

**TO:** ELIGIBLE PADDLERS  
**FROM:** CKC DRAGONBOAT SELECTION COMMITTEE  
**CC:**  
**DATE:** 8-March-2018  
**RE:** SELECTION PROCESS FOR 2018 ICF DB WORLD CHAMPIONSHIPS

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## INTRODUCTION

CanoeKayak Canada (CKC) will nominate teams to represent Canada at the 2018 International Canoe Federation (ICF) Dragonboat World Championships in Gainesville, Georgia, scheduled September 13th to 16th. Priority will be given to the selection of a mixed team. Depending on the level of interest, additional teams may be selected; i.e. Women's, Men's, Junior, Masters.

## ASSESSMENT & SELECTION PROCESS

Selection process includes the administration of Physical Testing Protocol AND Video Assessment/ Analysis Protocol, as noted below. Testing will be administered by CKC National Dragonboat Team Coaching Staff .

## SCHEDULE

1. **MAR/APR/MAY** - Spring training camp(s) will be organized by CKC Dragonboat Selection Committee. Camps are optional and will provide the Selection Committee with important and relevant athlete physical fitness, technique and team attributes data. More camp info will be announced in next bulletin.
2. **15-JUN** - Submission Deadline: Physical Testing AND Video Assessment/ Analysis Testing to Selection Committee.
3. **06-JUL** - Final selection results and scores posted.
4. **18-JUL** - National Team Rosters announced.

5. **29-JUL** - Test Event – Chicago Open, USA (tentative) - Race against Team USA

## **PHYSICAL TESTING PROTOCOL**

1. Pull Downs - 50% of Body Weight - Max. Reps in 1 Minute
2. Sit Ups - Max. Reps in 1 Minute
3. Rowing Erg - 1,000m - Timed Distance at Level 5

## **VIDEO TESTING PROTOCOL**

Interested athletes must submit video footage of themselves paddling at two rates:

60 strokes/min to demonstrate technique and 75 strokes/min to demonstrate high intensity paddling and paddling fitness (goal is to maintain form at higher rates). Athletes are required to be seated in front and behind teammates to demonstrate adaptability. At least 15 seconds of video is required at each rate described above. In total four video clips are required: two profile shots (one at 60 SR and one at 75 SR) from paddling side and where camera is not more than 8 metres from athlete AND two shots (60 and 75 SR) showing full body and stroke of athlete from front. In all footage paddlers in front and behind should also be in frame. Videos can be sent as links (i.e. YouTube or Vimeo) or as compressed movie format files (i.e. “.MOV”).

## **ELIGIBILITY & FEES**

Eligible athletes must meet the following criteria;

1. Canadian Citizen or hold Landed Immigrant Status, or Resident of Canada for at least three (3) years,
2. Member of Canoe Kayak Canada (CKC),
3. Eligible for travel to the USA
4. \$30 Testing Fee (including applicable taxes) must accompany Physical and Video Submissions (one fee for testing components)
5. Upon selection a \$100 National Team Program Fee per person is due
6. Training camp, training race (i.e. Chicago) and racing costs will be announced in next bulletin

## **OBJECTIVE:**

To identify and select competitive dragonboat athletes from across Canada that meet the criteria outlined above, and available to represent Canada at 2018 World Championships in Gainesville, Georgia.

## **EXPECTATIONS OF CANDIDATES(ATHLETES)**

- Attend all racing and training opportunities
- Positive attitude and team player
- Accountable to maintaining fitness in an independent training environment
- Responsible and considerate toward team deadlines and requirements

## **SELECTION COMMITTEE**

For more information on this program and selection process please contact the members of the Selection Committee:

- Team Manager: Gord Ramsey, [gord.ramsey51@gmail.com](mailto:gord.ramsey51@gmail.com)
- National Team Coach: Jerome Seremak, [jeromez@mymts.net](mailto:jeromez@mymts.net)
- CKC will be identifying additional regional coaching staff to support this program and event