

# BROADWATER DRAGONS

## STATE CHAMPIONSHIPS POLICIES 2015

Events, Dates, Intentions, Policies

The State Championship policies are constructed to give transparency to the committee, coaches and paddlers in relation to the head coach and coaching staff's intentions and policies concerning the clubs participation in the Queensland State Championships

These policies and dates may and should be modified by the head coach and his/her staff to meet the make up of paddlers and circumstances of that year.

### **EVENT: Queensland State Championships (Participation by most clubs in Queensland)**

COORDINATORS: Queensland Dragonboat Federation

PARTICIPANTS: All club members are welcome to train and participate in this event.

COACHES INTENTIONS: To participate in as many categories as possible and to give every member the paddling experience.

### **SCHEDULE UP TO STATE CHAMPIONSHIPS**

**JAN 29:** Final commitment date by paddlers to train and participate in the State Championships. (Selection Testing in Feb will confirm tentative seating positions ) Early commitment will permit us to decide category of entry and paddlers can start booking their tickets and accommodation.

Any existing and past paddlers who do not commit before this date, will only be permitted to join a squad if a. we do not have full number of squad or b. if one of the squad is injured or pulls out of the squad. This cut off date does not relate to new paddlers who join our club after Jan 29<sup>th</sup>.

**Feb 7** High Performance Training Session – MPSC (Tentative)

**Feb 8:** BRD Sports Regatta. Non compulsory, informal meeting after regatta giving paddlers with questions regarding the State Championships the opportunity to discuss them with the coaches.

**Feb 15:** Fitness testing for State Championships. (Please see State Fitness Testing Description sheet)

**Feb 28** High Performance Training Session – MPSC (Tentative)

**Mar 8:** Joint Training/Racing

**Mar 14-15:** Wellington Dragonboat Festival – Also used for pre-States competition training

**Mar 28-29:** Queensland State Championships

### **Part A: Fitness Testing**

Weight

1. Sit ups
2. Push ups
3. Pull ups
4. Planks
5. Wall Sit
6. Kayak pro test

### **Part B: Technical Analysis/Video**

From time to time coaches will do video analysis from boat, land and safety boat

### **Part C: Subjective Criteria**

#### **Attitude**

Positive influence on team at all time. This can include but is not limited to coaches, team managers, other athletes, officials, etc.

#### **Attendance**

Attends practice regularly. Attends all required events (ie fitness testing, identified training camps, fundraising initiatives, festivals, etc)

#### **Leadership**

Help motivate team mates towards a common goal Inspire others through example

#### **Have positive initiative**

#### **Demonstrates Responsibility**

#### **Effort and Cooperation**

Present and committed, both mentally and physically at all activities

**Considerations:** Work commitments, personal commitments and unexpected events.