

U23 Canadian National Mixed Team

OVERVIEW

The Canadian National Under 23 (U23) Mixed Team is defined as follows;

RACE CLASSES

Mixed – a combination of men and women with a minimum of 8 women.

AGE CATEGORIES

Under 23

All athletes must be at least 18 years of age and under the age of 23 on January 1, 2011 (1988-1992)

PROGRAM DIRECTOR AND COACHES

Brad Howie – Program Director/Coach

- Coach of the TD Thunder (FCRCC) CCWC in 2002
- Paddler with numerous teams including teams at CCWC 2002 and 2006
- 11 years coaching experience
- Certified NCCP Level 1 and 2

Various Regional Coaches

- There will be a number of regional coaches to provide feedback and assist in identifying paddlers who exhibit the attributes we are looking for in the U23 National Mixed team.



U23 Canadian National Mixed Team

PROGRAM OBJECTIVES

1. Pursuit of excellence
 - Win the 18-23 Championship Cup
 - Podium finish in all events
 - Yearly Training Program
 - Select talented and committed athletes
2. To treat all participants with due respect and integrity
 - All coaches will adhere to the Coaches of Canada Code of Ethics (Appendix A)
3. Increase visibility of National U23 Mixed Program (long term)
 - Develop a broader network of communication
 - Letter to coaches
 - National Team Program Camps (regional)
 - Recruitment Team
 - Liaise with Festival Directors
 - Presence at festivals
 - “Package”
 - Brand the U23 National Team Program
4. Work with Dragon Boat Canada
5. Communication
 - To communicate expectations so that athletes, parents, and coaches have the greatest understanding
 - Provide an executive summary with financial clarity to all
6. Assist in development of local youth programs
 - U23 Athlete Development Camps (local)
7. Establishing a basic stepping stone into the premiere divisions (long term)
 - Develop communication model with current premier coaches

U23 Canadian National Mixed Team

SELECTION CRITERIA

OBJECTIVE: To select the most competitive and fit athletes from a national scope to represent Canada at the 2011 IDBF World Championships in Tampa, Florida

COACHES EXPECTATIONS OF THE ATHLETES

- Make attendance at all racing and training opportunities a priority
- Maintain a positive attitude within the team structure
- Maintain a competitive team attitude
- Communicate any issues through the appropriate channels in a timely manner
- Adhere to Athlete Code of Conduct (Appendix C)

CRITERIA FOR ALL ATHLETES

To be eligible for the National Team athletes must meet the following criteria;

1. Canadian Citizen or hold Landed Immigrant Status, or resident of Canada for minimum of 3 year
2. Member of Dragon Boat Canada (DBC)
3. Member of the International Dragon Boat Federation (IDBF)
4. Eligible for travel into the Unites States
5. Must be able to swim a minimum of 100m

QUALIFYING PERIOD

May 2010 - Initiation of National Team Selection Process

May 31st, 2011 Final Roster Selection

I am interested, how do I sign up?

To sign up use the following secure online form

<https://spreadsheets.google.com/viewform?formkey=dE53eHQ5dXhGbjZiazhUc2xvQ3o2ZVE6MQ>

Or send your details to U23.mixed@gmail.com

NOTE: Only the coaching staff will have access to any of the information submitted



U23 Canadian National Mixed Team

SELECTION TIMELINE

Event	Date	Location
Orientation Camp(s)	July 2010	West Coast
Fitness Test 1	Late August/Early September 2010	Completed by Regional Coaches
Exposure Camp	July-September 2010	Hosted by National Team Coaches Location TBD
Fitness Test 2	Dec 2010	Completed by Regional Coaches
Initial Offers	December 2010	Offered by National Team Coaches
Fitness Test 3	March 2011	Completed by Regional Coaches
Training Camp	TBD	Vancouver
Fitness Test 4	Early May 2011	TBD
Final Crew Selection	May 15, 2011	National Team Coaches
Appeals Process	May 16 th – 26 th , 2011	Dragon Boat Canada
Final Roster Announcement	May 31 st , 2011	
Pre-Worlds Tune Up & Travel	July 2011	TBA
2011 World Championships	August 1-7, 2011	Tampa, Florida

Opportunity to participate in one or more of the following festivals or camps;

2010

Exposure Camp – July to September 2010, this camp will encourage the paddling of Canadian canoe style using various War Canoe and C4 boats.

Canadian Nationals – July 3-4, 2010

2011

Local OC and DB Festivals/Regatta – Early 2011 (January-May)

Alcan Festival – Late June 2011



U23 Canadian National Mixed Team

Part A: Fitness Testing

Test	Justification
YMCA Bench Press	To determine the muscular endurance of the chest and triceps muscle groups
3-Rep Max Bench Press	To determine the maximum strength of the chest and triceps muscle groups
Reverse Pull Up/Body Row/ Supine Row	To determine the muscular endurance of the core and back muscles
2:00 erg on a Concept II Rower	To determine the cardiovascular endurance of the athlete
1200m Run	To determine the cardiovascular endurance of the athlete
YMCA Flexibility Tests	To determine the flexibility and range of motion of the athlete

For testing protocols please refer to Appendix D

Part B: On Water Time Trials

On-water time trials will be completed using the following criteria;

- Testing Boat: OC-1 TBD (as available)
- Distance: Progressive throughout season
- A dragon boat paddle will be used
- Athletes will be divided into the groups and tested in the same time frame
 - U23 male lefts
 - U23 male rights
 - U23 female lefts
 - U23 female rights

We understand that the information gathered from on-water testing throughout the country will be subject to uncontrollable differences (i.e. fresh vs. salt water, etc). Therefore the data collected by the regional representatives will be used to help track an athlete's progression.

However, all athletes will complete an on-water time trial at the 2011 Training Camp monitored and completed by National Team Coaching Staff. The data obtained will be used in selecting the 2011 National Teams.

Part C: Technical Analysis/Video

Technical and video analysis will be completed by the National Team Coaching staff throughout the selection process. Potential athletes will be asked to compile a video, which is no longer than 3 minutes in length.

Format of Video

- Athlete Introduction; State your full name, home club, and years paddled
- Paddling Technique; Video from the front, side, and back views ensuring full body and complete stroke is to be taken



U23 Canadian National Mixed Team

Part D: Subjective Criteria

Criteria	
<i>Attitude</i>	<ul style="list-style-type: none">- Positive influence to team- Demonstrates positive communication skills- Demonstrates respect for all parties involved in the National Team at all times. This can include but is not limited to coaches, team managers, other athletes, officials, etc.
<i>Attendance</i>	<ul style="list-style-type: none">- Attends all required events (ie fitness testing, identified training camps, fundraising initiatives, festivals, etc)- Attends practice regularly
<i>Leadership</i>	<ul style="list-style-type: none">- Help motivate team mates towards a common goal- Inspire others through example- Have positive initiative
<i>Demonstrates Responsibility</i>	<ul style="list-style-type: none">- Hand in all documents and fees on time to required party- Comes prepared to festivals, regattas and practices- Obeys the rules and regulations set by the governing sport body, Dragon Boat Canada, and the Canadian National Youth Dragon Boat Program
<i>Effort and Cooperation</i>	<ul style="list-style-type: none">- 100% present and committed, both mentally and physically at all activities pertain to the Canadian National Youth Dragon Boat Program

APPEALS PROCESS

Please refer to the Dragon Boat Canada Appeal Process.

U23 Canadian National Mixed Team

APPENDIX A

Coaches of Canada Code of Ethics

The following is a summary of the Code of Ethics provided by the Coaches of Canada. To view this document in its entirety please visit <http://www.coachesofcanada.com/professionals/ethics.asp>.

Respect For Participants

The principle of respect for participants challenges coaches to act in a manner respectful of the dignity of all participants in sport. Fundamental to this principle is the basic assumption that each person has value and is worthy of respect.

Responsible Coaching

The principle of responsible coaching carries the basic ethical expectation that the activities of coaches will benefit society in general and participants in particular and will do no harm. Fundamental to the implementation of this principle is the notion of competence - responsible coaching (maximizing benefits and minimizing risks to participants) is performed by coaches who are "well prepared and current" in their discipline.

Integrity in Relationships

Integrity means that coaches are expected to be honest, sincere and honourable in their relationships with others. Acting on these values is most possible when coaches possess a high degree of self-awareness and the ability to critically reflect on how their perspectives influence their interactions with others.

Honoring Sport

The principle of honouring sport challenges coaches to recognize, act on and promote the value of sport for individuals and teams and for society in general.



U23 Canadian National Mixed Team

APPENDIX B

Fees

Description	Amount	Due
Initial commitment fee – refundable if paddler does not make the team	\$50	When expression of interest is received
Second commitment fee – refundable if paddler does not make the team	\$50	September, 2010
Dragonboat Canada Fee	\$15.75	Due when signing up with Dragonboat Canada
Tampa – fees	TBD	
Tampa – Airfare, accommodations and food	TBD – budget for \$1000	This will be dependent on what part of the country you are leaving from. We will be choosing accommodations that are cost effective. We will be sharing rooms.
Training Camp - Vancouver	TBD, primarily airfare and food costs	If you are not from the Vancouver area we will be arranging billeting to reduce costs
Training Camp - Toronto	TBD primarily airfare and food costs	If you are not from the Toronto area we will be arranging billeting to reduce costs. This camp will be just before leaving for Tampa

U23 Canadian National Mixed Team

U23 Canadian National Mixed Team

APPENDIX C

Athlete Code of Conduct

Please refer to the Dragon Boat Canada Athlete Agreement and Code of Conduct.

U23 Canadian National Mixed Team

APPENDIX D

Fitness Testing Protocol

Max Rep Bench Press

1. Lying on bench, you will repeat the bench press to the beat of a metronome
2. Metronome is used to ensure a consistent rate and will be set for 60 beats per minute
3. Bar needs to touch chest to count
4. Athletes must maintain 3 points of contact (hips, and feet) when performing the bench press

3 Rep Max Bench Press

1. Estimate a light warm-up weight that you can lift easily for 6-8 reps
2. Warm-up with this weight
3. Rest for 1 minute
4. Estimate a warm-up rate you can lift for only 5-7 reps, by adding 10-20 pounds, or 5-10% of the light warm-up weight
5. Lift new weight for 5-7 reps
6. Rest for 2 minutes
7. Estimate a near-max weight with which you can complete 4-6 reps, by adding 10-20 pounds, or 5-10% of the light warm-up weight
8. Lift new weights 4-6 reps
9. Rest 3-4 minutes
10. Increase the weight by 5-10% (10-20 lbs)

11. *Lift new weights for 3 reps*

If you were able to perform 3 reps then increase the weight by 5-10%

If you are unable to do 3 reps with than decrease weight by 2.5-5%

12. *Lift the weight for 3 reps*

13. *Rest for 4 minutes*

If you were able to perform more than 3 reps, the increase weight by 5-10%

If you are unable to do 3 reps with than decrease weight by 2.5-5%



U23 Canadian National Mixed Team

14. Lift the weights for 3 reps. Rest 4 minutes

If you were able to complete only 3 reps with perfect technique and no more, than this is your 3 RM

If you were able to perform 3 reps with perfect technique, then increase the weight by 5-10%

If you are unable to do 3 reps with than decrease weight by 2.5-5%

15. Continue steps 13-14 until you reach a 3RM

Body Row / Supine Row

1. Athletes are to place their legs on a bench so that their body is in a plank position facing up.
2. Hands are placed shoulder width apart on the bar.
3. Quality of the row will be assigned a value from 1 to 3
 - a. One complete body row consists of full extension of the arms, the body is then pulled up to touch the chest to the bar and returned to the starting position. This will earn the athlete a score of 3 for that row.
 - b. The athlete will earn a score of 1, if their arms are bent to a maximum of 90°
 - c. The athlete will earn a score of 2, if their chest is between the bar and the point halfway between the bar and 90.
4. Measurement of a score of 1 will be obtained by dropping a plumb line to the athlete's chest while they are pulled to 90.
5. A second plumb line, which is half the distance of the first one will represent the minimum range of motion to obtain a score of 2.
6. Repetitions will be done to the beat of a metronome set to 60 beats per minute.

2:00 Erg Test

2 minutes

1200m Run

Measured 1200m course (i.e. track)

Flexibility Test

1. Sit-up and reach as far as possible. Knees must be kept straight during the test.
2. The best of 3 trials will be recorded.

