

USBDF National Team 2021 Premier selection criteria and training program
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❖ Selection criteria

- The primary test method will be an OC-1 trial; single sided, using a dragon boat blade no longer than 51 inches (DQ from process if violated).
- The primary test site is the D and R canal in Titusville, NJ (directions provided)
- The primary selection/screening distance on the D and R will be 750 meters to approximate the 1K race.
- Shorter distances 425m/500m will be incorporated depending on the site of the testing and the need to differentiate between paddlers.
- Paddlers may also submit race results from 1 or 2 person events in outrigger, marathon, SUP, kayak for consideration. The coaches will seek such results when looking for candidates as well.
- Unknown, newer candidates may be asked to submit a validated 500m time

❖ Training and Try outs. COVID-19 makes firm plans impossible

- Winter 2020-21: strength training (weight program available upon request), long distance paddling, steady state ergs, aerobic fitness and weight maintenance
- April possible Tampa camp one week of double practices.
- Time trial in connection with USBDF nationals being looked into
- Summer time trial on West Coast, date TBD
- July-August trials in Philly area
 - Midwest time trial in Chicago hosted by Windy City TBD
 - Southern time trial TBD
- Team selections on a rolling basis (paddlers will be named ahead of 9/1)
- Full team will have been selected in time to secure travel arrangements, work release time by 8 weeks prior to Worlds.

❖ Hong Kong Worlds Early November?

- Arrive weekend before
- Practice Mon and Tue
- Races: Wed 2K, Thursday 1K, Friday Mixed 500, Sat 200m, Sun 500m
- We will have a hotel booked