2019 TEAM USA
Training and Selection Criteria
For 2019 Pattaya, Thailand IDBF World Championships

COACH – SENIOR B WOMEN:
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SELECTION CRITERIA:
  o Primary test method = OC-1 time trial; single sided, using a dragon boat blade no longer than 51 inches
  o Primary test site = D and R canal in Titusville, NJ
  o Primary selection/screening distance = 750 meters to approximate 1K race.
  o 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.
  o Additional time trials scheduled around the US.
  o 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:
  o Primary focus of the Women’s Senior B team will be to win the longer races.
  o Fall 2018: small boat long distance paddling
  o Winter 2018-9: strength training (weight program available upon request), long distance paddling where possible, steady state ergs, aerobic fitness and weight maintenance.
  o 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)
  o 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:
  o Time trials scheduled for mid-May through June with goal to select team by 7/1
  o Team selections on a rolling basis (paddlers will be named ahead of 7/1)
  o Full team will have been selected in time to secure travel arrangements, work release time by 8 weeks prior to Worlds.