

**Premiere Women's Team**  
**Tampa 2011**

Introduction

Canadian Premiere Women's Team Program will carry on a tradition of excellence. The objective of the program will be to assemble the best possible Canadian team for the 2011 IDBF World Championships in Tampa. Qualified athletes from across Canada will be provided with an opportunity to be selected to the team.

Regional Training Centres

Athletes are encouraged to train at Regional Training Centres under the guidance of the Regional Coach throughout the spring/summer/fall of 2010. Regional coaches will report to Doug Tutty, Premiere Women's Program Director.

Vancouver	Kamini Jain	<a href="mailto:kamini@rightangleperformance.com">kamini@rightangleperformance.com</a>
Montreal	Matt Smith	<a href="mailto:matt.smith@22dragons.com">matt.smith@22dragons.com</a>
Toronto	Doug Tutty	<a href="mailto:dougutty@gmail.com">dougutty@gmail.com</a>
Dartmouth	Albert McDonald	<a href="mailto:albert.mcdonald@ns.sympatico.ca">albert.mcdonald@ns.sympatico.ca</a>

Athletes should contact the appropriate regional coach before March 15, 2010 to announce their intention to join their respective programs for 2010.

Fitness Testing

Fitness Test #1 will be conducted at the onset of the 2010 season (April 2010). Fitness Test #2 will be conducted mid-season (July 2010). Results will be forwarded to Doug Tutty after each test. The purpose of testing will be to create a National Athlete Pool interested in qualifying for Tampa 2011. The testing protocol determines the general strength and conditioning of athletes. Paddling specific testing will take place at National Training Camp in the fall of 2010 (see below).

1. ROWING ERGOMETER – Max distance in 4'
2. CHIN UPS - The chin ups will start on the second the 3 minute break after the rowing ergometer is complete. The athlete will start from a hanging position with their legs behind them. Their chin must come over the straight bar for it to be a pull up. Hand Position will simulate a paddle so hands will be facing away from your body. There will be no swinging. The athlete can hang as long as they want but legs must stay crossed and behind their body. There will be a 3 strike policy.
3. BENCH PRESS - The bench press will start on the second the 3 minute break after chin ups is complete. The athlete will start with the bar over their body.

There will be a set weight of 100lbs. The bar must come down to the athletes chest and back up. Once the athlete has begun they are not allowed to stop. There is a 3 strike policy if there is any break in speed or stopping.

4. PUSH UPS – The Push ups will start on the second the 3 minute break after bench press is complete. The athlete will be in a push up position and will come down to the judges fist and touch their chin to the hand and back up. There will be no stopping and constant movement during the push ups. There will be a 3 strike policy
5. PLANK – The plank will start on the second the 3 minute break after push ups is complete. There will be no moving and body must be in a line. Once the plank has started there is no moving. There will be a 3 strike Policy

#### Athlete Fees

There will be a \$50 fee to participate in National Team fitness testing. This fee covers Fitness Test #1 and #2.

In addition to the \$50 fitness-testing fee, athletes are required to pay a \$35 initiation fee. Initiation fees will help to offset the cost associated with registering the team with Dragon Boat Canada as well as fees associated with the team moving forward. Athletes will not be included in the National Athlete Pool unless both the Fitness Testing Fee (\$50) and Initiation Fee (\$35) are paid.

Fitness Testing Fee (\$50) Payable to Regional coach, due at Fitness Test #1

Initiation Fee (\$35) payable to 'Tampa 2011', due at Fitness Test #1 (collected by Regional Coaches)

#### National Training Camps

Regional Coaches will nominate athletes from respective training centres to participate in National Team Training Camp #1. Nominations will be based on fitness testing results, technical assessments, and commitment to training/competing at an international level. Up to 40 nominations will be accepted from Regional Training Centres.

Nominations to Fall 2010 National Training Camp from regional coaches due by August 1, 2010 to Doug Tutty.

Fall 2010 Training camp will take place in September in Montreal. Location, date, cost to be determined.

Spring 2011 Training camp details TBA.

## National Team Selection

Up to 12 athletes will be selected to the 2011 National Team for Tampa at the conclusion of the Fall 2010 Training Camp. These athletes will be expected to:

- continue training with regional centre coaches
- report to National Team Program Director
- participate in National team training camps

The remainder of the National team will be announced at the conclusion of the Spring 2011 National Team Training Camp.

## Important Dates

March 15, 2010	Athletes announce intention to participate to Regional coaches
April 2010	Fitness Test #1 (date/location to be determined by Regional Coaches)
April 2010	Athlete Fees Due (submit to regional coach at Fitness Test #1)
July 2010	Fitness Test #2 (date/location to be determined by Regional Coaches)
August 1, 2010	Training Camp Nominations due to Doug Tutty
August 8, 2010	National Team Training Camp Athlete Pool Announced
September 2010	National Team Training Camp, Montreal
September 2010	Initial Athlete Nominations for Tampa 2011
Spring 2011	Training Camp, date/location TBD
Spring 2011	Final Athlete Nominations for Tampa 2011

**DRAFT #1**