



**SENIOR B DRAGON BOAT NATIONAL TEAM
TAMPA 2011
Bulletin No. 1**

The training camp and time trials is for any athlete interested in trying out for the Senior B Open and Mixed Crews. The crews are being selected to compete in the DB World Championships in Tampa, August 2011.

Age: Born on or prior June 1, 1961

Location: Harbour 25 and Harbour Fitness Centre
25 Dundas Street, East
Belleville, Ontario

Date: Sunday, September 26, 2010

Time Trial: Athletes will be tested in OC1, paddling with the DB paddle on one side over 330m course.

Registration: Please inform [Stan Machacek](#) if you plan to attend.
Please provide your paddling side, birth date, postal and email address and phone number
New athletes to the program, are asked to submit an endorsement from their club coach.

Fee: \$25.00

Schedule for September 26, 2011:

Registration	8:30 am
Coaches' briefing	9:15 am
OC1 Testing	9:30 am MEN
DB Practice	9:30 11:00 WOMEN
Lunch	11:30 am - 12:00 pm
OC1 Testing	12: 15 WOMEN
Dragon Boat Practice	12:30 -2:30pm MEN
Video review	2:45 pm
Coaches/Athletes wrap-up	3:15 pm

Preliminary Program Schedule:

Training Camp, Toronto	September 26, 2010
Regular crew practices at Frenchman's Bay, Pickering*	Starting in fall 2010
Paddling Pool at MCC*	December 2010-March 2011
Fitness Testing	January 2011
Training Camp, Florida	March 2011
Final Selection Camp, Toronto or Belleville	May 2011
Crew selection finalized	May 31, 2011
Pickering or Parry Sound DB Race	June 2011
GWN Sport Regatta	July, 2011
World Championships, Tampa	August 1-7, 2011

* The practices are intended mainly for athletes from Toronto area.

Organization:

Program Director	Stan Machacek	smach3@sympatico.ca
Open Crew Coach	Pat Bradley	pbradley159@gmail.com
Mixed Crew Coach	Stan Machacek	
Manager	Stephen Kwok	stephenkwok@rogers.blackberry.net
Treasurer	Xenos Lee	xen00six@gmail.com

NOTE: Call Pat Bradley on cell at 613 920-2494 if any questions concerning directions or accommodations for the Belleville Camp.