# False Creek Premier Dragon Boat Program

# 2019/2020 Season

In the 2019 season, False Creek Premier Dragon Boat Program (FCP) rose back to local and national prominence and earned the right to perform on the international stage at the 2020 Club Crew World Championships (CCWC). The 2019/2020 programming strives to build on the initiatives of last season that underpinned our increased success including higher individual performance standards, higher accountability and a finer focus on performing athletes. The program is outlined here.

# Mission Statement

To produce premier dragon boat teams that win locally, nationally and internationally by supporting team and individual goals.

##### ***How will we fulfil this Mission? This is how!***

### Leadership, Coaching and Mentorship

Our team functions from a place of high goal setting and plentiful opportunities. Purposeful leadership creates organized practices and clear directions. With such a leadership team, we can provide our paddlers with the opportunity to excel in dragon boat, OC-1 and OC-6, the combination of which makes well-rounded and performance-focused athletes. Our coaches are leaders on the International stage in dragon boat and outrigger. Our veterans are comprised of many World Champions, providing an enviable pool of mentors to up-and-coming athletes.

### National Team Focus

High-achieving athletes are motivated by the pursuit of individual excellence in addition to team success. By encouraging and supporting athletes who choose to participate in National Dragon Boat Team programs we increase an athlete’s ownership of his or her goals. Our coaches are Canada’s longest standing National Team coaches and, as such, are best-positioned to help athletes make the adjustments necessary for National Team selection and subsequent excellence at Worlds.

### Division and Category Focus

The focus of our program for this season is premier mixed excellence at CCWC. However, we will field women’s, men’s and/or a second mixed team in local races if our numbers of performing athletes permit.

### Program Goals, Standards and Team Selection

To remain the top local team and to compete on National and International stages we need our athletes to show dedication to the team as well as their own individual growth. Dedication to the team requires veterans to commit year-round to support the development of newer teammates. It requires the building of team unity through participation in team fundraising events. It requires attending dragon boat practice and focusing to achieve all that is possible each session, as an individual and a teammate. Individually, a team member must commit to physical on-land and on-water training.

Every False Creek Premier paddler will strive for continued improvement. Through this shared mind-set we will achieve more. To develop this culture, we have time standards in OC-1 time trials. These standards were introduced last season and have been updated for the coming season to add a higher level of performance for second (or beyond) year program members. The standards are set to be attainable by motivated, focused and coachable athletes and are such that many athletes will far exceed them. To ensure all athletes are a fit for the objectives of this program, those who do not reach these standards by the date below, or do not show considerable effort and progression toward them, may not be eligible to continue with the program. Paddlers with injures that may limit performance are welcome to seek an exception. Athletes that are in the program at the time of a team selection and have not yet made standards, may not be selected for that regatta. Attaining the standards does not ensure that a paddler will be selected to a team as over-all numbers and dragon boat ability are other factors in selection.

##### PERFORMANCE DEADLINES

|  |  |
| --- | --- |
| 1st year FCP paddlers\* | Longer than 1 year\*\* |
| March 15, 2020 | February 23, 2020 |

\*paddlers joining any time in 2019 or 2020, who did not race at 2019 Nationals

\*\* Note that this date is early in the year and cold weather may limit paddling time. Attend to

making progress toward these standards in 2019 to make sure you’re not caught unprepared.

##### Time Trial Standards (in CLions or hukis)

|  |  |  |
| --- | --- | --- |
| WOMEN | 5km | 2km |
| 1st yr. standard | 32:00 | 13:10 |
| 2nd yr. standard | 30:00 | 12:45 |
| 3rd or more yr. standard | 29:00 | 12:30 |
|  |  |  |
| MEN | 5km | 2km |
| 1st yr. standard | 29:15 | 12:15 |
| 2nd yr. standard | 27:45 | 11:30 |
| 3rd or more yr. standard | 27:15 | 11:15 |

Training will be monitored by fitness tests (see Appendix 1) as well as OC-1 time trials (see Appendix 2). Team selection will primarily be based on in-dragon boat assessments and sprint time trials, but fitness tests and distance time trials may be used when needed to differentiate between similar paddlers.

### Training

The key to excellence in athletics is consistency. If you train and attend practices consistently you will progress, and we will reach our goals. Our guidelines are:

* Dragon boat: attend more than 70% of the practices
* OC-6: attend Saturday training
* OC-1: complete at least two small boat practices per week, weather permitting, and complete time trials on your own to compare your progress to the time standards, in addition to scheduled team time trials (see Appendix 2).

### Athlete Accountability

To succeed we need each team member contribute to the team with behaviors in addition to those already outlined in Program Goals and Standards. Such behaviors include, but are not limited to:

* Taking the responsibility to make sure you know what you should: communication is done by email and at practice. Stay on top of information – including that done at practice in your absence. Use the buddy system!
* Knowing how to train, knowing the workout, being a good training partner.
* Every member must own a watch that can program at least one countdown interval timer with an audible beep. The Timex Triathlon is an easy one.
* Making sure you understand, retain and practice what you’ve been told by coaches.
* Updating the doodle and replying to emails, etc.
* Being proactive
	+ Know what needs to be done so you can help without being asked
	+ Perform the duties of your volunteer position proactively

### Program Volunteer Positions

Many hands make light work.

* The program volunteer list will be sent out in the Fall.
* Everyone on the team must take on at least one volunteer job. Please step up and contribute to the program in some way. Someone can help you get started.
* People who do not volunteer for a job will be assigned one.
* Participation in the running of the Women’s Regatta in May is required.

### important Dates

For easy reference, there is a summary of all the dates at the end of this document.

### Practice Schedule

#### Dragon Boat

In 2020, our practices will be Sundays, Mondays and Wednesdays, with some Thursdays in October and November 2019.

* October and November:
	+ Sundays at 7:30am, weather and numbers permitting
	+ Thursdays at 6:00pm (separate doodle!)
	+ The priority workout is Sundays for this period
* February 2nd: Sundays resume at 7:30am, weather permitting
* February 12th: Wednesdays resume at 5:45pm, weather permitting
* February 24th: Mondays resume at 5:45pm

#### OC-6

* Saturdays at 7:30am. Team practice. This practice is organized by our outrigger coordinator(s). All paddlers are expected to attend this practice when possible (i.e., the priority workout is Saturdays).
* Tuesdays at 5:45pm. Independent practice. At this practice, program members can coordinate their own crews and paddle a workout to meet their objectives. This allows members to self-organize and pursue racing objectives within our time slot. If you paddle on Tuesdays, you will be expected to attend on Saturdays to support your own development and that of your teammates. Tuesday is not to be a substitute for Saturdays.
* We participate in OC-6 year-round, weather permitting

#### OC-1/Small Boat

Program members coordinate training through a WhatsApp group. A training program is provided for 2-3 workouts/week depending on the time of year. These workouts are not to be shared with any paddlers outside the program without written consent of the coaches.

### Camps

* October 5-6, 2019
* May 3, 2020
* August 1-2, 2020

### Outrigger Orientation for new members

An OC-1 orientation (including OC-1 huli drill) is mandatory before you can use club canoes. Please check club website for session dates. Or contact recruitment/communication committee for more info.

An OC-6 huli drill is mandatory before you can attend OC6 practices in club boats. Best to do it now. Ken will coordinate one for early October. If you miss it, please check with the club for session dates. Indoor sessions are offered over the winter.

### Dryland Training

For excellence, the goals of dryland training need to be both fitness and building body awareness for specific movement patterns. Please be aware to take care of both needs.

Lee will provide gym workouts for the team with the workouts split into two styles but trying to achieve the same goal.

1. Weightlifting - Resistance training with weights.
2. Calisthenics - Resistance training with bodyweight, minimal to no equipment needed (including circuits)

Workouts will be split into 5 same areas as our fitness test. Each area will have its own weightlifting and calisthenics movements that you can work on in the gym or at home.

### Team Fees

Program fees for the 2019/20 season are as follows:

* $325 for adults
* $200 for full time students
* Alumni Guest membership: $200. This membership is for former team members who aren’t able to commit to the whole program but wish to stay involved and have mentorship to offer racing team members. These paddlers will be included in OC-6 and DB practices as space permits. Practice organizers cannot commit to let these paddlers know ahead of time whether there will be a seat available. The paddler can see the team doodle to predict the available space. These paddlers may be asked to race in cases where their participation would help the team. These athletes will not be eligible for funding beyond the entry fees for races they are asked to attend.

Fees are due from drummers and steers people and they will be eligible for all funding. Drummers and steers people who do not use other FCRCC equipment can apply for a fee exemption on non-CCWC (Club Crew World Championships) years and a reduction on CCWC years in the case that we qualify for the event.

Fees are due October 1st. If you need an extension or payment plan talk to Nora.

All paddlers must be full-time FCRCC members.

No fees are returned to a paddler who is not selected to continue in the program after the 2020 performance deadlines.

Pro-rated fees may be considered for athletes joining in the late spring or summer of 2020 and not attending any regattas.

### Fundraising

Key team fundraiser: Women’s Regatta Sat, May 23rd.

The Fundraising Committee will keep you informed of other activities. If you have ideas, please let them know.

Some of the expenses our fundraising money will go toward in 2020 are FCRCC boat use fees, regatta entry fees, DBC fees, coaching and an athlete CCWC subsidy.

### 2020 Dragon Boat Races

Our objective is a top 3 performance at CCWC 2020. This requires the entire team to compete together as often as possible. See dates at end of document.

* FCRCC Knockout Regatta
* Dragon Zone Oddball 2000m Challenge
* FCRCC Women's Regatta (as event organizers)
* Dragon Zone 500
* Concord Dragon Boat Festival
* Harrison Dragon Boat Regatta
* August 19-31 IDBF Club Crew World Championships – France

Other races will be considered as information becomes available or ideas are presented.

### 2020 OC-6 Races (including world outrigger sprints)

We will participate in local races that do not conflict with DB goals. Program members can race OC-6 with other programs if that suits their individual goals without interfering with the team’s dragon boat goals.

Unfortunately, the dates of the World Outrigger Sprints conflict with those of Club Crew Worlds, as they are on opposite sides of the planet. If a FCP paddler is selected to an Elite Canadian V-6 crew, he or she will be considered for the FCP CCWC team if he or she agrees to fly to France immediately upon completion of his or her V-6 event. This is because Elite V-6 racing is early in the World Sprint schedule. Please note the Elite category applies only to Open and U-19 age classes. V-1’s are typically scheduled later in the schedule so participating in V-1 racing and selection to the CCWC team is unlikely.

### Recruitment

Our target paddlers are those with experience and under 40 years of age. Paddlers older than 40 should be exceptional athletes already near, if not surpassing, our time standards. Program members should encourage potential members to visit our website (<http://www.fcrccpremier.com>) and then contact the Recruitment and Communications Committee (communication@fcrccpremier.com) for information. This committee can answer questions about the program, updates our website and handles all social media.

Potential members are welcome to attend up to two dragon boat practices to determine whether we are a good fit. Please ensure at least one coach will be at a practice before inviting people to come out.

##  Calendar of important dates

|  |  |
| --- | --- |
| 2019 | Event |
| October 1 | Program fees due |
| October 2 | Program meeting 6:15-7:45pm at club  |
| October 3 | Thursday DB practices start |
| October 5 | Club 5 km time trial *(sign-up on separate doodle)* |
| October 5/6 | FCP weekend DB camp |
| October 20 | Sunday DB practices start |
| October 26 | Fundraiser – DB Clinic *(sign-up on separate doodle)* |
| November 1 | FCRCC fees due |
| November 9  | Team 5 km time trial  |
| November 24 | Last Sunday DB practice for 2019 |
| November 24 | Fitness test due – *enter results in tracking spreadsheet* |
| November 28 | Last Thursday DB practice 2019 |
| December 7 | Club 5 km time trial *(sign-up on separate doodle)* |
| 2020 | **Event** |
| January 26 | Fitness test due – *enter results in tracking spreadsheet* |
| February 1? TBC | Team 5 km time trial |
| February 2 time TBC | Paddle tank session at Richmond Oval – late afternoon |
| February 9 | Sunday DB practices resume |
| February 12 | Wednesday DB practices resume |
| February 22? TBC | Team 2 km time trial |
| February 23 | Performance deadline for paddlers with FCP > 1 year |
| February 24 | Monday DB practices resume |
| March 14? TBC | Team 2 km time trial |
| March 15 | Performance deadline for first year paddlers |
| March 15 | Fitness test due – *enter results in tracking spreadsheet* |
| April 18? TBC | Sprint time trial |
| May 2 | FCRCC Knockout Regatta – *all day* |
| May 3 | FCP Training camp – *all day* |
| May 10 | Dragon Zone / Oddball 2000m Regatta – *all day* |
| May ? TBC | Sprint time trial |
| May 23 | Fundraiser - Women’s Regatta *– all day* |
| June 6 | Dragon Zone 500 – *AM only* |
| June 20-21 | Concord DB Festival |
| July 25 | Harrison DB Festival |
| August 1-2 | FCP Weekend race preparation camp – *all day*  |
| August 19-31 | CCWCs |

##### To achieve our goals, it is more than just the skill set. It is the work ethic, the contribution to the team and the desire to be part of the team.

## Appendix 1: Fitness Test

Focusing on 5 main areas. Upper body push and pull strength, core stability, hips & legs strength and flexibility.

The focus of new testing method is to identify and improve on individual weaknesses, capping at certain reps & weights to avoid injuries and ego lifting.

BENCH PRESS

* Men’s weights:
	+ 10lb increments starting at 125 lbs. If you can do 5, move to next increment.
	+ Goal: 5 reps at 185lbs
	+ Cap: 225lbs, 5 reps
* Women’s weights:
	+ 10lb increments starting at 95 lbs. If you can do 5, move to next increment
	+ Standard: 5 reps at 125lbs
	+ Cap at 155lbs, 5 reps
* Bar within 3 inches of chest, back flat on bench, butt and lower back stays on bench at all times, knees higher than hips.

PULL UPS

* Men’s goal: 15 reps, cap at 30. Start with body weight, once 10 reps are attained, increase overall weight to 185lb if you weigh less than this.
* Women’s goal: 6 reps, cap at 18. Start with body weight, once 10 reps are attained, increase overall weight to 145lb if you weigh less than this.
* Palms facing away from you. Chin over bar at top. No kipping.

Note: Lee will review with individuals how to best add extra weight.

MODIFIED FRONT PLANK

* Standard: 5 mins, cap at 10 mins.
* Your body should form a perfectly straight line from the crown of your head to your heels.
* Elbow extended forward (in line with your jaw)
* 

EXERCISE TBD

* xxx

FLEXIBILITY TEST

* Perform ALL THREE of the following flexibility tests for each fit test submission:
* Rotation test (both directions)
* Shoulder flexibility test (both sides)
* Sit and reach test
* Please watch the videos created by Kamini for detailed instructions on how to perform each test: https://vimeo.com/album/4225287 (password: FCRCC4LIFE).

**Must complete all above testing in 90 minutes, preferably in the order listed.**

TESTING DEADLINES

* November 24th
* January 26th
* March 15th

NOTE: A baseline test prior to Nov 24th is highly recommended if you are not familiar with any of the tests. Please send your baseline results to Fitness Committee in the following format (flexibility baseline is not needed):

1. Bench Press:
2. Pull ups:
3. Plank:
4. Wall sit:

Test results for set deadlines will be entered into our TT and fit test tracking spreadsheet.

## Appendix 2: Time Trials

We have three time trial distances: 5 km, 2 km and sprint. For tracking of 5 and 2 km time trial results for the attainment of time standards there is a google doc. Paddlers can complete these race distances whenever they choose and enter their information in the document. However, they must still participate in the program-sanctioned time trials. Results of the distance TTs will be used to rank paddlers for Saturday OC-6 practices as well as to monitor the attainment of program standards.

#### Club 5K Time Trials (must do 2 of 3)

Paddlers can use whatever type of boat they wish for club time trials but not for team time trials.

#### Team Time Trials (Mandatory):

##### 5K Time Trials

With OC paddle, rigged left, paddling both sides.

##### 2K Time Trials

With OC paddle, rigged left, paddling both sides.

##### 250-350 m Sprints

With DB paddle, rigged paddling side, paddling on trialing side only. Race location TBD.

##### NOTE:

Some TT dates are still to be confirmed and will be updated in the Calendar of Important Dates.