Subject: Expression of Interest for selection – 15th Asian Dragon Boat Championship

Dear AusDBF Members,

We are excited to announce that the 15th Asian Dragon Boat Championship, hosted by China CITIC Bank (International) and sanctioned by the Asian Dragon Boat Federation (ADBF), will take place in Hong Kong, China from **October 9th to October 14th, 2024**. Australia has been cordially invited to participate in this prestigious event.

Expression of Interest (EOI) Process

As part of the selection process, we invite you to submit an EOI for selection. Here's how it works:

- **EOI Submission:** Athletes are required to submit their EOI, which includes strength and fitness benchmarking.
- **Selection Camp Invitation:** Shortlisted athletes will receive an invitation to the selection camp.
- **Athlete Acceptance to Camp:** Successful applicants will need to accept the invitation to camp.
- **Selection Camp Attendance:** Attendees will participate in rigorous training and assessments during camp.
- **Athlete Outcomes:** Performance during the camp will determine the final team.
- **Acceptance of Offers:** Successful athletes will receive official offers to be part of the team.
- **Community Announcement:** The chosen team members will be announced.

Benchmark Submissions

To demonstrate your competence, you will need to submit the following:

1. Barbell Bench Press
2. Pull-Ups
3. Sit-Ups
4. 2000m Concept 2 Rowing Erg VO2 Max Test

For the Asian championship submission, please use the following submission requirement:

Strength and Fitness Benchmarking
15th IDBF Asians Championships
11 - 13th October 2024

The following strength and fitness benchmarks will be assessed at regular intervals throughout the campaign.

Each exercise is worth a maximum of 10 points.

If you complete the exercise to 100% (or above) of the benchmark you will receive 10 points.

Scenarios to help you understand the points system.

1. Your body weight is 100kg. You are female. You are required to complete 10 x Bench Press at a weight of 75KG to achieve 10 points.
2. You complete 75 sit ups in 2 minutes. You will get 7.5 points.
3. You are male and complete an indoor row test with a VO2 max score of 45. This results is 85% of 53. You will get 8.5 points.

The total maximum point score possible is 40 points.

Age Division	Gender	BP Weight	Bench Press Max Reps	Pull Ups Max Reps 1'	Sit Ups Max Reps 2'	VO2 max erg 2000m DF - Men - 130 DF - Women - 115	Erg 10 second test. Max Watt (DF - 180)
Total Points			10	10	10	10	
Premier	Female	75% BW	10	W - 9	100	W - 50	Conducted at camp
	Male	100% BW	10	M - 20		M - 53	

Commonly asked questions

Q. If I cannot complete 1 rep of the bench press at the determined weight can I reduce the load and submit my 1 rep max.

A. No. If you are unable to lift the determined weight (eg75% or 100% of your body weight) no points will be awarded for this exercise.

Q. If I cannot achieve a pull up, can I submit an assisted pull up or lat pull down result instead.

A. No. If you are unable to complete one pull up, no points will be awarded for this exercise.

Note: Sweeps and drummers are not required to complete the 40 points benchmarking however they will need to demonstrate good health and fitness to sustain the team training and performance expectation throughout the program.

Points based approach to selection

Returning Auroras can ascertain points for selection consideration when submitting their EOI:

- Competed in 2022 Asian Champs and / or 2023 WDBRC – 1 point
- Competed in both 2019 & 2023 Aurora's Asians and / or Worlds campaigns – 2 points
- Competed in 2024 Australian Championships with their club – 2 points
- Competed in 2024 State v State Competition – 1 point

Points score:

- 4 points or more – EOI only plus indoor row erg submission
- Less than 4 points – Standard EOI submission process (see benchmark details below)

Note: Points only apply for athletes applying for the same role ie paddler returning as a paddler. Previous sweeps and drummers applying as a paddler will undertake the standard selection process.

Important Reminders

- **Benchmark Guidelines:** Familiarise yourself with the benchmarking guidelines provided and execute the exercises as outlined in the document. Here is the guideline link: "Auroras.Fitness.Benchmarking.Guidelines.-.2024-25 v1.0.docx"
- **Pre-Selection Benchmarking:** Complete your pre-selection benchmarking **BEFORE** filling out the EOI form.
- **Evidence upload:** Upon receipt of the EOI submission, you'll receive an invitation to upload your benchmark evidence within 24 hours. Here are the instructions on expected file format, file naming convention and how to upload the benchmark evidence: "Asian Championship - Auroras benchmark video submission instructions v1.pdf"
- ***Late submissions will not be accepted*.**

Key Dates for the Asian Championship

- EOI period: 27th April – 04th May 2024
- Selection invitation: 9th May 2024
- Athlete camp acceptance: 15th May 2024
- Selection camp: 25th - 26th May 2024
- Selection camp outcome: 31st May 2024
- Selection acceptance: 06th June 2024
- Team announcement: 10th June 2024
- Training camp date prior to Asian Championship: 04th - 07th October 2024
- Asian Championship date: 08th -13th October 2024

Note: Camp location will be provided to successful applicants via invitation

EOI Submission

Here is the link to complete your EOI: https://www.surveymonkey.com/r/2024AurorasAsianEOI

or you can access via the following QR Code

We look forward to receiving your submission and working with you upon successful selection into the team. Let's make this championship a memorable and successful experience!

Any questions, please contact Tanya (headcoach@ausdbf.com.au) or Lynette (headtm@ausdbf.com.au).