

USBDF National Team 2021 Senior B Open/Mixed selection criteria and training program  
Submitted by Peter McNamara, Senior B Class Coach

❖ Selection criteria

- The primary test method will be an OC-1 trial; single sided, using a dragon boat blade no longer than 51 inches
- 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 a 4 minute race.
- Shorter distances 425m (approx. 2 minutes) will be incorporated depending on the site of the testing and the need to differentiate between paddlers who are close and to determine what paddlers are faster in shorter races.
- Paddlers may also submit race results from other paddling events. The coaches will seek such results when looking for candidates as well.
- Unknown, newer candidates will be asked to submit a validated 500m OC or paddle ergometer time along with video if available.

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

- Winter 2020-21: strength training, cross training, long distance paddling, steady state ergs, aerobic fitness and weight maintenance
- April Tampa camp is likely consisting of one week of double practices.
- Time trial in connection with USBDF nationals a strong possibility.
- Summer time trial on several West Coast sites if possible, dates TBD
- July-August trials in Phila/NJ 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. Expect to have 80% of the team selected 10 weeks in advance.

❖ Hong Kong Worlds Early November looks like the first week of Nov.

- 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