

EDBRC Competitive Program 2012

What is it? Individuals who come together, are like minded with a can do, positive attitude and want to work hard as individuals and as a team to achieve a common goal. The goal is to attend the national club crew championships in 2013 and to qualify as one of the top 5 crews in the Canada so that we can attend the world championships in Italy in 2014.

Who are the individuals? Men and women of all ages, skill, experience who have a desire to challenge yourself to be a better paddler. Paddlers that are willing to commit to a team, train for your team, with your team, and your coach. Does that sounds like you? The hope is we have enough people to field a full compliment to form a women's' and men's' team, with the coach selecting who he deems the, strongest 20 paddlers from those two teams to form a mixed crew. At this point in time we do not have enough national level paddlers in EDBRC. We will be opening the qualifying process to other paddlers around the province and perhaps BC to those, that want to join EDBRC as affiliates. The goal is to qualify for the worlds in 2014.

When? Start right now, working on your own physical fitness - cardio, and weight bearing exercises. Regular testing will start at the end of October. Why testing? It is a repeatable and objective measuring tool, used to help you improve. If you start now, you will see how far you can go physically and mentally, the result is you will be a stronger paddler come next year. The plan is to have people provide results from a set number of tests approximately every 6 weeks, in the off season, and to measure their performance in these tests.

How are you going to make Club Crew? The coach has a whole host of items to consider when picking the team. As an individual you have to work to open yourself to challenging your own physical fitness and improving with each testing. Be open to coaching and guidance. Stay positive and focused. Weekly group dry land workouts will be starting in November 2011. You are also encouraged to continue with your own workouts to supplement the team workouts. You are expected to attend regular OC training sessions, and attend the competitive team practices during the paddling season.

A synopsis of the current competitive team plan for the period of October 2011 to October 2012 is as follows: We still have specific details to work out but this will give you the general overview for the next year:

Oct 2011-May 2012: Dry land training and regular fitness testing

April 2012: Attend Florida training camp with the competitive team. This is not mandatory but hugely beneficial from a training and learning perspective and a warm holiday too. As many people as possible attend Florida type dragon boat training camp in April 2012. Bookings start in late October - November 2011. Budget numbers are: Flights - \$750 (round trip price currently on Expedia. You can probably get a discount if you start looking for one over the next couple months). Transportation (car rental and gas split for 4 people) - \$150
Registration Fees - \$400 (subject to change for 2012) Food - \$240 (\$30 per day)
Accommodations - \$300 (for 8 days at the Pines Resort) Total approximately- \$1840

May 2012: Follow-up local training camp in May 2012. Approx. cost \$150 - \$400.

May: through Sept. 2012: Regular OC time trials will be used as a method of monitoring individual improvement and to help serve as a portion of the selection process.

June or July 2012: Attend 1 Alberta festival, approximate cost \$400 - \$500

August or September 2012: Attend the most competitive festival we can find in the country during this time period. We want to see what we will be up against to get ready for National race offs in the following year. Approximate cost \$800 - \$1,200.

October 2012: Sit down as a group and start preparations for 2013 National Club Crew Championships

Why? In an effort to develop and grow the sport of dragon boat paddling we need exposure to national and international competitive events that allows us bring the knowledge and lessons learned back to our paddling clubs. This is also a way to validate that our teaching and training techniques are sufficient to stand up to the rigors of competition with the best clubs in the world. We want to show the world that Alberta can compete on the international stage despite our water and weather challenges.

Who to contact: LauriaMacDougall (lauria.mac@gmail.com)

Schedule of training times and sites will be posted on the EDBRC website and facebook. Email may or may not happen so please don't always count on it.