

2021 TeamUSA U24

Hong Kong

Race Dates: tentatively proposed November 3-7, 2021 (still awaiting IDBF confirmation)

Introduction

The TeamUSA U24 program aims to create the most competitive U24 world championship dragon boat crews while fostering and developing the youth of our community to become the champions and leaders of current and future generations.

While the 2021 program will focus on assembling the fastest crews to compete in Hong Kong, we hope to engage the community in developing a comprehensive and transparent program that will serve as a blueprint for success in the years to come.

Philosophy

Confidence in any leadership or program is deeply rooted in trust. Although I have been selected by the USDBF to run this program, I strongly believe that it is still my duty to earn that trust from each and every one of you. To that end, I aim to create a program that places a high value on transparency and to ensure that every athlete is given an equal opportunity to earn a race seat. Only with this full commitment and understanding between each other can we expect to create a team that will function at its very best for every single race.

One of our big missions is to help all of you who are interested in TeamUSA to develop and become better paddlers, leaders, and individuals who will continue to strive for the best regardless of whether you make the team this cycle. We've assembled a great group of coaches and advisors to ensure each and every one of you gets the individual attention you need to develop a pathway to success.

The TeamUSA U24 leadership recognizes that it will require a collective and collaborative effort between all coaches, athletes, and supporters of our nation's top U24 programs in order to create a successful national program. The development and sustainability of a high caliber national program require an open and accessible feedback system, and we highly encourage constructive input from all program participants, both past and present.

Paddlers must also realize the role and importance of the local communities that helped shape and inspire each one of them to become the athletes that they are today and the leaders that they will become tomorrow. Every member of our community must strive to ensure that our actions continue to support and build our local dragon boat foundations to provide greater opportunities for generations to come. Paddlers will be expected to demonstrate exemplary sportsmanship at all times, particularly if selected for the TeamUSA U24 crew.

Eligibility

- All athletes (paddler, drummer, steerer) must be ages 12-24 on Dec 31, 2021
- US Citizen (passport) or US Permanent Resident (green card)

Program Timeline

- Open Trial Period: Jan - Jul 2021
 - Submission of bimonthly metrics (see criteria section for submission schedule)
 - Potential regional mini-camps
 - Optional due to likely COVID impact - these will not affect your selection if you don't attend
 - Will be working with regional leadership to determine feasibility based on equipment available and COVID restrictions
- Summer camp: late Jul/early Aug 2021
 - Required attendance
 - USDBF and local COVID safety guidelines will be followed
 - Week-long camp likely in Los Angeles, CA
 - 500m OC-1 time trial must be completed at camp (single side, DB blade)
 - This will be most important metric for selection
 - Additional pERG tests/submissions of 200m/1000m will be required to further distinguish shorter/longer distance paddlers (these can also be completed in Jul/Aug shortly before or after camp)
 - To maintain program fairness, only very extenuating circumstances will be considered if you cannot attend
- Selections will be made throughout the month of August
 - Completion of additional pERG tests for team optimization
 - 200m/1000m tests to build sprint and longer distance crews
 - Two 500m tests (one on each side) to optimize boat seating
- Post-selection: Sept - Oct 2021
 - Submission of monthly metrics to ensure accountability
 - Final seating ranking based on post-selection metrics
- Monthly or Bi-monthly Online Clinics
 - December - Training and Programming
 - January - Paddling technique Pt1 pERG vs OC1
 - February - Paddling technique Pt2 OC1 vs DB
 - April - Panel of past U24s or Premiers
 - June - Character/team player mindset/philosophy
 - September - Race week food/energy management & nutrition/ logistics
 - October - Learn about Hong Kong

Selection Criteria

- Coachability, Team Dedication and Attitude
 - Paddler must demonstrate dedication to the team
 - We are here to support and push each other as a TEAM
 - We are not looking for paddlers who only train on their own
 - Paddler must demonstrate a high degree of coachability and adaptability to work cohesively in a team setting
 - Coaches/advisors will be in direct communication to check in on progress and provide support
- TeamUSA Weekday Workouts: Nov 2020 - Sept 2021
 - 30 minute online workouts to help develop team chemistry and build strength
 - 5:30pm PST/8:30pm EST on Wednesdays
 - Week 1 (each 1st Wednesday) - women; Week 2 - men; Week 3 - mixed
 - Attendance will be assessed for team dedication
 - We expect to see all of you in at least workout each month
 - [Join Zoom Meeting](#) [Meeting ID: 939 8286 5165 | Passcode: 840151]
- Metrics & Submission Schedule
 - OC1 and/or pErg access is very important for your paddling development
 - If you don't have access to this equipment, please let us know.
 - OC1 Time Trial | 500m | One-sided | Dragonboat paddle
 - We will work with you and regional contacts to develop OC1 testing standards to try to ensure a fair ranking system
 - If control standards can't be met, you may submit unranked results
 - Final selection will primarily use impeller OC1 test results from required summer camp
 - C2pErg Time Trial (Concept 2 Erg with PaddleSport adapter)
 - 500m at all submissions
 - Be prepared to do a Right & Left 500m test in Jul/Aug
 - 200m & 1000m recommended but not required until Jul/Aug
 - One-sided | Drag factor 80
 - Must be submitted with video to assess proper paddling technique
 - Pulling too far back or stroke rates below 50spm may be DQed
 - KayakPro is acceptable as well, but talk to coaches about this
 - Must be submitted between the 1st and 15th of each month below
 - Jan, Mar, May, Jul (pre-camp) [OC1 optional for Jan/Mar]
 - Sept, Oct (post-selection)
- Videotaping and video review sessions will be conducted at summer camp depending on COVID restrictions
 - Early video submissions of water paddling recommended to provide feedback
- Drummers & Steerers will likely be selected based on summer camp performance

COVID Precautions & Guidelines

All U24 TeamUSA program activities will follow [USDBF](#), state and local COVID restrictions and guidelines. Our team medical leaders will stay up to date on all COVID-related developments to ensure that any potential physical meetups conform to the latest safety standards and protocols. Even if local guidelines permit socially-distanced outdoor gatherings, we understand that each individual may have varying risk tolerances and health considerations for group gatherings. Please make sure to discuss these issues with our team managers.

Travel Considerations

Many questions may arise regarding travel details. Some general information is provided below, but many of the specific details are still TBD, including final race dates.

- Race Site: Kwun Tong Promenade, Kowloon, Hong Kong
- Travel Dates
 - Expect to arrive in Hong Kong 3-4 days prior to race dates (TBD); Depart no earlier than day after last race day (TBD)
- Team Practice Dates in Hong Kong
 - Typically 2-3 days of practicing prior to race dates (TBD)
- Estimated Cost
 - Airfare to Hong Kong
 - \$1000 round trip approximately
 - Hotel
 - \$700-\$900 depending on stay duration & occupancy
 - Will work with USDBF recommendations
 - Recommend an additional discretionary budget of approximately \$500

TeamUSA U24 Staff & Information

Email: teamusau24@gmail.com | Interest Form: <http://tiny.cc/u24interestform>

Head Coach - Joshua Hwung

Women's Div & Assistant Head Coach - Tek Li

Assistant Coaches - Sally Chi, James Dunbar, Joseph Gapuz, Irene Hu, Mary Nieh, Katie Peck, Ondrian Yeung

Team Managers - Arahi De La Toba, Taylor Mar

Advisory Committee Members

Sunny D Chan, Fanny Chen, Chris Cheng, Michael Chiang, Vicki Chou, John Colasito, Ross Flemer, Henry Gee, Lian Hsu, Allen Huang, Jonathan Rivera, Alice Tran, James Richard Vincent-Dunbar, Jessica Wong

Calendar & Planning Tool

U24 Team Calendar: <http://tiny.cc/u24calendar>

November 2020

- ☐ Small group info sessions (coordinating with team captains)
- ☐ TeamUSA Weekday Workouts (Intro Period)
 - Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
 - [Join Zoom Meeting](#) [Meeting ID: 939 8286 5165 | Passcode: 840151]

December 2020

- ☐ TeamUSA Weekday Workouts (Intro Period)
 - Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
 - [Join Zoom Meeting](#) [same as above]
- ☐ Online clinic - Training and Programming

January 2021

- ☐ TeamUSA Weekday Workouts
 - Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
 - [Join Zoom Meeting](#) [same as above]
- ☐ Online clinic - Paddling technique Pt1 pErg vs OC1
- ☐ Metrics Due (Submit sometime 1st - 15th of the month)
 - ☐ (optional) 500m OC1 | Single Side | DB Blade
 - ☐ 500m C2pErg | Single Side | Drag Factor 80 | SPM 50+ | Videotaped
 - ☐ Recommend also submitting 200m test

February 2021

- ☐ TeamUSA Weekday Workouts
 - Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
 - [Join Zoom Meeting](#) [same as above]
- ☐ Online clinic - Paddling technique Pt2 OC1 vs DB

March 2021

- ☐ TeamUSA Weekday Workouts
 - Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
 - [Join Zoom Meeting](#) [same as above]
- ☐ Metrics Due (Submit sometime 1st - 15th of the month)
 - ☐ (optional) 500m OC1 | Single Side | DB Blade
 - ☐ 500m C2pErg | Single Side | Drag Factor 80 | SPM 50+ | Videotaped
 - ☐ Recommend also submitting 1000m test

April 2021

- ☐ TeamUSA Weekday Workouts
 - Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
 - [Join Zoom Meeting](#) [same as above]
- ☐ Online clinic - Panel of past U24s or Premiers

May 2021

- ☐ TeamUSA Weekday Workouts
Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
[Join Zoom Meeting](#) [Meeting ID: 939 8286 5165 | Passcode: 840151]
- ☐ Metrics Due (Submit sometime 1st - 15th of the month)
 - ☐ 500m OC1 | Single Side | DB Blade
 - ☐ 500m C2pErg | Single Side | Drag Factor 80 | SPM 50+ | Videotaped
 - ☐ Recommend also submitting 200m test

June 2021

- ☐ TeamUSA Weekday Workouts
Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
[Join Zoom Meeting](#) [same as above]
- ☐ Online clinic - Character/team player mindset/philosophy

July 2021

- ☐ TeamUSA Weekday Workouts
Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
[Join Zoom Meeting](#) [same as above]
- ☐ Metrics Due (Submit sometime 1st - 15th of the month)
 - ☐ 500m OC1 | Single Side | DB Blade
 - ☐ 500m C2pErg | "Strong" Side | Drag Factor 80 | SPM 50+ | Videotaped
 - ☐ +1000m C2pErg test required this month

August 2021

- ☐ Summer Camp in Los Angeles
- ☐ Metrics Due (by 22nd of the month)
 - ☐ 500m C2pErg | "Weak" Side | Drag Factor 80 | SPM 50+ | Videotaped
 - ☐ +200m C2pErg test required this month
- ☐ Crew selections!!

September 2021

- ☐ TeamUSA Weekday Workouts
Wednesdays (Week 1 - Women; Week 2 - Men; Week 3 - Mixed)
[Join Zoom Meeting](#) [same as above]
- ☐ Metrics Due (Submit sometime 1st - 15th of the month)
 - ☐ 500m OC1 | Single Side | DB Blade
 - ☐ 500m C2pErg | Single Side | Drag Factor 80 | SPM 50+ | Videotaped
- ☐ Online clinic - Race week food/energy management & nutrition/ logistics

October 2021

- ☐ Metrics Due (Submit sometime 1st - 15th of the month)
 - ☐ 500m OC1 | Single Side | DB Blade
 - ☐ 500m C2pErg | Single Side | Drag Factor 80 | SPM 50+ | Videotaped
- ☐ Online clinic - Learn about Hong Kong

November 2021

- ☐ HONG KONG!!