

## **Senior C Athlete Selection Criteria**

Fit Tests: See specific activities below  
OC1 Time Trials: 300 meters  
Technical paddling skills  
Team Compatibility  
Body weight  
Commitment  
Coachability

NOTE: The above items are not 'rated' or 'weighted'. All of the above selection criteria is valuable data for athlete assessments. All the testing data and published criteria will be considered in final athlete selections.

### **Fitness Testing Protocol**

Raised Flat-Bench Pulls: Max reps in 90 seconds  
Men: 50 % body weight  
Women: 40% body weight  
Russian Twists: Max reps 60 seconds  
Metronome Pushups: Max reps in two minutes  
Rowing Ergometer: Max distance in 2 minutes.

Testing will generally be conducted remotely. Results will be submitted to the manager for formatting then submitted to myself and coaching staff on a monthly basis. Athletes may also be tested at Camps.

### **ATHLETE EVALUATION CAMP SCHEDULE: Subject to change**

#1) Tampa, Florida – May 1-4, 2022

#2) Santa Fe Dam, California – September 7-11, 2022

- OC Time Trials will take place at both Athlete Evaluation Camps.
- A few athletes may be conditionally pre-selected due to team leadership duties.
- Athlete selections will take place following the final Athlete Evaluation Camp.
- There will be two mandatory Team USA Train and Race Camps: Location & Timing yet to be determined.