



## TEAM USA SENIOR 'C' DRAGON BOAT PROGRAM: 2018-19

### BULLETIN #1

July 8, 2018

*Hello Everyone!*

*I am pleased to be releasing Bulletin #1 for the U.S. National Senior 'C' Dragon Boat Program. Konrad Doerrbecker and I are thrilled to have the opportunity to lead the USDBF National Team program once again!*

*Since the 2017 World Championships in China, the U.S. Senior 'C' program has attracted increased interest from across the country, including a significant response from the west coast.*

*We will be conducting two main Athlete Assessment Camps; in California and in Florida. Subsequent training events will be scheduled once the actual dates of the World Championships in Pattaya, Thailand have been confirmed. At this point we are expecting the event to take place in late July or August. It is my hope that athletes from across the country will make an effort to attend both camps. Billeting will be available for those athletes who are trying to economize. Final athlete selections will be made immediately following the February 2019 Camp.*

*The information below outlines the program selection criteria, recommended workout program, testing details and Athlete Assessment Camp schedule.*

*New to the Senior 'C' staff for this campaign is our Administrative Manager, Jane Young. Jane's sole responsibility is managing the Senior 'C' program. She is a competitive dragon boat athlete and retired Human Resources Manager with Dow Chemical. Jane is highly organized and efficient. She will work closely with Konrad and I, USDBF, our travel consultant Durham Travel as well as host organizations regarding training camps, travel logistics and general program administration. Welcome aboard, Jane!*

*Big 'thanz' to Liz Bradley who was unexpectedly thrust into the Program Manager position last year, in addition to paddling.*

*Coach P*



## Athlete Selection Information

### Dry Land Testing

- **Ergometer:** Maximum distance in 2' (Concept 2 indoor rowing machine)
- **Raised Flat Bench Row:** Max reps in 90seconds (50% body weight Men, 40% Body weight Women)
- **Russian Twist:** Max reps in 60 seconds. Men 8lb medicine ball, Women 6lb medicine ball
- **Metronome Pushups:** 1 second up/ 1 second down. Max in two minutes.

### On-water Testing - OC1 Time Trials: 330 metres

*NOTE: After careful consideration the Coaches have decided to shift from OC2 to an OC1 paddling test. We anticipate a significant number of athletes trying out, therefore on-water time trials will be time consuming. OC1s are generally more accessible than OC2s and we can run a fleet of 3-5 boats at a time, which will reduce the amount of time required for testing. We recognize that the OC1 requires more advanced paddling skills, and that some athletes may have little OC1 experience. All athletes are encouraged to get as much OC1 paddling experience as possible prior to testing.*

**IMPORTANT NOTE:** The OC1 test will be used as 'only one of several' components of the overall athlete assessment process.

**Dragon Boat Paddling Assessments:** Athletes will be assessed in the dragon boat by the coaches as well as post-practice video reviews. Effort, timing, technique and power in the dragon boat will be assessed.

**Attitude:** Attitudinal attributes we are looking for include...

- Commitment
- Effort
- Teammates 'first' attitude
- Receptive to coaching
- Technically adaptable
- Tough; Never give up
- Team 'FIT'

**Body Weight:** The Senior C program will consist of the strongest athletes available at optimum individual body weights. Individual body weight goals will be established for each athlete.





## Preferred Paddler Fitness Program: From Coach K

### Day 1 & 5 (once through is one set)

Complete 8 sets

2:00 mins

Rapid skip rope/ erg/ elliptical/ sprint treadmill then

2:30 mins

8-12 chin-ups or/pulldowns/hangs

12-20 alternate high heavy rope (each arm)

20 push-ups or on med-balls (harder) or med balls with shoulder touch (hardest)

12- 20 TRX Reverse pull-ups or bent over dumbbell rows

15 kettlebell swings or 15 dips

### Day 3 (once through is one set)

Complete 8 sets

1:00 min

skip rope

1:00 min

15 goblet squats (40lbs)/ 25-40lbs for Women or (40-60lbs for Women) 60lb sandbag on shoulder squats (alternate shoulder w/each set)

10 Bent over barbell row/ dead lift combo (80-100lbs) (Use good form and keep your back straight!)

<https://www.youtube.com/watch?v=KDXAgoLBK1g>

1:00 min

skip rope

1:00 min

8-12 (each arm) Push up/row combo <https://www.youtube.com/watch?v=Z3vPyd8xHjY>

10 push press/push jerk/power jerk w/dumbbells (15-25 lbs)

Adjust weight & reps as required. Always do 8 sets

“No guarantees of course but I have put dozens of athletes on similar programs with similar results. The athletes are extremely fit and have not experienced any overuse injuries to date. The workout is tough, sport specific, and takes less than 40 minutes.” “And no this is not an infomercial. Just do it.” KD

Contact K directly at [doerrbecker@gmail.com](mailto:doerrbecker@gmail.com) with any questions concerning the above workout plan.



## **ATHLETE ASSESSMENT CAMPS SCHEDULE**

### **Camp #1 - Morro Bay, California**

Initial Athlete Evaluation Camp - Oct 26, 27, 28, 2018

### **Camp #2 - Tampa, Florida**

Final Athlete Evaluation Camp - February 1, 2, 3, 2019

### **Camp #3 - Location To be Determined**

TEAM USA TRAINING CAMP - Dates To be Determined

### **Athlete Camp Fees:**

**Camp #1 - Morro Bay, California - \$175.00 per athlete**

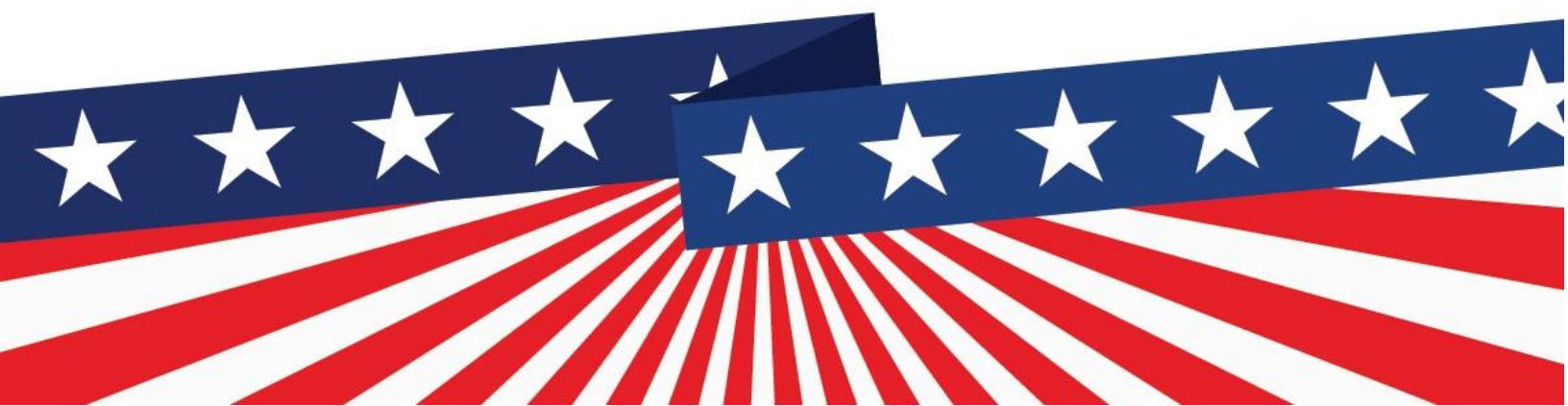
**Camp #2 - Tampa, Florida - \$175.00 per athlete**

Details regarding Camp #1 and #2 will follow in Bulletin #2 to be released in late July.

## **REMOTE TESTING SCHEDULE**

Fit Tests and on-water time trials will take place on site at Athlete Evaluation Camps. Remote testing results between Camps will be submitted every 6 weeks.

Athletes will be expected to submit testing results and current body weight as follows:

- December 7, 2018
  - January 18, 2019
  - March 2, 2019
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**SENIOR 'C' STAFF**

HEAD COACH and WOMEN CREW: Pat Bradley

OPEN CREW COACH: Konrad Doerrbecker

WOMENS COACH: Pat Bradley

MIXED COACH: Pat Bradley/Konrad Doerrbecker

TEAM MANAGER: Jane Young

NOTE: Assistant Coaches may be introduced at a later date.

**Contact:** HEAD COACH Pat [pbradley159@gmail.com](mailto:pbradley159@gmail.com)

OPEN COACH Konrad [doerrbecker@gmail.com](mailto:doerrbecker@gmail.com)

MANAGER: Jane [jeyoung2033@gmail.com](mailto:jeyoung2033@gmail.com)

**ATHLETE SENIOR C PROGRAM REGISTRATION**

Athletes should register and complete the Athlete Profile form for the Senior C program asap on the USDBF website and copy Jane at [jeyoung2033@gmail.com](mailto:jeyoung2033@gmail.com) so she can start developing the group contact list of prospective national team candidates.

**BULLETIN #2** to be released later this month and will include details on Camp #1 and #2.

