

Crew Selection Criteria & Expectations 2011

Attitude/Teamwork:

- A positive attitude toward yourself, your teammates, your coaches and the equipment is required.
- There are many jobs outside the boat that need to happen in order for you to race. Having a good attitude about setting up and taking down the tent, rigging the boats, carrying, rinsing & covering the boats, taking care of the canvasses, etc. is important.

Considerations:

- OC6 times/seat races/blend: The goal is to make our canoes move faster. OC6 times/seat races will be of primary importance in crew selection.
- Race Results – do you race well with your crew? Are you able to contribute under stressful race conditions?
- OC1 times: You are encouraged to do individual time trials on your own time. The six paddlers with the fastest OC1 times may or may not be able to produce the fastest OC6 time. The more you work on moving an OC1 well the more likely you will be able to transfer that talent into the OC6.
- Blend/Technique – having good technique and being able to blend with your crew to move the boat. Again, having the fastest OC1 time might not mean you will be in the crew with the fastest time in an OC6. You need to be at practice and learn to blend with your crew and paddle like your crew to be put in a racing crew.

Attendance:

- You can't get timed with a crew if you aren't at practice.
- You won't have a chance to blend with your crew if you aren't at practice.
- You won't improve your technique if you don't come to practice and have someone coaching you.
- You will mess up the coaches' plans when you fail to show up to practice.

If you cannot come to practice, let someone know. Don't forget to sign your text with your name as I don't know everyone's phone numbers. J

Cross Training/Workout Sheets

- Cross Training – Practice is primarily for coaching technique, blending together, & learning to work together in different conditions. If you get a workout in at the same time, that's great, but the purpose of practice is not to get you in shape. You must add to that on your own time.
- Workout Sheets – Sometimes six man times are the same or very close. Seat selection, especially for long distance races and starting crews for LD races, may come down to who is in better shape. Not turning in a workout sheet will only hurt you.

Week of: _____

Name: _____

Date

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Totals

Paddling:

OC6

OC1/ Kayak

Total Paddling Time

0:00

Cardio:

run

bike

swim

other

Total Cardio Time Goals: Apr 6 hrs, May 7 hrs, Jun 8 hrs, Jul 9 hrs, Aug 10 hrs, Sep 10 hrs

Total Cardio Time

0:00

Strength:

core/ weights /yoga

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Total Weekly Time

0:00

OC1 time trial

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Once a week:

Pull Ups

Push Ups

Dips

Crunches

Max reps without stopping

Goals when you started the week

Did you meet this week's goals? Why/Why not?

Goals for next

Goal for
