Introduction

The Team USA U18/U16 program aims to create the most competitive U18/U16 world championship dragon boat crews while fostering and developing the youth of our community to become the champions and leaders of current and future generations.

Although the 2019 program will focus on assembling the fastest crews to compete in Pattaya, Thailand, our hope is to engage the community in developing a comprehensive and transparent program that will serve as a blueprint for success in the years to come.

Team Philosophy and Mission

Confidence in any leadership or program is deeply rooted in trust. Although we have been selected by the USDBF to run this program, we strongly believe that it is still our duty to earn that trust from each and every one of you. To that end, we aim to create a program that places a high value on transparency and to ensure that every athlete is given an equal opportunity to earn a race seat. Only with this full commitment and understanding between each other can we expect to create a team that will function at its very best for every single race.

The Team USA U18/U16 leadership recognizes that it will require a collective and collaborative effort between all coaches, parents and athletes of our nation’s top U18/U16 programs in order to create a successful national program. Development and sustainability of a high caliber national program requires an open and accessible feedback system, and we highly encourage constructive input from all program participants, both past and present.

Paddlers must realize the role and importance of the local communities that helped shape and inspire each one of them to become the athletes that they are today and the leaders that they will become tomorrow. Every member of our community must strive to ensure that our actions continue to support and build our local dragon boat foundations to provide greater opportunities for generations to come. Paddlers will be expected to demonstrate exemplary sportsmanship at all times, particularly if selected for the Team USA U18/U16 crew.
Eligibility

Age Restrictions
- U18 - athlete must be under 18 years of age on December 31, 2018
- U16 - athlete must be under 16 years of age on December 31, 2018
*helmsman is exempt from age restrictions

Citizenship/Residency
- Must be a US Citizen (still waiting for direction from VP)

Selection Process

While there are many ways to measure an athlete’s ability, the most important criteria that the U18/U16 program will focus on is paddling-specific. Details of the following test criteria can be found here: (https://docs.google.com/document/d/e/2PACX-1vRp1w1NN_1LTv7mgohRVdCzR51bgj8wOhUCf0A_wVQHlggeQ6vkPhTXeEpwW457eoWeXWS-75Mh-aM0/pub)

Initial Selection (Part 1) - Concept2 ERG with Paddle Adapter (p-ERG)
Distance trials using 1-min, 2-min, and 5-min times pieces.
- Max distance covered in specific time period
- Each timed test will be used to select fastest crew for the following distances:
  - 2-min - 500m crew (focus on getting this done first)
  - 1-min - 200m crew
  - 5-min - 1000m & 2000m crews
  - Multiple submissions can be done anytime during Sept - March timeframe

- Video submissions of tests will be required to assess paddling technique on the p-ERG. Your p-ERG score is mainly used as an indicator of paddling strength/endurance potential. If you paddle on the p-ERG as you would on the water, this should translate well to your OC-1 test later on.
- National ranking system will be published and continuously updated throughout the Sept - March training period to allow all athletes to gauge their relative standing and to encourage all athletes to train diligently
- Performance on p-ERG testing will form part of the basis for final camp invitation.
Initial Selection (Part 2) - Regional mini camps
Regional mini camps are currently being planned
• West Coast (San Francisco area) - Oct 20-21
• West Coast (Los Angeles area) - Oct 27-28
• East Coast (Tampa, Florida) - possibly in November timeframe (currently coordinating with Jon Riviera for interest)
• East Coast (NYC/Philly/DC) - March 2019 (may use ERDBA annual indoor regatta)

Estimated cost: $40

• Paddling technique and blending ability will be videotaped and assessed at regional mini camps
• Individuals who cannot attend regional mini camps are encouraged to submit team practice videos that highlight their paddling technique (side view and front view required)
• Videos will be published online for paddlers to review
  ❖ Coaches will provide technique feedback as time permits
  ❖ Paddlers are encouraged to seek feedback from coaches during the training period to make technique adjustments as necessary before final camp.
• Technique and blending observed in videos will play a major role as basis for final camp invitation.

Final Selection Camp & OC-1 Testing
• Final selection camp will include an OC-1 distance trial for a 2-min timed piece.
• Although OC-1 access may be more limited regionally, this test reliably provides a good indicator of a paddler’s ability to move a boat.
• We strongly recommend interested athletes seek regional access to an OC-1 to practice on prior to final selection camp.
• Video taping and video review sessions will be conducted to further assess paddling technique and blending ability with prospective final crew,
• Travel subsidies may be considered for those that require financial assistance.
• If an individual absolutely cannot attend final camp, we will try our best to work with your regional coaches to set up an OC-1 test in your area.
Where: Santa Fe Dam Recreation Area, Los Angeles, California
When: March/April 2019
Cost: $75

Additional considerations
• *If camp costs are a major concern, please email the coaches. We want to make the program as accessible as possible.
• On top of the technical aspects already mentioned, we will also be assessing and requesting feedback from local coaches regarding paddler attitude, dedication and coachability throughout the initial and final selection periods.
• Provisional final crew selections will be issued in April 2019
  • Final crew selection may include up to 24 paddlers per category (Open/ Women/Mixed) per distance (200/500/1000/2000). Race day seats must still be earned even among the crew finalists.
• Due to the national scope of this program and cost constraints for youth paddlers, full team practices of the final crew may likely not be possible until we arrive in Thailand.
  • We will poll the final crew to see if it’s feasible (mainly from a financial standpoint) to meet sometime in the summer (June/July timeframe) for full team practices prior to Thailand.
  • Final crew members will still be expected to continue training hard individually and with their home team

**Travel Considerations**

Many questions may arise regarding travel details. Some initial information is provided below, but many of the specific details are still being discussed.

Dates below are based on current IDBF race dates above.

**Travel Dates**
• Expect to arrive in Thailand on Aug 17; Depart Thailand no earlier than Aug 26

**Team Practice Dates**
• Aug 18, 19

**Estimated Cost**
• Airfare to Bangkok (DMK or BKK airports)
• $500-$800 depending on when flights are booked
• Bus from Bangkok to Pattaya
• (http://thailandforvisitors.com/east/pattaya/essentials/getting-there.php)
• Hotel in Pattaya
  • Team Manager is currently reaching out for options
  • We will try to maintain costs to around $450 per person for the 9-night duration
• Looking into team bus/private coach for travel between hotel and race site.
USDBF U16/U18 Staff & Information

Head Coaches:
    Joshua Hwung
    Nathan Salazar

Team Manager:
    Taylor Mar

Facebook: USDBF U16/U18 Team USA 2019
(https://www.facebook.com/groups/1859341090792977/)

Interest Form:
http://tiny.cc/TEAMUSA2019

Contact Us
Email: TeamUSAu18@googlegroups.com