

2022 ACT Dragon Boat State Team **Selection Criteria**

Selection for paddlers will be paddle on a single side and, where possible in a designated seat within the crew – seat to be determined by Team Coaches.

This format allows training time to be maximised, the team to achieve cohesion and each paddler to perform their role to their highest ability over the shorter lead time into the 2022 season.

The 2022 State vs State competition will be formatted as 500m gender and mixed crews as well as 1km pursuit racing.

Sweeps and Drummers will be selected as pairs for each distance and crew. The same pair may be used for more than one event.

Paddlers	Sweeps	Drummers
<p>Athletes will be assessed on their technical proficiency when paddling, both solo and as part of a crew, as well as their ability to move a boat over the time domain expected at competition.</p> <p><i>Technical:</i></p> <ul style="list-style-type: none"> Length and depth of paddle stroke Positive blade angle Speed through the water Ability to paddle around and with others of differing technique Ability to adapt technique <p><i>Physical:</i></p> <ul style="list-style-type: none"> 2 minute standard boat solo paddle for distance 500m dragon boating ergometer time trial (stroke rate will be recorded at approximately 300m) 	<p>Athletes will be assessed on their ability to control the crew and the boat along both a straight line and corners, as well as controlling a boat in close proximity to another.</p> <ul style="list-style-type: none"> Voice projection Ability to adapt to a boat with small imbalances Technical ability when turning Ability to maintain position close alongside another boat Interpretation of team needs (calls) throughout racing Teamwork with drummer Interaction with team Ability to read water conditions Size/weight considerations 	<p>Athletes will be assessed on their ability to control the crew and support the morale of the team both on and off the water.</p> <ul style="list-style-type: none"> Voice projection Timing Interpretation of team needs (calls) throughout racing Teamwork with sweep Interaction with team Size/weight considerations

Physical Capability:

Applicants for all positions (Paddlers, Sweeps, and Drummers) will be asked to submit the following, self-reported.

- Upper body horizontal pushing strength exercise of choice (Suggestions include, but are not limited to, bench press, push-ups or bar dips)
- Upper body horizontal pulling strength exercise of choice (Suggestions include, but are not limited to, Dumbbell rows, ring rows, seated row or bench pull)

Both sets of exercises are to be performed with a weight allowing no more than 8 repetitions. While this will be self-reported, athletes should hold themselves to a high standard when performing all exercises: minimal use of momentum to complete reps, full range of motion

(e.g. chest touching ground for push-up, bar touching chest/bench for bench press/pull etc.), and partial repetitions are not counted.

Behaviour / Attitude:

- Positive and supportive treatment of teammates, volunteers and coaches
- Attendance and active engagement in team activities
- Good sportsmanship
- Respect for all
- Representative athletes are role models and exemplars for the sport and DBACT, and behaviour should reflect that ethos.