



# 2019 TEAM USA

## Training and Selection Criteria

*For 2019 Pattaya, Thailand IDBF World Championships*

### COACH – SENIOR B WOMEN:

- Ellen Law: [Teamusa.2019@gmail.com](mailto:Teamusa.2019@gmail.com)
- Website: <https://sites.google.com/site/teamusa2019/>
- Facebook: <https://www.facebook.com/groups/243707936244985/?ref=bookmarks>

### SELECTION CRITERIA:

- Primary test method = OC-1 time trial; single sided, using a dragon boat blade no longer than 51 inches
- Primary test site = D and R canal in Titusville, NJ
- Primary selection/screening distance = 750 meters to approximate 1K race.
- Shorter distances of 425m/500m time trials run at off-location trials or if there is a need to secure additional testing times from candidates.
- Additional time trials scheduled around the US.
- Paddlers may also submit race results from 1 or 2 person events in outrigger, marathon, SUP, kayak for consideration. The coaches will seek such results when looking for candidates as well.

### TRAINING PLAN:

- Primary focus of the Women's Senior B team will be to win the longer races.
- Fall 2018: small boat long distance paddling
- Winter 2018-9: strength training (weight program available upon request), long distance paddling where possible, steady state ergs, aerobic fitness and weight maintenance.
- Spring 2019: Tampa camp one week of double practices. Dates requested are April 14-20, confirmation pending. (Premier candidates will also be at this camp)
- Late Spring/Summer 2019:
  - Mini-camps in Philadelphia (Saturday double/Sunday AM)
  - Interval training to start depending on race date, recommended workouts sent to candidates/selectees via e-mail.
  - Late season sprint work outs sent to selectees

### TIME LINE:

- Time trials scheduled for mid-May through June with goal to select team by 7/1
- Team selections on a rolling basis (paddlers will be named ahead of 7/1)
- Full team will have been selected in time to secure travel arrangements, work release time by 8 weeks prior to Worlds.