

# ***Manitoba Paddling Association (MPA) Dragon Boat Programs***

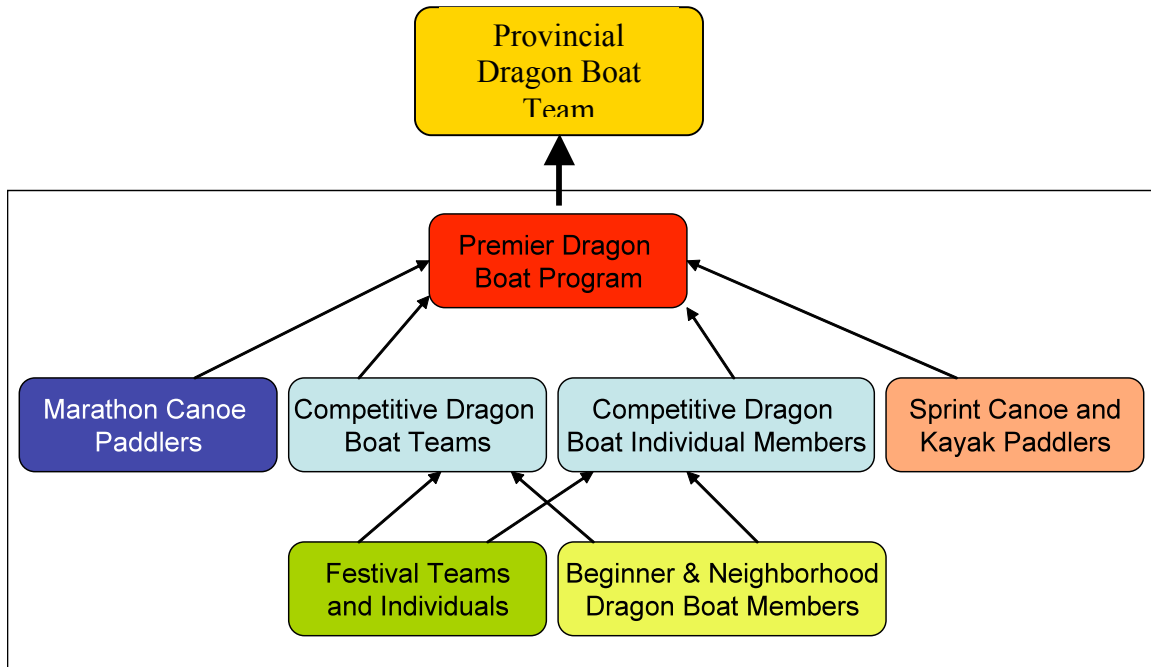
## **Mission**

The mission of the program is to develop and grow the sport of Dragon Boat in the province of Manitoba.

## **Goals**

- Develop programs that provide an opportunity for paddlers at all levels to participate in the sport.
- Create a structure that accommodates team or individual participation.
- Develop a high performance Dragon Boat program.

## **Structure Diagram**



## **Festival Participation**

Groups of friends and co-workers make a team and enter local festivals with a goal of having fun and raising money for a charity. The teams participate in 3 – 4 practices and race at festivals. Coaching is provided for the first 2 practices.

**Cost:** Festival entry fees

## **Drop in Neighborhood Program**

Individuals can drop in at the club at the designated time and join in a dragon boat practice with others. Participation may depend on how many individuals show up.

Cost: \$10.00 per practice

### **Entry Level Dragon Boat Program**

#### *Program Description:*

*A seasonal program enabling dragon boat enthusiasts to make the most of Manitoba's short paddling season by providing them with 1 practice per week throughout the summer months. These practices are suitable for teams or individuals who want to develop their skills to be more successful at local and regional Dragon Boat Festivals. Practices have a loosely structured format with an emphasis on basic skill development in a relaxed & social atmosphere.*

- 1 practice per week, 60-90 minutes long from June to September (on the water only)
- select any weeknight ( Monday-Thursday) as your regular practice time, however regular coaching will be available only on Monday and Thursday
  
- **COST:** \$100.00 per participant, plus an optional \$100 for kayak/canoe/facility use.

#### Program Structure:

- Program Management:
  - Teams plan and manage themselves
  
- Program Coaching:
  - coach will teach you the essentials during the first few practices. After that you will run your own practices but a coach will be available to advise you as your skills improve or if problems develop

### **Competitive Dragon Boat Program**

*A program designed for serious dragon boat competitors who are committed to taking their paddling skills to a higher level. This program involves both advanced technical skill development through on the water training sessions and physical conditioning specific to dragon boat paddling. While the atmosphere remains positive & social, this program is intended and designed for teams or individuals who are ready to make a serious commitment to dragon boat racing at local and regional festivals, and some individuals may be selected to support Premier or Provincial teams at national or international competitions.*

- 2 practices per week, 60-90 minutes long from May to October
- Teams may select any 2 weeknights as your regular practice times, however regular coaching will be available only on Monday and Thursday
- This **on the water program** runs May 1 - October 31
- joint practices with the other dragon boat teams including Premier Teams,, may be offered
  
- **COST:** \$200.00 per participant, plus an optional \$100 for kayak/canoe/facility use.
- two races are included (River City Race in Wpg , Wheat City in Brandon)

#### Program Structure:

- Program Management:
  - Teams plan and manage themselves
  
- Program Coaching:
  - coach will teach you the essentials during the first few practices and will continue to advise you & direct your practices as your skills improve.

### **Premier Dragon Boat Program**

*A year-round program designed for serious dragon boat competitors. This program is best suited to individuals or teams who aspire to compete in out-of-province (national) or international competition. This program involves advanced technical skill development through on-water training sessions during the summer, physical conditioning specific to dragon boat paddling during the winter, and scheduled testing to assess progress. While the atmosphere remains positive, there is a more serious tone to these practices. The premier program is the primary selection pool of athletes to advance to Provincial Team status.*

- Program runs all year around

#### **Summer Training:**

- Typically May 1 to Oct 31 (break up to freeze up) on water training with a coach
- Coach provides a daily practice plan
- 3 plus practices per week, 60-90 minutes long, Monday, Thursday and Sunday are the regular practice times
- Additional practices will be arranged to prepare for major competitions
- Individual technical assessment (video analysis) may be available for a fee
- kayaks/marathon canoes are an alternative activity, provided there are boats available, and members are encouraged to use these for additional on-water training

#### **Winter Training:**

- winter program with coach Nov.1 – April 30 will be provided, with access to the MPA weight room, and group training sessions, x-country skis
- winter pool paddling sessions and access to paddling machines are also offered
- coach will provide a training schedule and teach you the essentials during the first few sessions and will continue to advise you as your skills improve
- Winter fitness tests will be scheduled for you to monitor your training results
- **COST:** \$300.00 per participant, plus an optional \$50 for kayak/canoe/year round facility use.
- two races are included (River City Race in Wpg , Wheat City in Brandon)

#### **Program Structure:**

- Program Management
  - General Manager – Duties include:
    - Liaison between the program and governing organizations
      - MCKC
      - MPA
      - CKC
      - CDBF
    - Oversee all program activities
    - Approval of team expenditures (as part of Management Team)
    - Member communication
    - Member recruiting
    - Event investigation and selection
    - Event coordination and management
  - Assistant Manager – Duties include:
    - Crew configurations - practice and race crew assignments
    - Event investigation, planning and selection
    - Liaison between Coaches and Crew
    - Approval of team expenditures (as part of Management Team)

- Fund Raising Manager – Duties Include:
  - Identify fund raising and sponsorship opportunities
  - Get management team approval to proceed with fund raising activities
  - Coordinate fund raising activities
  - Record financial transactions of fund raising activities and deliver report and funds to Treasurer
  - Approval of team expenditures (as part of Management Team)
  -
  
- Treasurer – Duties Include:
  - Administration of member credits earned through fund raising or other activities
  - Collecting membership and entry fees from members
  - Assessing financial merits of potential fund raising activities
  - Approval of team expenditures (as part of Management Team)
  - Tracking all incoming funds from; fund raising, sponsors, member fees, etc.
  - Depositing funds into the Toba Dragon Boat bank account
  - Issuing and tracking all disbursements on behalf of the team
  - Maintaining an accurate account of team funds; cash on hand, commitments, receivables
  
- Management Team Selection Process
  - Each position is a 2 year term
  - Every year 2 positions will be voted on
  - Voting will take place in the last week of November
    - Year 1 – Assistant Manager and Treasurer (2009)
    - Year 2 – Manager and Fundraising Manager (2010)
    - Current members of the Premier Program are eligible to vote
  
- Program Coaching
  - Head Coach - Jerome Seremak
    - Develop training plans
    - Develop training schedules
    - Practice plans
    - Technical coaching
    - Video taping and analysis
    - Crew selection
  
  - Assistant Coaches - Keith, Jan
    - Execute practice plans developed by the head coach
    - Technical coaching
    - Video taping

## Provincial Dragon Boat Team

# *Provincial Dragon Boat Team Handbook*

### *Provincial Dragon Boat Team (Toba)*

The Provincial Dragon Boat Team (Toba) is a team of individuals who train to participate in National and International Dragon Boat competitions. Athletes will qualify for Provincial Team status by meeting and maintaining specified training criteria and demonstrating the requisite skills of a high performance Dragon Boat Team.

### *Provincial Dragon Boat Team (Toba) Athlete Selection Pool*

Provincial Team selection is the responsibility of the Provincial Coach, and will be made from a pool of athletes who have fulfilled the Dragon Boat training plan developed by the Provincial Coach and described in this document, or who have developed the required skills through other paddling programs. Individuals who are unable to maintain their commitment to the program (below minimum point threshold) may be deemed ineligible for selection to the Provincial Team.

### **Assessment of “Pool Status” Athletes**

- 1 All evaluations of athletes are intended to be transparent and will be supported by objective and subjective data collected by the Provincial Coach (PC) at trials, practices and in competition.
- 2 The PC has the sole discretion as to the relative importance of each of the assessment criteria. He will communicate to the athletes prior to each stage of the selection process those measurements that he will specifically use to assess the athlete or crew.
- 3 The PC will structure training and competition activities to provide athletes with opportunities to demonstrate skills and qualities that will contribute to the performance of crews who will compete at the 2009 Championships.
- 4 “Pool Status” athletes must participate in all designated training camps and competitions as directed by the PC.
- 5 Some “*examples*” of the objective and subjective measurements the PC *may* apply in their assessment of “Pool” athletes are outlined below:

### **Fitness Ratings – maximum 8 points**

#### ***General Physical Tests***

- Athletes will be measured for general strength and endurance.
- Personal Goal - Maintain or improve strength and endurance
  - Measure - **Fitdex** results
  - Points - 1 point for each fitdex participation,
  - Bonus points - 1 point for meeting test target (males 2:05, females 2:20)

#### ***Training Times – Individual Measurement***

- Athletes will be evaluated in other boats and distances during training and competition.
- Individual Goal - Individual **500 meter paddle** evaluation
  - Measure - Participate in paddle assessments
  - Points - 1 point for each participation
  - Bonus points - 1 point if in top 50% per gender per assessment

## **Commitment Ratings – maximum 8 points**

### ***Attendance***

- Commitment to the crew through attendance at all training sessions is a must. The coach or manager will keep a record of attendance.
- Team Goal - **DB Practice Attendance (max 3 points)**
  - Measure - 80% of regular scheduled DB practices.
  - Points - 1 point for each success; Apr – Jun / Jul – Aug / Sept - Oct

### ***Commitment to Training***

- Athletes are encouraged to paddle in other boats or attend optional DB practices to build endurance.
- Personal Goal – **KM Paddled (max 5 points)**
  - Measure - milestone every 250 KM paddled over 500 KM
  - Points - 1 point for each milestone met (500, 750, 1000, 1250, 1500)

## **Technical Rating – 4 points**

### ***Effort in Training / Technical Compatibility***

- Athletes will be assessed on:
  - Their ability to enhance the quality of the crew’s training on a daily basis
  - Their technical and physical compatibility with fellow crew members.
  - Their skills in the various seat positions will be considered.
- Individual goal - work hard, stay focused and follow instructions (coachable), Ability to do proper stroke, stay in sync, work with crew
  - Measure - coach’s assessment
  - Points - 1 point

### ***Stroke Assessment – Crew and Individual Measurement***

- Athletes/crews may have their stroke rate over distance measured (propulsion) and stroke rate against boat speed measured as well as an evaluation of the maintenance of stroke rate targets.
- Team goal - ability to stay in stroke and maintain technique at higher stroke rates
  - Measure - coaches assessment
  - Points - 1 point

### ***Video Assessment – Crew and Individual Observation and Measurement***

- Athletes will be video taped to support any opinions the coach may have regarding the technique, timing or stroke rate of an individual athlete.
- Individual goal - Participate in video assessments
  - Measure - Tec Check rating
  - Points - 2 points

Maximum Points Achievable 20 - points  
Points required to maintain Provincial Team Status 12 – points  
Points are accumulated over the year starting November 1 through to October 31

### **Program Structure:**

- Program Management
  - Managed under Premier Program
- Program Coaching
  - Coached as Premier Program

**NOTE:** The Provincial Team is treated as a sub-set of the Premier Program.

Provincial Team Scoring Matrix (sample)

Member	Fitness				Commitment		Technical	Total Points Maximum 20 points
	Fitdex #1: Maximum 2 points	Fitdex #2: Maximum 2 points	Paddle #1 Maximum 2 points	Paddle #2 Maximum 2 points	Kilometers Maximum 5 points	Practice Maximum 3 points	Tec Check Maximum 4 points	
Athlete 1								0
Athlete 2								0
Athlete 3								0
Athlete 4								0
Athlete 5								0
Athlete 6								0
Athlete 7								0
Athlete 8								0
Athlete 9								0
Athlete 10								0
Athlete 11								0
Athlete 12								0
Athlete 13								0
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Athlete 26								0
Athlete 27								0
Athlete 28								0
Athlete 29								0
Athlete 30								0
Athlete 31								0
Athlete 32								0
Athlete 33								0
Athlete 34								0
Athlete 35								0
<b>* Members must attain 12 points or more in a year starting Nov 1 in order to maintain good standing in the pool.</b>								

Glossary of Terms:

Festival Team

- A team that practices and races together in Dragon Boat Festivals

Competitive Team

- A team registered in a MPA competitive Dragon Boat Program that practices and races together in Dragon Boat Festivals and Regattas

Provincial Team

- A Pool of competitive Dragon Boat paddlers that meet the training criteria of the Provincial Team, typically comprised of Premier Program members

Program

- A group of individuals and/or teams training at the same level (practices per week)

Crew

- A subset of a team or program selected to train for and compete in a given event/race