling in a dragon boat (~30 – 60 sec). Youtube, dropbox or vimeo, Coach’s Eye (etc.) links are the required format. Please do not send actual video files to the coach via email.
3. **Race Results** – Time trials and race results from legitimate venues conducted under professional conditions (e.g. officiating, published results etc.) will also be factored into crew selection at coach discretion. At the discretion of the coach, athletes may also submit race results in lieu of some/all selection criteria for consideration for Team USA Premier Women. All race results should reflect races held at an international, national, regional or state level with a sufficient number of participants. Race results should reflect an athlete’s performance in a “small boat” (OC1, C1, ski, Va’a etc.). Examples of acceptable races for consideration are: USCA Nationals, Outrigger Sprint World Championships, Olympic Games, State Championships, General Clinton, Blackburn, Gorge, Sharkbite etc. The race results option will be considered on a case-by-case basis for substitution for some or all of the selection criteria. Please contact Coach Hype.





### “On Land” – Fitness Assessments

Successful Team USA Hopefuls will submit results from fitness assessments – a **Baseline Assessment** (due Dec 10, 2016) and **Final Assessment** (Due March 25, 2017). Each Fitness Assessment will include the following:

1. **METCON Performance – choose ONE of the following**
  - a. **2000 m row\*** –Regular rowing erg. Concept 2 only. Guideline for “lightweight” athletes ( 135 lbs and less) = 8:03 minutes. Guideline for rowers > 135 lbs = 7:57 min.
  - b. **1.5 mile Treadmill Run\*\*** – Treadmill, 1.5% grade. Guideline 12:08 or better.
  - c. **450 m or 500 yd Swim\*\*** – Olympic Swimming Pool. Guideline for 450 m – 9:20 min. Guideline for 500 yd swim, 9:30 min.
2. **Strength Training, 3 muscle group areas** – These are “self-tests” with the goal being “significant improvement” in strength or muscular endurance for each of the 3 areas.

\*Guidelines for the 2000 m row are based on the approximate 75<sup>th</sup> percentile of all rowers worldwide on the Concept 2 website for female rowers in the 30-39 age group.

\*\*Guidelines for the run and swim are based on the U.S. Navy Physical Readiness criteria and represent a score of “Excellent” in the 35-39 year old age group for women.

### Other Criteria – Coach Assessed

Boat speed tests, technique and fitness are all part of Team USA Premier Women selection criteria. In addition to these items are factors related to team cohesion (coach assessed) including – but not limited to – the following:

- Timely and complete submission of application materials to Team USA Premier Women’s Coach (application information form, fitness test results, video etc.).
- Attendance at camps, minicamps, training sessions (if required).
- Body size/weight – good fit with crew
- Team player – responsive to communications from coach, positive contributor, supportive of teammates.



### Training Plans for Team USA Premier Women

- **Spring 2016** – Kickoff training camp in Tampa with initial time trials.
- **Spring/Summer/Fall 2016** – Candidates independently hone outrigger/paddling and racing skills for initial time trials. Open practices for candidates with Philadelphia Flying Phoenix.
- **Fall/Winter 2016** – Recovery, cross training METCON, weights, cardio, baseline fitness assessment. Minicamp (Sarasota).
- **Early 2017** – Performance cross training METCON, weights, final fitness assessment.
- **Spring 2017** – Training camp, race strategies, fitness paddling and technique. Sharpen outrigger training.
- **June-August 2017** – Minicamps, race strategies, team building, practice races, boat seating.

**Open practices will be held in Philadelphia starting in 2016 and continuing through the World Championships.**



## Instructions - Paddling Technique and Boat Speed Assessments

### Technique Assessments

**TEST:** Demonstrate solid paddling technique in a dragon boat. Coach assessed.

### Key Technique Points

- Timing
- Core rotation dominant with some flexion at the waist
- Open body – open hips and chest – top hand away from head
- Leg drive with hip loading
- Positive angle of entry with good tip pressure
- Explosive power during drive with relaxed recovery.
- Aggressive posture – greedily and aggressively grabbing water at the catch
- Solid application of Force over the length of the stroke.

### How to be assessed by Team USA Coach

- Attend open Philadelphia Flying Phoenix practices (email Hype Mattingly for times/days) or Team USA Camps/Minicamps OR
- Submit a ~30 sec video to Hype Mattingly ([HypatiaSwan@yahoo.com](mailto:HypatiaSwan@yahoo.com)) for assessment. Acceptable formats – Youtube, Vimeo, drop box or Coach's Eye (links only – please do not send actual vids to the coach).

### Boat Speed Assessment – Time Trials

**TEST:** Time for athlete to paddle a designated distance (e.g. 500 meters) in an OC1.  
**Timed/Coach-Assessed.**

### Key Points:

- Must paddle same side for the entire distance (no huts)
- Must use a dragon boat paddle
- All paddlers who are compared will use the same (or identical) boat
- Coach or designated steer will steer if OC2 is used (coach/steer will not paddle)
- Athlete begins from a full stop. “Sit Ready. Attention. GO” starts the timing.
- The timing stops when the bow of the boat crosses the designated finish.
- Tester records the time of the trial along with the time of day (or order the paddler trialed), wind/weather/current conditions and any special circumstances or events.



### Instructions – Fitness Test – 2000 m Row

**TEST:** Time to row 2000 meters. The Concept 2 is the ONLY accepted machine to be used for the fitness testing (<http://www.concept2.com>). **Baseline is SELF-TESTED; Final is PROCTORED/WITNESSED/OTHERWISE RECORDED.**

**Goal:** Row 2000 meters on the Concept 2 in as little time as possible. Guidelines for Team USA Premier Women are\*

7:57 min for athletes Over 135 lbs

8:03 min for athletes 135 and less.

\*Represents the approximate 75<sup>th</sup> percentile in the athlete's weight class over all rowers worldwide, as listed on the Concept 2 website for women aged 30-39.

### Accepted Protocol

**Concept 2** – the only approved indoor rowing erg for this test.

1. Set the Concept 2 to the athlete's desired damper setting or drag factor
2. Set the PM for 2000 meters (No "Just Row" up to 2000 m, no rolling starts from intervals etc.).
3. Row the 2000 meters and record the time to the nearest 0.1 second

**Baseline test may be SELF-TESTED** and reported to the coach via the google spreadsheet.

**Final test must be proctored or recorded** – Acceptable proctors are Team USA Coach, Regional coach or other approved proctor. Indoor rowing regatta results from legitimate venues are acceptable (e.g. Center City Slam, C.R.A.S.H Bs etc.). Video of the test (no pics please) or electronic verification described below.

**Electronic Verification:** An easy way to have the 2k recorded is via the data log using an ErgData App for smart phone/ipad or DataCard. An athlete can record the piece using one of these tools, upload the result to the Concept II website and "Rank" the piece for verification. Results recorded in this way do not need additional verification. To use this option, athletes will need to create an account on the Concept II website <http://www.concept2.com>.



### Instructions – Fitness Test – 1.5 Mile Treadmill Run at 1% Grade

**TEST:** Time to run 1.5 miles at a 1% grade on a treadmill. **Baseline is SELF-TESTED; Final is PROCTORED/VERIFIED/RECORDED.**

**Goal:** Run 1.5 miles on a treadmill at 1% grade in as little time as possible. Guidelines for Team USA Premier Women are 12:08 min or better..\*\*

\*\*Represents a score of “Excellent” on the U.S. Navy Physical Readiness criteria in the 35-39 year old age group for women.

### Accepted Protocol

**Treadmill Test** – any motor-driven treadmill capable of setting to 1% grade with adjustable speed (mph) with time and distance (miles) displayed.

- 1) The athlete straddles the belt as the belt is started at the desired speed and the inclination is set to 1% gradient.
- 2) Allow the belt to get up to the desired speed and 1% incline for 1 minute.
- 3) At the 1 minute mark, the athlete steps onto the belt and the test begins. Note the START TIME and START DISTANCE shown on the treadmill display as the athlete steps on.
- 4) Treadmill speed may be adjusted to athlete’s comfort any time during the test, *but gradient must remain at 1%*
- 5) Athlete may momentarily touch the treadmill’s safety bar with fingertips or open palm for safety to recover balance. **Athlete may NOT grab or hold onto the bar for any reason other than to recover balance.**
- 6) Athlete may pause treadmill to tie shoelace or adjust clothing – no distance shall be counted toward the athlete’s test during this time - ***however the stopwatch/timer will continue to run.***
- 7) Time is recorded to the nearest second when 1.5 miles is complete – subtracting out the starting time and distance.

**Baseline test may be SELF-TESTED** and reported to the coach via the google spreadsheet.

**Final test must be proctored or recorded** – Acceptable proctors are Team USA Coach, Regional coach or other approved proctor. Will also accept video of the test (no pictures please).



## Instructions – Fitness Test – 500 yard or 450 m Swim

**TEST:** Time to swim 500 yds or 450 m. **Baseline is SELF-TESTED; Final is PROCTORED/VERIFIED/RECORDED.**

**Goal:** Swim 500 yards or 450 meters in as little time as possible in a pool of pre-determined length (can be lapped). Guidelines for Team USA Premier Women are:

9:20 min or better for 500 yards\*\* or

9:30 min or better for 450 meters\*\*

\*\*Represents a score of “Excellent” on the U.S. Navy Physical Readiness criteria in the 35-39 year old age group for women.

### Accepted Protocol

**Pool** - Pre-determined length as measured in meters or yards (can be lapped)

1. Swimmers will begin the test in water and can push off from the wall – **no diving starts**
2. If proctored, the proctor calls the start and the athlete begins the swim as the stopwatch is started
3. If proctored, the proctor will announce the number of pool lengths and time elapsed approx each lap
4. Athletes may push off from sides with hands and feet after each pool length
5. Resting is permitted by holding side of pool, standing or treading water – stopwatch continues to run during rest time.
6. Athletes may use goggles, facemasks, swim caps and/or ear plugs. ***Fins, snorkels, flotation, wet suit, and propulsion devices are not allowed.***
7. At the 500-yard or 450 meter mark, record the time for the test to the nearest sec

**Baseline test may be SELF-TESTED** and reported to the coach via the google spreadsheet.

**Final test must be proctored or recorded** – Acceptable proctors are Team USA Coach, Regional coach or other approved proctor. Will also accept video of the test (no pictures please).



**Instructions - Fitness Test - Strength and Muscular Endurance**

**Test:** Strength or muscular endurance over 3 broad muscle groups. **Baseline is self-tested. The final is self-tested and subject to coach verification.**

**Accepted Protocol**

For each of 3 broad muscle groups – upper body, lower body and core – pick one exercise in each area and use as a self-test. Perform the self-tests and report the required parameter (e.g. 1 Rep Max or Low Rep Max, etc.). You must use the same self-tests for both baseline and final, making sure that the self-tests are conducted the same way each time.

**Note:** This requirement is a total of 3 different tests – one from each muscle group. Some movements, as indicated below, use more than one muscle group. If you pick one of these compound movements, you can use it for whichever muscle group you are trying to target.

**Note:** If reporting a “Low Rep Max, the number of reps must be 5 or less. If you can do more than 5 reps, increase weight and perform self- test again after sufficient rest.

Muscle Group	Muscular Strength or Endurance Test	What to Report
Upper Body Strength Tests	Pull-ups (strict, kip, with or without band assist or Gravitron; fro bar, rings etc.)	Report the exact type of pull-up performed and number of consecutive reps performed correctly until failure
	Push-ups (military or on knees/steps or hand-release, wide or narrow. From ball, floor, TRX, hand-stand etc.)	Report the exact type of push-up and the number of consecutive reps performed correctly until failure.
	Crossfit Death by Pull-ups	Report type of pull-up and rounds/reps
	Rope Ascents (with or without use of legs)	Report type of ascent and time of ascent or time for a number of ascents. Report length of ascent - Crossfit
	Push-press, bend over or seated rows, bend press, pull-over, Clean and jerk, Snatch, Lat Pull-down	Report exercise done and 1 Rep Max or Low Rep Max
	Other - get coach approval but just about any safe, measurable test is fine if documented fully	varied
Lower Body Strength Tests	Wall-sits - Place back against the wall with feet shoulder width apart. Lower hips until knees and hips are both at	Report how long you can hold the position with proper form.
	Dead Lift, Back Squat, Front Squat, Snatch, Leg Extensions, Leg Curls, Leg Press	Report exercise done and 1 Rep Max or Low Rep Max
	Other - get coach approval but just about any safe, measurable test is fine if documented fully	varied
Core Strength Tests	Plank (on elbows, with or without weights on back)	How long you can hold the position with proper form (no stomach sagging - make your body RIGID - it's
	Toes to Bar or Knees to Elbows from Hang	How many successive reps until failure (without letting go of the bar)
	Sit-ups (butterfly or strict, on stability or mat etc.)	How many successive reps with good form until failure
	Crunches or partial Curl-ups	How many successive reps with good form until failure
	Good mornings	Report 1 Rep Max or Low Rep Max
	Crunches using machine e.g. cybex	Report exercise done and 1 Rep Max or Low Rep Max
	Other - get coach approval but just about any safe, measurable test is fine if documented fully	varied