



## Canadian National Dragon Boat Team

Senior B (Grand Dragon) Women's Crew

*Athlete Selection Resume and Fitness Testing Requirements*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

1. Elaborate on your dragon boat paddling experience and/or sprint canoe/ kayak/ marathon/ and/ or outrigger experience.
2. Have you raced at Club Crew Worlds or World Championship races? Give places and dates.
3. If not, what other races have you competed?
4. What seat position were you?

5. Are you a left or right, if both which side do you prefer?  
Left      Right  
Both- predominately \_\_\_\_\_
6. To give us an ideas of your fitness status, outline your current training program. Include a typical week of training including F.I.T.T. (frequency, intensity, time, type of activity).
7. In a paragraph, please explain how you would be a valuable member of this Grand Masters Women's team.

**Fitness Testing:** Provide results for:

1. timed 5 KM outside run (flat)
2. timed 2 KM row (tension 7)or
3. timed 400 metre swim
4. Bench press (endurance) with 40% body weight- til failure
5. Bench pull (lying down on a bench) with 40% body weight- until failure
6. Chin ups (full extension, chin to bar) to failure