

18 September 2013

Dear paddlers, sweeps and drummers

The new **2014 Asian Championships** campaign has just been announced and I am honoured to be continuing my coaching role from the 2013 World Championships in Hungary.

Unlike World Championships, Asian Championships races the Open age category only. This means that there is no age restriction for paddlers, sweeps and drummers. We are hoping to race Women's, Opens and Mixed 20's and Women's, Opens and Mixed 10's. This translates to around 30 male and 30 female paddlers, 3 sweeps and 3 drummers.

Selection

As per previous campaigns, there will be two stages of selection for the paddlers:

First stage

The first stage consists of a basic fitness test which will be held in your State and will be run by appointed assessors. All applicants must do five exercises:

Beep test – This is the standard beep test, available free online and by way of a phone app. It can be done anywhere you have flat ground where you can run 20 metres. Men must finish level 10 and women must finish level 8.

Flat bench press – all applicants must complete 10 consecutive reps. Women must use 75% of their bodyweight and men must use 100% of their bodyweight.

Bent legged sit ups – all applicants must complete 100 reps in 2 minutes. Women must keep their hands on their ears and men must lock their hands behind their heads at all times.

Chin ups – Women must complete 8 reps, men must complete 20 reps.

One arm kettle bell snatch – All applicants must complete 120 reps in total in 2 minutes, whilst changing hands at the 1 minute mark. Women under 75kg must use a 16 kg kettle bell, women over 75kg must use an 18 kg kettle bell. Men under 90kg must use a 24 kg kettle bell, men over 90kg must use a 27kg kettle bell.

These are benchmark targets and paddlers should not, during the duration of the test, attempt to go beyond the benchmarks. These merely demonstrate to the coaching team that you have the fitness required to undertake a national campaign, and ultimately to be successful at an international level. Fitness benchmarking has been a large factor in the success of our international teams over the past 4 years.

Applicants will obtain 10 points for each benchmark attained, with lower points given on a pro rata basis. The final score will be the combined total of all 5 exercises. All tests must be completed within two days.

All decisions about the times and locations for the tests in your State will be made by the assessor from your State.

Selection of sweeps and drummers will be based on experience, weight and skill.

Second stage

The second stage of selection consists of attendance at a selection camp to be held 21 – 23 December 2013 (location to be confirmed).

As well as attainment of the physical benchmarks, paddler selection will be based on:

- Performance in single craft (kayak with a float attachment on the side) racing across both 200m and 400m races;
- Video analysis of technique;
- Assessment of your ability to work within a crew, be adaptable in your technique and approach and generally contribute to the overall team performance.



ABN 91 151 895 046

Patron

The Honourable, Shane Stone
AC, PGDK, QC

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Drummer and sweep selection will be based on your ability to obtain the best performance from the crews, which will depend on your fitness, technical and motivational abilities.

Unsuccessful applicants will be notified on the 26 December 2013 and the selected team will be announced on 27 December 2013.

Program for Training Camps and Racing

First training camp

The first training camp will be held on 25 - 28 January 2014. Individual training programs will be given to all paddlers, and will take into account your Club and State representative commitments. All Auroras are expected to be available for both Club and State representation.

Second training camp

After the Australian Championships we are planning to have a one day training camp.

Third training camp

The final training camp will be conducted in May and will finish three days before the Asian Championships (dates TBA). It will be conducted either in Queensland or at the location of the race.

Additional racing

We currently have preliminary information about a regatta held immediately after the Asian Championships. Participation in this regatta will be discussed with the team.

Younger Paddlers

We would specifically like to encourage the younger paddlers (U18, U24 and Premiers) to apply for this team. Some of you are scared of the fitness tests. Please do not be, try it and you will find that it is hard but very doable. We have some of the best dragon boaters in the world, and you should speak to paddlers who have done the tests, particularly our successful older paddlers who will always be available to help. All States, and many clubs, have had representatives in the Auroras last year and are an invaluable source of inspiration. Please make sure that you have trained for the tests before you attempt to do them. Train with others if possible – it will provide motivation and physical and moral support. If you require assistance with preparation please contact your club coach or me directly. As soon as you have done the tests once you will not be scared of them in the future. Even if you do not get the perfect score in the tests, it is still a possibility that you will be invited to the selection camp. Over there you will meet paddlers who get the top score without any problem and you will see that they are not superhuman. They are just very determined and hardworking people. You will be able to train and race with the best paddlers in Australia, and race against the best in the world. The more experienced paddlers will always be available to help, and you will see that they have become experienced and successful by working hard.

In the next two years we are trying to create the strongest possible Junior, U24 and Premier teams. To achieve this goal we have to give you as great as possible exposure to the top national and international training and racing, and also let you paddle more as a team and get to know each other better.

Have fun during the fitness test and I hope to see you at the selection camp in December. If you have any further questions please do not hesitate to contact me.

Regards,

Serghei Cucsa

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