



2021 TEAM USA

Training and Selection Criteria

For 2021 Hong Kong, China IDBF World Championships

COACH – SENIOR A & B WOMEN:

- o Ellen Law: Teamusaw.2021@gmail.com
- o Website: <https://sites.google.com/site/teamusaw2021>
- o Facebook: <https://www.facebook.com/groups/2021USA.SeniorWomenAB/>

SELECTION CRITERIA:

- o Primary test method = OC-1 time trial; single sided, using a dragon boat blade no longer than 51 inches
- o Primary test site = D and R canal in Titusville, NJ
- o Primary selection/screening distance = 750 meters to approximate 1K race.
- o Shorter distances of 425m/500m time trials run at off-location trials or if there is a need to secure additional testing times from candidates.
- o Additional time trials scheduled around the US based on interest.
- o 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.
- o Coachability, and ability to apply technique principles.

TRAINING PLAN:

- o Primary focus of the Women's Senior A and B team will be to win the longer races.
- o Fall 2020: small boat long distance paddling
- o Winter 2020-21: strength training (weight program available upon request), long distance paddling where possible, steady state ergs, aerobic fitness and weight maintenance.
- o Spring/summer 2021: Camp one week of double practices. Dates TBD pending COVID-19 status.
- o Late Spring/Summer/Fall 2021:
 - Weekend Mini-camps in each USA Region (Saturday double/Sunday PM)
 - Interval training to start depending on race date, recommended workouts sent to candidates/selectees via e-mail.
 - Late season sprint work outs sent to selectees

TIME LINE:

- o Time trials scheduled between February - August
- o Team selections on a rolling basis (paddlers will be named ahead of September)
- o Full team selected in time for individuals to secure travel arrangements, work release time by 8 weeks prior to Worlds.