



# Australian Dragon Boat Federation Athlete Pathway



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## **Development of the AusDBF Athlete Pathway**

Australia has experienced considerable international success, winning numerous medals at every World Nations and Asian Championships since 2010 when Australian Dragon Boat Federation (AusDBF) introduced national selection. In order to ensure we continue to experience international success into the future, AusDBF must create, maintain and support high quality sustainable pathways for paddlers, sweeps, drummers and coaches, with a clear, evidence-based methodology for how we identify and develop talent. Maggie Boyce, 2016, Discussion Paper

In 2016, AusDBF identified the need for the development of an athlete pathway within the sport. The purpose of an athlete pathway was to determine the key features and requirements of participants at each stage of the pathway so that their needs can be best met, and the pool of potential Auroras representatives can be grown.

Specifically, AusDBF want to:

- Establish and foster continuity from club level to elite performance in state and national squads
- Guide AusDBF members along the pathway so that all members can achieve at their aspired level

A defined athlete pathway and participation plan was a pre-requisite to completing a Coaching Framework for AusDBF National Coach Accreditation Scheme (ANCAS), which was identified as a priority for AusDBF and implemented in 2018.

## **Objectives of the AusDBF Athlete Pathway**

The AusDBF Athlete Pathway serves to document the developmental stages in Dragon Boating from beginner through to Australian representation. Specifically, the pathway will:

1. Outline the stages of development
2. Specify the focus and accountability at each stage
3. Articulate the physiological, technical and psychological competencies required at each level
4. Educate athletes on how they can progress through each stage of the pathway, and their performance expectations
5. Identify the coaching and support services required at each stage
6. Specify whether support from the national body is available at each stage, or whether development is the responsibility of the athlete's Club or State

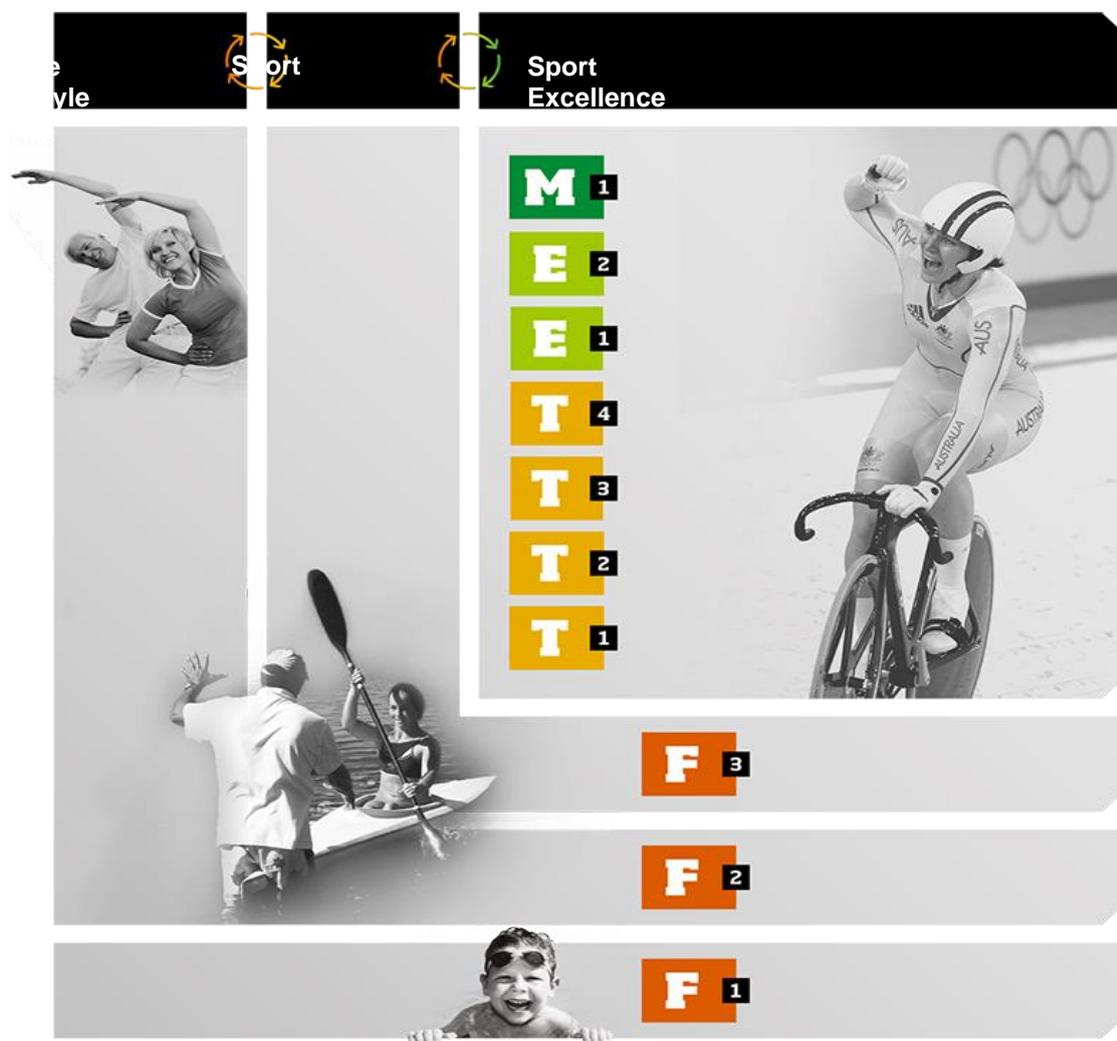
## Commonly used acronyms and terms

ANCAS	AusDBF National Coach Accreditation Scheme
SportAus	Australian Sports Commission
AusDBF	Australian Dragon Boat Federation
FTEM	Foundation, Talent, Elite and Mastery Model
NSO	National Sport Organization, the peak body for their respective sport in Australia
Steerer/Sweep	The person at the back of the boat who is in command of the boat, onboard safety and performance.
Paddler	A participant or racer in the sport of Dragon Boat Racing
Drummer	The person at the front of the boat using a drum who keeps timing and crew cohesion in racing
Coach	The person in charge of the development, delivery and review of programs and training plans for paddlers. The coach delivers and reviews training programs as well as selects teams for competitions. The coach will often not be in the boat, although the coach may be a steerer, drummer or occasionally a paddler.
National Coach	The Head Coach appointed by AusDBF to coach the AusDBF National team (“the Auroras”)
Athlete/Participant	A Paddler, Sweep or Drummer involved in the sport of Dragon Boating

## The Foundation, Talent, Elite and Mastery (FTEM) model

SportAus (formerly the ASC) have a number of resources available to assist in the construction of an Athlete pathway. While there are a number of different pathway models available, the most commonly used model by Australian NSOs is the FTEM model. This model covers the complete spectrum of an athlete's participation and development, is not chronologically prescriptive, and has been empirically validated. A potential limitation of the FTEM model is that it has been developed with elite sport in mind. Elements of this model may work well for High Performance Planning. However, there may need to be adjustments made specific to the AusDBF membership and its organizational structure. SPORTAUS market segmentation and existing AusDBF membership statistics can assist with the development of a participation plan to adequately address the needs of members at the Foundation level of the model.

It is important to consider that the FTEM shows progression right through to Australian representation. The nature of the model means that only a small number of athletes will compete at these elite levels, and that most members will be training and racing at lower levels of the model. Regardless of an athlete's level in the model, it is the responsibility of AusDBF to provide rewarding experiences for all. For example, a large majority of members may participate at the F3 "serious leisure" level. The competitions offered, and coaching provided will need to be able to meet the needs of this important segment of our community, while still servicing the needs of other members across the pathway.



- 1. Foundation:** associated with the early development, refinement, and expression of foundations of movement, leading to life-long physical literacy.  
F1: Learning/re-learning and acquisition of basic movement  
F2: Extension and refinement of movement  
F3: Commitment to sport and/or active lifestyle and committed to regular training and formal or informal competition
- 2. Talent:** these phases are designed to maximize the pre-elite paddler's talent potential and conversion to elite status while minimizing dropout or underachievement.  
T1: Demonstration of potential  
T2: Talent verification  
T3: Practicing and achieving
- 3. Elite:** achievement of an athlete's status through selection and representation at the highest senior levels of sport.  
E1: Senior elite representation  
E2: Senior elite success
- 4. Mastery:** sustained success through repeated success or accolades over multiple HP cycles.  
M1: Sustained elite success

## **Individual Athletes' development and progression**

An athlete has the ability to join a club as a social or competitive member, with each club having its own desires /requirements. However, when an Athletes intention is to be competitive and advance to State and National levels, there are expectations by both the Coaches and the teammates at those levels.

It is important to consider that individuals mature and develop at varying rates. Whilst individuals might have a similar chronological age, their biological and training ages may differ significantly.

1. Biological age can vary greatly due to genetic factors, gender differences, environmental factors and the onset of puberty.
2. Training age (the length of time as an AusDBF paddler, or athlete in a sport with transferable physiological and technical requirements) will also influence progression and performance.
3. Experience and participation level in other sports (talent transfer).
4. The relative age effect, particularly in age-based categories such as juniors 16U and 18U, Seniors A (40+), Seniors B (50+) and Seniors C (60+), where paddlers whose birthdays are not long after the cut-off date have an age advantage. For example, in Junior teams competing at the world Championships, a paddler who turns 18 on 01 January, has a 12-month advantage over a paddler who turns 18 on 31 December.

To address these considerations, age ranges have been included, but these should be considered as broad indicators rather than prescriptive quantifiers.

# FTEM Environment

**Non-Elite  
(Foundation Movement)**

**Pre-Elite  
(Potential to be Elite)**

**Elite / Mastery  
(National Representative)**

# Phases and description

**F1**

**F2**

**F3**

**T1**

**T2**

**T3**

**E1**

**E2**

**M**

**Foundation**

**Talent**

**Elite**

**Mastery**

Basic movement	Movement extension & refinement	Commitment to sport & competition	Demonstration of potential	Talent verification	Practicing and achieving	National representation	Podium success	Sustained podium success
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**A paddler is:**

Learning how to paddle safely and in time with other paddlers.	Paddling in a range of boats sizes and at race speeds and refining technique on their preferred side.	Training regularly, participating in local, interstate and international regattas. Working to eliminate inefficiencies in paddling technique.	Gaining proficiency in paddling technique on preferred side. Developing sound technique on non-preferred side. Representing club at nationals and meeting club benchmark standards	Proficiency at paddling on both sides. Selection for paddling in a state squad. Meeting state benchmark standards and attending Auroras National selection camps.	Selected into the Auroras squad. Fine tuning technique, meeting national benchmark standards. Demonstrated ability to self-regulate committed performance.	Representing Australia, maintaining paddling technique. Demonstrated ability to self-regulate and strong intrinsic motivation.	Gain a medal or Top 6 placing. Demonstrated ability to self-regulate and strong intrinsic motivation.	Gain medals or Top 6 placings at multiple international campaigns. Demonstrated ability to self-regulate and strong intrinsic motivation
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**A Sweep is:**

Behave safely in the boat and on the water. Follow the Sweep trainer's direction. Follow the Coach's direction. Control the boat to ensure a safe, enjoyable and low impact session	Become comfortable with longer sweeping sessions. Grow ability to command the crew and respect within their Club	Have acquired the basic skills to competently sweep a race. Be comfortable taking training sessions comprised of both Club and non-Club Paddlers. Be comfortable adapting sweeping style to different crews. Be self-critical of own performance. Have sufficient	Confidence in distance turns races with close turning. Able to read a race and push Paddlers during race to retain/gain boat positioning. Confidence to sweep different boat brands comfortably	They need to be able to handle a range of different Paddlers and paddling styles, and able to balance a boat, and sweep, in a range of conditions and boat brands. Skills in turns racing need to be at the highest level, and the Sweep must be able to sweep several races in quick succession	Demonstrate achievement of the physical, physiological, technical, tactical, psychological and behavioral competencies needed for National representation through selection in the Auroras team.	At this level, Sweeps participate in international competition, through selection in the Auroras team. All Sweeps at this stage should be at the autonomous phase of skill acquisition, with the emphasis being on close proximity racing	Qualify for finals at international completion. Attain podium results at international competition	use a high level of self-discipline to attain a heightened level of performance and execution of skills. These skills are completely ingrained into physical and mental approach.
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		<p>motivation to participate in competitive Dragon Boat paddling.</p> <p>Have the ability to call races with confidence</p> <p>Be competent in completing distance turn races</p>						
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**A drummer is:**

<p>Sit comfortable on the seat to not disrupt the boat balance</p> <p>Drum in time with strokes</p>	<p>Drum in time with strokes</p> <p>Relay calls from Sweep during race</p>	<p>Make calls and drum with enthusiasm to push Paddlers to power</p> <p>Ability to project voice in a deep, calm and controlled tone</p> <p>Motivate Athletes before/after a race</p> <p>Calm and focus a team at a start line</p>	<p>Provide feedback to Coach/Athletes about run of boat</p> <p>Signal to Sweep/Paddlers during race to retain/gain boat positioning</p> <p>Has the initiative and ability to take over calls if the Sweep is preoccupied</p>	<p>They must be able to demonstrate the ability to drum 3 + sessions a day without tiring, as well as give and receive feedback to and from the Divisional and Head Coach.</p>	<p>Demonstrate achievement of the physical, physiological, technical, tactical, psychological and behavioral competencies needed for National</p>	<p>Drummers should be at the autonomous phase of skill acquisition, with the emphasis being on relaying the coaches main focus points to the Paddlers during training, maintaining motivation for continuing the energy and visibility at increased intensity levels and under a variety of conditions.</p>	<p>Qualify for finals at international completion</p> <p>Attain podium results at international competition</p>	<p>use a high level of self-discipline to attain a heightened level of performance and execution of skills. These skills are completely ingrained into physical and mental approach.</p>
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Club	Club and State	State	National
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## Competition Target

Noncompetitive

Club regattas, masters competitions, corporate games, cultural Asian regattas, state championships with club, endurance events

State & national championships with club, national championships with state, Asian sport regattas, NZ national championships, Club crew world championships

State & national championships with club, national championships with state, Asian Games, Pan Pacific Masters Games, World Cup, IDBF World Nations

Asian Games, World Cup, IDBF World Nations, World Club Championships, international competitions

## Foundation 1: Learning Basic Movement

Phase details	Paddler	Sweep	Drummer
	<p>Given the specialized nature of dragon boating and the equipment required, this generic level needs to be expanded to detail the specific skills required for paddling within the formal context of a club environment. How this process is handled within clubs will differ due to club size and coaching systems. Some clubs may hold come and try days or form beginner crews. In other clubs, the paddler will join existing crews.</p> <p>At this early stage, the paddler is operating within the cognitive phase of skill acquisition. This phase can be quite short for adults or might take longer with younger paddlers. The cognitive phase is complete when an athlete can reasonable complete the skill and can then begin practicing.</p>	<p>Becoming a Sweep at the basic level follows many of the same pathways as a Paddler. Obtaining the basic steering skills, getting time on the water and becoming comfortable taking directions from the Coaching staff are critical. In addition, Sweeps have to become adept at commanding a boat and maintaining a focus at all times in the session, not just when the crew is doing drills.</p> <p>At this stage, once the Coach is comfortable that the trainee Sweep is ready for external testing, they would undertake their State's Sweep testing process; gaining L0 accreditation after 10 hours (min) on the water, and once comfortable developing through to L2 and finally L3 accreditation which is gained by demonstrating their skills by safely sweeping at least four Club races over two separate regattas.</p>	<p>A drummer serves a vital role in a dragon boat team. They are an integral part of the team, being the 'pulse'/drumbeat', and can sometimes make or break a race. Obtaining the basic drumming skills – hitting the drum in time with the front 2 paddler (strokes); keeping that drumming continuous throughout a whole race; and becoming comfortable sitting high up in the boat on the drummer seat.</p>
Development focus	<ol style="list-style-type: none"> <li>1. Behave safely in the boat and on the water</li> <li>2. Paddle in time with other paddlers as part of a team</li> <li>3. Experience a safe, enjoyable and low impact session</li> </ol>	<ol style="list-style-type: none"> <li>1. Behave safely in the boat and on the water</li> <li>2. Follow the Sweep trainer's direction</li> <li>3. Follow the Coach's direction</li> <li>4. Control the boat to ensure a safe, enjoyable and low impact session</li> <li>5. Train with L3 Sweep and gained L0, L2 and onto L3 Sweep Accreditation</li> </ol>	<ol style="list-style-type: none"> <li>1. Sit comfortable on the seat to not disrupt the boat balance</li> <li>2. Drum in time with strokes</li> </ol>
Age range	10+ (age may vary in different states)	16+ (age may vary in different States)	10+ (age may vary in different states)
Training environment	Club setting	Club setting	Club setting
Technical development	Foundation 1 physical, technical and psychological competencies	Foundation 1 physical, technical and psychological competencies	Foundation 1 physical, technical and psychological competencies
Typical sessions per week	1-2 x 45 mins sessions. This is the recommended maximum duration for this stage	2-3 x 1-hour sessions	2-3 x 1-hour sessions
Coach / Sweep Accountability level	ANCAS Level 1 Coach	<ul style="list-style-type: none"> <li>• ANCAS Level 1 Coach</li> <li>• Level 3 Sweep</li> </ul>	ANCAS Level 1 Coach
Phase accountability	Club	Club	Club

\* listed in full for all levels at the end of this document to show detailed paddler progression

## Foundation 2: Extension and Refinement of Movement

Phase details	Paddler	Sweep	Drummer
	At this stage, paddlers focus on refining their skills and challenging themselves in different contexts. This might include paddling at faster speeds, different boat sizes or with more experienced crew. This phase begins the associative phase of skill acquisition, which is typically longer than the cognitive phase. This phase involves paddlers practicing until they can paddle accurately, for longer periods of time before fatigue, maintaining consistent technique and technique becomes automated.	Sweeps should start to be comfortable running training sessions with their own boat, albeit in the context of a Club situation where the Club coach is present in another boat, as well as make themselves available to sweep corporate or junior teams. They would start to devote themselves to sweeping as a craft, and if they have also been a Paddler, they would gradually move away from paddling in their Club training sessions. They would learn to master their weekly schedule, so they could continue to train and stay fit whilst off the water and be able to lose weight if necessary.	Drummers need to become adept at echoing the commands of a sweep and maintaining balance on the seat whilst drumming loud and energetically. In many clubs/teams these calls are scripted and therefore understood by all Athletes. They would learn to master their weekly schedule, so they could continue to train and stay fit whilst off the water and are able to lose weight if necessary.
Development focus	<ol style="list-style-type: none"> <li>1. Refine technique on preferred side</li> <li>2. Extend technique to non-preferred side</li> <li>3. Increase paddling strength and Cardiovascular fitness</li> <li>4. Maintain an emphasis on enjoyment</li> </ol>	<ol style="list-style-type: none"> <li>1. Become comfortable with longer sweeping sessions</li> <li>2. Grow ability to command the crew and respect within their Club</li> <li>3. Maintain strength and cardiovascular fitness in off water sessions</li> <li>4. Maintain an emphasis on enjoyment</li> <li>5. Able to keep boat in a straight line</li> </ol>	<ol style="list-style-type: none"> <li>1. Drum in time with strokes</li> <li>2. Relay calls from Sweep during race</li> <li>3. Maintain strength and cardiovascular fitness in off water sessions</li> </ol>
Age range	10+ (age may vary in different states)	16+ (age may vary in different States)	10+ (age may vary in different states)
Training environment	Club setting	Club setting	Club setting
Technical development	Foundation 2 physical, technical and psychological competencies	Foundation 2 physical, technical and psychological competencies	Foundation 2 physical, technical and psychological competencies
Typical sessions per week	1-2 x 1-hour non-stop base building sessions Basic land-based sessions introduced to increase range of movement and flexibility.	2-3 x 1 ½ hour training sessions Basic land-based sessions introduced to increase range of movement, flexibility, strength and balance	2-3 x 1 ½ hour training sessions Basic land-based sessions introduced to increase range of movement, flexibility, strength and balance
Coach / Sweep Accountability level	ANCAS Level 1 coach or Strength & Conditioning trainer	<ul style="list-style-type: none"> <li>• ANCAS Level 1 coach or Strength &amp; Conditioning trainer</li> <li>• Level 3 Sweep</li> </ul>	ANCAS Level 1 coach or Strength & Conditioning trainer
Phase accountability	Club	Club	Club

## Foundation 3: Commitment to Dragon Boat Paddling

Phase details	Paddler	Sweep	Drummer
	<p>At this stage, paddlers have mastered the basic skills of Dragon Boat Paddling. They regularly attend training and may also participate in regattas of different race distances. At this stage, they may also become a “serious leisure” paddler, who will combine travel to different locations around Australia or overseas, with Dragon Boat events. Paddlers are still in the associative phase of skill acquisition. They gradually eliminate inefficiencies and errors in their technique and improve speed, accuracy and consistency.</p>	<p>At this stage, Sweeps have mastered the basic skills of Sweeping. They will be focused on becoming known as one of their “Club Sweep”, and ideally will have a crew that they regularly sweep in training and racing. They will be comfortable racing with their Club at the Australian Championships and international regattas and will become proficient at assessing the nuances of different racecourses. They will become very competent at executing a race plan under the direction of their Club Coach. They will be able to make weight whenever required for large regattas, as well as having the required skills to race in a turns race (typically, but not exclusively, a 2 km race). They will be able to run training sessions on their own and will have the confidence of not only their own Club crew but also corporate crews and, if possible, composite crews as well.</p>	<p>A Drummer must be knowledgeable and confident to elect the teams trust and response. Drummers provide support to the Sweep and paddlers. They would start to devote themselves to drumming as a craft, and if they have also been a Paddler, they would gradually move away from paddling in their Club training. They will be able to run training sessions on their own and will have the confidence of not only their crew but also corporate crews and, if possible, composite crews as well.</p>
<p>Development focus</p>	<ol style="list-style-type: none"> <li>1. Have suitable technique to participate in competitive Dragon Boat paddling</li> <li>2. Have suitable strength and cardiovascular fitness to participate in competitive Dragon Boat paddling</li> <li>3. Have sufficient motivation to participate in competitive dragon boat paddling</li> </ol>	<ol style="list-style-type: none"> <li>1. Have acquired the basic skills to competently sweep a race</li> <li>2. Have suitable strength and cardiovascular fitness to sweep multiple sessions per day</li> <li>3. Be comfortable taking training sessions comprised of both Club and non-Club Paddlers</li> <li>4. Be comfortable adapting sweeping style to different crews</li> <li>5. Be self-critical of own performance</li> <li>6. Have sufficient motivation to participate in competitive Dragon Boat paddling.</li> <li>7. Have the ability to call races with confidence</li> </ol>	<ol style="list-style-type: none"> <li>1. Make calls and drum with enthusiasm to push Paddlers to power</li> <li>2. Ability to project voice in a deep, calm and controlled tone</li> <li>3. Motivate Athletes before/after a race</li> <li>4. Calm and focus a team at a start line</li> </ol>

		8. Be competent in completing distance turn races	
Age range	10+ (age may vary in different states)	16+ (age may vary in different states)	10+ (age may vary in different states)
Training environment	Club setting	Club, Corporate and State crew setting	Club setting
Technical development	Foundation 3 physical, technical and psychological competencies	Foundation 3 physical, technical and psychological competencies	Foundation 3 physical, technical and psychological competencies
Typical sessions per week	<ul style="list-style-type: none"> <li>• 2-3 sessions of varying intensity and duration</li> <li>• 1-2 land-based sessions</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 sessions of varying intensity and duration</li> <li>• 1-2 land-based sessions</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 sessions of varying intensity and duration</li> <li>• 1-2 land-based sessions</li> </ul>
Coach / Sweep Accountability level	ANCAS Level 1 Coach, Strength & Conditioning Coach	<ul style="list-style-type: none"> <li>• ANCAS Level 1 Coach, Strength &amp; Conditioning Coach</li> <li>• Level 3 Sweep</li> </ul>	ANCAS Level 1 Coach, Strength & Conditioning Coach
Competitions	<ul style="list-style-type: none"> <li>• Club regattas held in home State</li> <li>• Masters competitions</li> <li>• Corporate Games</li> <li>• State Championships with Club</li> <li>• Cultural Asian Regattas</li> <li>• Endurance events (e.g. Ord, Tweed and Maroochydhore)</li> </ul>	<ul style="list-style-type: none"> <li>• Club regattas held in home State</li> <li>• Masters competitions</li> <li>• Corporate Games</li> <li>• State Championships with Club</li> <li>• Cultural Asian Regattas</li> <li>• Endurance events (e.g. Ord, Tweed and Maroochydhore)</li> </ul>	<ul style="list-style-type: none"> <li>• Club regattas held in home State</li> <li>• Masters competitions</li> <li>• Corporate Games</li> <li>• State Championships with Club</li> <li>• Cultural Asian Regattas</li> <li>• Endurance events (e.g. Ord, Tweed and Maroochydhore)</li> </ul>
Phase accountability	Club	Club	Club

## Talent 1: Demonstration of potential

Phase details	Paddler	Sweep	Drummer
	<p>Paddlers reach this level through demonstrating potential to qualify for the Club Performance Crew and/or State Squad. This potential is demonstrated through:</p> <ul style="list-style-type: none"> <li>• benchmark testing on land and on water</li> <li>• competition results</li> </ul> <p>In terms of skill acquisition, the paddler is either in the final stages of the associative phase or has moved to the autonomous phase of skill acquisition. They are beginning to, or can, perform the skill with maximum levels of proficiency with little thought to completing the movement.</p>	<p>Sweeps reach this level through demonstrating the ability to qualify for a sweeping position in their Club's Performance Crew/s, and/or their State Squad.</p> <p>They are able to sweep without thinking, which means they can concentrate on executing the required race plan. Making weight and getting race fit should be second nature.</p>	<p>Drummers reach this level through demonstrating the ability to qualify for a drumming position in their Club's Performance Crew/s, and/or their State Squad.</p> <p>They are able to drum without thinking, which means they can concentrate on executing the required race plan, adding energy into their calls and look around to assist Sweep with positioning checks. Making weight and getting race fit should be second nature.</p>
Development focus	Demonstrating potential in future performance	<ol style="list-style-type: none"> <li>1. Confidence in distance turns races with close turning</li> <li>2. Provide feedback to the Coaching staff about the run of boat</li> <li>3. Able to read a race and push Paddlers during race to retain/gain boat positioning</li> <li>4. Demonstrating potential in future performance</li> <li>5. Confidence to sweep different boat brands comfortably</li> </ol>	<ol style="list-style-type: none"> <li>1. Provide feedback to Coach/Athletes about run of boat</li> <li>2. Signal to Sweep/Paddlers during race to retain/gain boat positioning</li> <li>3. Has the initiative and ability to take over calls if the Sweep is preoccupied</li> </ol>
Age range	10+ for State / National Championships, 12+ for International	16+	10+ for State / National Championships, 12+ for International
Training environment	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>
Technical development	Talent 1 physical, technical and psychological competencies	Talent 1 physical, technical and psychological competencies	Talent 1 physical, technical and psychological competencies
Typical sessions per week	<ul style="list-style-type: none"> <li>• 3-5 sessions of varying intensity and duration</li> <li>• 1-2 land-based sessions</li> </ul>	<ul style="list-style-type: none"> <li>• 3-5 sessions of varying intensity and duration</li> <li>• 1-2 land-based sessions</li> </ul>	<ul style="list-style-type: none"> <li>• 3-5 sessions of varying intensity and duration</li> <li>• 1-2 land-based sessions</li> </ul>

Coach / Sweep Accountability level	<ul style="list-style-type: none"> <li>• State/Club ANCAS Level 1 or 2 Coach</li> <li>• Strength &amp; Conditioning Coach</li> </ul>	<ul style="list-style-type: none"> <li>• State, Club, ANCAS Level 1 or 2 Coach</li> <li>• Strength &amp; Conditioning Coach</li> <li>• Level 3-5 Sweep</li> </ul>	<ul style="list-style-type: none"> <li>• State/Club ANCAS Level 1 or 2 Coach</li> <li>• Strength &amp; Conditioning Coach</li> </ul>
Competitions	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Sports regattas</li> <li>• NZ National Championships</li> <li>• Club Crew World Championships</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Sports regattas</li> <li>• NZ National Championships</li> <li>• Club Crew World Championships</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Sports regattas</li> <li>• NZ National Championships</li> <li>• Club Crew World Championships</li> </ul>
Phase accountability	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>

## **Talent 2: Verification of talent**

<b>Phase details</b>	<b>Paddler</b>	<b>Sweep</b>	<b>Drummer</b>
	<p>Paddlers invited to attend the Australian Team (Auroras) selection camp. Paddlers remain in the autonomous skill acquisition phase with the aim of maintaining their level of skill and motivating paddlers to continue striving for improvement – even when improvements are reduced.</p> <p>This skill acquisition phase may vary for paddlers, for example, if a paddler is identified as having potential, but has a disruptive flaw in technique, they may move back to the cognitive or associative phases while they acquire or the correct skill.</p>	<p>The Sweep will attend the Australian Team (Auroras) selection camp. They must be able to demonstrate the ability to sweep 3 + sessions a day without tiring, as well as give and receive feedback to and from the Divisional and Head Coach. They need to be able to handle a range of different Paddlers and paddling styles, and able to balance a boat, and sweep, in a range of conditions and boat brands.</p> <p>Skills in turns racing need to be at the highest level, and the Sweep must be able to sweep several races in quick succession. They must be able to adapt and modify calls where appropriate and give feedback on the most effective race plans.</p>	<p>The Drummer will attend the Australian Team (Auroras) selection camp. They must be able to demonstrate the ability to drum 3 + sessions a day without tiring, as well as give and receive feedback to and from the Divisional and Head Coach. They have studied and gained wide experience relating to paddlers pain, as well as how to communicate to gain confidence of the crews. They must understand many different technique styles to be able to relay what the Coach may request of the Paddlers. Drummers should be able to be near their race weight with the ability to get to race weight quickly when required.</p>
Development focus	Verifying future performance potential	Verifying future performance potential	Verifying future performance potential
Age range	<ul style="list-style-type: none"> <li>• 10+ for State / National Championships</li> <li>• 12+ for International</li> </ul>	16+	<ul style="list-style-type: none"> <li>• 10+ for State / National Championships</li> <li>• 12+ for International</li> </ul>
Training environment	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>	<ul style="list-style-type: none"> <li>• Club</li> <li>• State</li> </ul>
Technical development	Talent 2 physical, technical and psychological competencies	Talent 2 physical, technical and psychological competencies	Talent 2 physical, technical and psychological competencies
Typical sessions per week	<ul style="list-style-type: none"> <li>• 3-5 sessions of varying intensity and duration</li> <li>• 1-2 land-based sessions</li> <li>• Introduction to psychological training for racing</li> </ul>	<ul style="list-style-type: none"> <li>• 3-5 sessions of varying intensity and duration</li> <li>• 2-3 land-based sessions</li> <li>• Introduction to psychological training for racing</li> </ul>	<ul style="list-style-type: none"> <li>• 3-5 sessions of varying intensity and duration</li> <li>• 2-3 land-based sessions</li> <li>• Introduction to psychological training for racing</li> </ul>
Coach / Sweep Accountability level	ANCAS Level 2, Level 3 Coach	<ul style="list-style-type: none"> <li>• ANCAS Level 2, Level 3 Coach</li> <li>• Level 3-5 Sweep</li> </ul>	ANCAS Level 2, Level 3 Coach

Competitions	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Club Crew world Championships</li> <li>• Asian Games</li> <li>• Pan Pacific Masters Games</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Club Crew world Championships</li> <li>• Asian Games</li> <li>• Pan Pacific Masters Games</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Club Crew world Championships</li> <li>• Asian Games</li> <li>• Pan Pacific Masters Games</li> </ul>
Phase accountability	National	As per Paddler	National

## **Talent 3: Practicing and achieving**

<b>Phase details</b>	<b>Paddler</b>	<b>Sweep</b>	<b>Drummer</b>
	<p>Paddlers who progress to this stage have had their talent verified and are invited to train as a member of the Auroras squad. During this phase, paddlers are committed to progressing to be selected as a member of the national team. Paddlers at this stage may be in a variety of skill acquisition phases, but the majority will be autonomous, allowing them to focus on other aspects of paddling.</p>	<p>Sweeps who progress to this stage have had their talent verified and are invited to train as a member of the Auroras squad. During this phase, Sweeps are committed to progressing to be selected as a member of the national team. Sweeps may be in a variety of skill acquisition phases, but the majority will be autonomous, allowing them to focus on other aspects of sweeping.</p> <p>They will take up the responsibility to sweep Auroras sessions during training in their State, which shall mean a minimum of 3 up to 5 sweeping sessions per week. Sweeps will need to demonstrate strong commitment to the crew as sessions will often be conducted in inclement weather conditions. Sweeps should be able to be near their race weight with the ability to get to race weight quickly when required.</p>	<p>Drummers who progress to this stage have had their talent verified and are invited to train as a member of the Auroras squad. During this phase, Drummers are committed to progressing to be selected as a member of the national team. They will have the ability to not only energize and motivate a team during a race but calm the team down and maintain focus before and during a race.</p> <p>They will take up the responsibility to drum Auroras sessions during training in their State, which shall mean a minimum of 3 up to 5 sessions per week. Drummers will need to demonstrate strong commitment to the crew as sessions will often be conducted in inclement weather conditions. Drummers should be able to be near their race weight with the ability to get to race weight quickly when required.</p>
Development focus	Demonstrate achievement of the physical, physiological, technical, tactical, psychological and behavioral competencies needed for National representation through selection in the Auroras team.	Demonstrate achievement of the physical, physiological, technical, tactical, psychological and behavioral competencies needed for National representation through selection in the Auroras team.	Demonstrate achievement of the physical, physiological, technical, tactical, psychological and behavioral competencies needed for National representation through selection in the Auroras team.
Age range	12+	16+	12+
Training environment	<ul style="list-style-type: none"> <li>• State</li> <li>• National</li> </ul>	<ul style="list-style-type: none"> <li>• State</li> <li>• National</li> </ul>	<ul style="list-style-type: none"> <li>• State</li> <li>• National</li> </ul>
Technical development	Talent 3 physical, technical and psychological competencies	Talent 3 physical, technical and psychological competencies	Talent 3 physical, technical and psychological competencies
Typical sessions per week	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>

		<ul style="list-style-type: none"> <li>• Yoga and balance training</li> </ul>	
Coach / Sweep Accountability level	<ul style="list-style-type: none"> <li>• ANCAS Level 2, Level 3, Level 4 Coach</li> <li>• Input and guidance from National Coach</li> </ul>	<ul style="list-style-type: none"> <li>• ANCAS Level 2, Level 3, Level 4 Coach</li> <li>• Input and guidance from National Coach and Level 3-5 Sweep</li> </ul>	<ul style="list-style-type: none"> <li>• ANCAS Level 2, Level 3, Level 4 Coach</li> <li>• Input and guidance from National Coach</li> </ul>
Competitions	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>
Phase accountability	National	National	National

## Elite 1: National representation

Phase details	Paddler	Sweep	Drummer
	At this level, paddlers participate in international competition, through selection in the Auroras team. All paddlers at this stage should be at the autonomous phase of skill acquisition, with the emphasis being on technique maintenance and maintaining motivation for continuing paddling with the acquired technique at increased intensity levels and under a variety of conditions.	At this level, Sweeps participate in international competition, through selection in the Auroras team. All Sweeps at this stage should be at the autonomous phase of skill acquisition, with the emphasis being on close proximity racing, control at increased intensity levels and under a variety of conditions.	At this level, Drummers participate in international competition, through selection in the Auroras team. Drummers should be at the autonomous phase of skill acquisition, with the emphasis being on relaying the coaches main focus points to the Paddlers during training, maintaining motivation for continuing drumming the energy and visibility at increased intensity levels and under a variety of conditions.
Development focus	Gaining best possible competition results	Gaining best possible competition results	Gaining best possible competition results
Age range	12+	16+	12+
Training environment	National	National	National
Technical development	Elite 1 physical, technical and psychological competencies	Elite 1 physical, technical and psychological competencies	Elite 1 physical, technical and psychological competencies
Typical sessions per week	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> <li>• Yoga and balance training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>
Coach / Sweep Accountability level	National Coach	<ul style="list-style-type: none"> <li>• National Coach</li> <li>• Level 3-5 Sweep</li> </ul>	National Coach
Competitions	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>
Phase accountability	National	National	National

## Elite 2: National team success

Phase details	Paddler	Sweep	Drummer
	At this level, the Auroras team achieves finals qualification and podium results at international competition.		
Development focus	<ul style="list-style-type: none"> <li>• Qualify for finals at international completion</li> <li>• Attain podium results at international competition</li> </ul>	<ul style="list-style-type: none"> <li>• Qualify for finals at international completion</li> <li>• Attain podium results at international competition</li> </ul>	<ul style="list-style-type: none"> <li>• Qualify for finals at international completion</li> <li>• Attain podium results at international competition</li> </ul>
Age range	12+	16+	12+
Training environment	National	National	National
Technical development	Elite 2 physical, technical and psychological competencies	Elite 2 physical, technical and psychological competencies	Elite 2 physical, technical and psychological competencies
Typical sessions per week	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>
Coach / Sweep Accountability level	National Coach	<ul style="list-style-type: none"> <li>• National Coach</li> <li>• Level 3-5 Sweep</li> </ul>	National Coach
Competitions	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• State Championships with Club</li> <li>• National Championships with Club</li> <li>• National Championships with State Squad</li> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations and Club Crew World Championships</li> <li>• International competitions</li> </ul>
Phase accountability	National	National	National

## **Mastery 1: Sustained national team success**

<b>Phase details</b>	<b>Paddler</b>	<b>Sweep</b>	<b>Drummer</b>
	At this level, the Auroras team achieves sustained podium results in international competition. The athletes use a high level of self-discipline to attain a heightened level of performance and execution of skills. These skills are completely ingrained into physical and mental approach.		
Development focus	Attain podium results over multiple campaigns	Attain podium results over multiple campaigns	Attain podium results over multiple campaigns
Age range	12+	16+	12+
Training environment	National	National	National
Technical development	Mastery 1 physical, technical and psychological competencies	Mastery 1 physical, technical and psychological competencies	Mastery 1 physical, technical and psychological competencies
Typical sessions per week	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> <li>• Yoga and balance training</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 sessions of varying intensity and duration</li> <li>• 2-4 land-based sessions</li> <li>• Psychological training for racing</li> <li>• Nutritional training</li> </ul>
Coach / Sweep Accountability level	National Coach	<ul style="list-style-type: none"> <li>• National Coach</li> <li>• Level 3-5 Sweep</li> </ul>	National Coach
Competitions	<ul style="list-style-type: none"> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations</li> <li>• International competitions</li> </ul>	<ul style="list-style-type: none"> <li>• Asian Championships</li> <li>• World Cup</li> <li>• IDBF World Nations</li> <li>• International competitions</li> </ul>
Phase accountability	National	National	National

## Physical, technical and psychological competencies

### Paddler

Operation at a level of competency assumes the paddler meets all competencies from previous levels.

Phase	Physical /physiological	Technique / tactical	Psychological / behavioral
Foundation 1	<ul style="list-style-type: none"> <li>Behave safely in the boat and on the water</li> <li>Engage in warm up exercises</li> <li>Engage in a safe, enjoyable and low impact introductory level water session</li> </ul>	<ul style="list-style-type: none"> <li>Correctly enter and exit the boat</li> <li>Use correct posture and seating</li> <li>Demonstrate correct connection to paddle</li> <li>Display an understanding of timing</li> <li>Demonstrate understanding of instructions for boat management e.g. slowing / stopping the boat</li> <li>Demonstrate understanding of and intention to execute correct paddling technique.</li> <li>Perform basic paddling drills</li> </ul>	<ul style="list-style-type: none"> <li>Follow steerer's directions</li> <li>Work with coaches to learn basic paddling skills</li> <li>Approach paddling with an emphasis on games and fun</li> <li>Operate successfully within a team environment to paddle a dragon boat</li> <li>Regular attendance to training</li> </ul>
Foundation 2	<ul style="list-style-type: none"> <li>Develop Dragon Boat paddling specific cardiovascular fitness</li> <li>Increase range of movement and flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate correct paddling technique on preferred side</li> <li>Demonstrate improved technique on non-preferred side</li> <li>Sustain correct technique for longer periods</li> <li>Improve timing in water and during air work</li> <li>Increased understanding of boat movement</li> </ul>	<ul style="list-style-type: none"> <li>Regular weekly attendance at multiple training sessions</li> <li>Commit to land-based fitness programs</li> <li>Approach paddling with an emphasis on games and fun</li> <li>Develop confidence in technical ability</li> </ul>
Foundation 3	<ul style="list-style-type: none"> <li>Paddle at a competitive pace</li> <li>Display cardiovascular fitness and strength for paddling at a competitive pace</li> </ul>	<ul style="list-style-type: none"> <li>Complete race starts</li> <li>Demonstrate an associative paddling style fewer errors and an overall improvement in technique at most or all phases of the stroke</li> <li>Paddle on both sides with sound technique</li> </ul>	<ul style="list-style-type: none"> <li>Commit to attending local regattas</li> <li>Paddle at regattas at a sustained competitive pace</li> <li>Meet team requirements in all areas of Dragon Boat paddling (setting up, pack up etc)</li> <li>Practice self-regulation in training and regattas</li> </ul>

Phase	Physical /physiological	Technique / tactical	Psychological / Behavioral
Talent 1	<ul style="list-style-type: none"> <li>Meet club benchmark testing standards</li> <li>Paddle at the appropriate intensity when requested (e.g. starts)</li> <li>Demonstrate increased strength through land-based training</li> </ul>	<ul style="list-style-type: none"> <li>Perform the correct paddling with little conscious thought</li> <li>Demonstrate an associative paddling style with few errors in technique at most or all phases of the stroke</li> <li>Identify a dominant or preferred side for paddling</li> </ul>	<ul style="list-style-type: none"> <li>Achieve high level results at local regattas</li> <li>Demonstrate an intrinsic desire to improve</li> <li>Indicate their receptiveness to being coached</li> <li>Demonstrate self-regulation in training and regattas</li> </ul>
Talent 2	<ul style="list-style-type: none"> <li>Meet State Squad benchmark standards</li> <li>Demonstrate a sustained commitment to land-based training</li> </ul>	<ul style="list-style-type: none"> <li>Execute autonomous paddling technique correctly</li> <li>Perform the correct paddling with little conscious thought</li> <li>Little conscious thought or autonomous paddling technique in a single craft</li> <li>Adjust to different paddling styles when requested</li> <li>Interpret boat movement and adapt paddling technique if necessary</li> </ul>	<ul style="list-style-type: none"> <li>Work effectively with the requirements of both Club and State Squad coaches</li> <li>Promote and support stability to blend into a composite crew</li> <li>Show a willingness to pursue high performance goals complementary to those of AusDBF</li> <li>Model strong self-regulation in training and regattas</li> </ul>
Talent 3	<ul style="list-style-type: none"> <li>Meet National Squad benchmark standards</li> <li>Participation in national land-based training programs</li> </ul>	<ul style="list-style-type: none"> <li>Focus on maintaining technique and making small continuous improvements on technique where necessary.</li> </ul>	<ul style="list-style-type: none"> <li>Work effectively with the requirements of both Club and State Squad coaches</li> <li>Demonstrate perseverance and passion for long term goals</li> <li>Demonstrate resilience in overcoming challenges</li> <li>Employ a range of cognitive and behavioral training exercises (such as relaxation, attention and arousal, and visualization) to maintain peak psychological fitness</li> <li>Contribute to the group cohesion of a high-performance squad</li> <li>Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>

Elite 1	<ul style="list-style-type: none"> <li>• Travel internationally and maintain peak physical conditioning</li> <li>• Remain injury free, or recover from injuries resulting from increased training volume</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate biomechanical understanding for sustained performance / boat movement</li> <li>• Demonstrate adaptability to changing technical expectations</li> <li>• Demonstrate adaptability to conditions (craft, weather, distance) for optimal boat movement</li> </ul>	<ul style="list-style-type: none"> <li>• Gain Top 10 ranking on individual National Testing benchmarks</li> <li>• Contribute to the group norms (i.e. standards of behavior) of an Australian Representative team</li> <li>• Mentor and guide newer members of the team</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>
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Phase	Physical / physiological	Technique / tactical	Psychological / behavioral
Elite 2	Consistently meet the national testing benchmarks whilst remaining injury and illness free.	<ul style="list-style-type: none"> <li>• Demonstrate biomechanical understanding for sustained performance / boat movement</li> <li>• Demonstrate adaptability to changing technical expectations</li> <li>• Demonstrate adaptability to conditions (craft, weather, distance) for optimal boat movement</li> </ul>	<ul style="list-style-type: none"> <li>• Gain Top 10 ranking on individual National Testing benchmarks</li> <li>• Contribute to the group norms (i.e. standards of behavior) of an Australian Representative team</li> <li>• Mentor and guide newer members of the team</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>
Mastery	Consistently exceed the national testing benchmarks whilst remaining injury and illness free.	<ul style="list-style-type: none"> <li>• Consistently demonstrate biomechanical efficiency for sustaining elite performance / boat movement / boat movement</li> <li>• Demonstrate adaptability to changing technical expectations</li> <li>• Demonstrate adaptability to conditions for optimal performance / boat movement</li> </ul>	<ul style="list-style-type: none"> <li>• Gain Top 5 ranking on individual National benchmarks for multiple international campaigns</li> <li>• Mentor and guide potential team leaders</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>

## Sweep

Phase	Physical /physiological	Technique / tactical	Psychological / behavioral
Foundation 1	<ul style="list-style-type: none"> <li>• Behave safely in the boat and on the water</li> <li>• Engage in warm up exercises</li> <li>• Engage in a safe, enjoyable and low impact introductory level water session</li> <li>• Get used to the movement of the boat – side to side as well as forwards and backwards</li> <li>• Work on their balance – become comfortable standing up in the boat</li> </ul>	<ul style="list-style-type: none"> <li>• Display an understanding of timing</li> <li>• Demonstrate understanding of instructions for boat management e.g. slowing / stopping the boat</li> <li>• Perform basic sweep drills – starting, stopping and turning.</li> <li>• L0 sweep accreditation</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Coach’s directions</li> <li>• Work with Coaches and L3 sweep to learn basic sweep skills</li> <li>• Approach sweeping with an emphasis on games and fun</li> <li>• Operate successfully within a team environment to sweep a dragon boat</li> </ul>
Foundation 2	<ul style="list-style-type: none"> <li>• Be able to stand for longer periods whilst sweeping</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate correct sweep technique</li> <li>• Sustain straight lines with power in the boat for longer periods</li> <li>• Increased understanding of boat movement</li> <li>• L2 sweep accreditation</li> </ul>	<ul style="list-style-type: none"> <li>• Regular weekly attendance at multiple training sessions</li> <li>• Commit to land-based fitness programs</li> <li>• Approach sweeping with an emphasis on games and fun</li> <li>• Develop confidence in technical ability</li> </ul>

Foundation 3	<ul style="list-style-type: none"> <li>• Sweep to a competitive level</li> <li>• Display fitness and strength for sweeping at a competitive pace with 20s Opens team</li> <li>• Have suitable strength and cardiovascular fitness to sweep multiple sessions per day.</li> </ul>	<ul style="list-style-type: none"> <li>• Complete race calls and show an understanding about when to use certain calls</li> <li>• Demonstrate an associative sweep style: fewer errors and an overall improvement in technique at most or all phases of the race styles</li> <li>• L3 sweep accreditation</li> <li>• Be comfortable taking training sessions comprised of both Club and non-Club paddlers.</li> <li>• Be comfortable adapting their sweeping style to different crews.</li> </ul>	<ul style="list-style-type: none"> <li>• Commit to attending local regattas</li> <li>• Sweep at regattas at a sustained competitive pace</li> <li>• Be comfortable when racing in distance turns races, and have a detailed understanding of both the rules and safe sweeping practices</li> <li>• Practice self-regulation in training and regattas</li> <li>• Be self-critical of their own performance.</li> <li>• Have sufficient motivation to participate in competitive racing</li> <li>• Demonstrate the ability to work well with the crew Drummer/s</li> </ul>
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Phase	Physical /physiological	Technique / tactical	Psychological / Behavioral
Talent 1	<ul style="list-style-type: none"> <li>• Develop Dragon Boat Sweep fitness/stability</li> <li>• Call appropriately to gain correct intensity required from Paddlers (e.g. during starts)</li> <li>• Demonstrate increased strength through land-based training whilst keeping weight low</li> </ul>	<ul style="list-style-type: none"> <li>• Perform the correct sweeping with little conscious thought</li> <li>• Demonstrate an associative sweeping style with few errors in technique at most or all phases of the distance turns race</li> <li>• L3 sweep accreditation</li> </ul>	<ul style="list-style-type: none"> <li>• Achieve high level results at local regattas</li> <li>• Demonstrate an intrinsic desire to improve</li> <li>• Indicate their receptiveness to being coached</li> <li>• Demonstrate self-regulation in training and regattas</li> <li>• Cultivate popularity within their Club crew</li> </ul>
Talent 2	<ul style="list-style-type: none"> <li>• Meet State Squad benchmark standards for Sweeps</li> <li>• Demonstrate a sustained commitment to land-based training.</li> </ul>	<ul style="list-style-type: none"> <li>• Execute autonomous sweep technique correctly.</li> <li>• Perform the correct sweeping movements with little conscious thought</li> <li>• Adjust to different sweep calls when requested.</li> <li>• Interpret boat movement and adapt calls to Paddlers if necessary</li> <li>• L3 sweep accreditation</li> </ul>	<ul style="list-style-type: none"> <li>• Work effectively with the requirements of both Club and State Squad Coaches</li> <li>• Promote and support stability to blend into a composite crew</li> <li>• Show a willingness to pursue high performance goals complementary to those of AusDBF</li> <li>• Model strong self-regulation in training and regattas – stay mentally focused through the day</li> </ul>

Talent 3	<ul style="list-style-type: none"> <li>• Meet National Squad benchmark standards</li> <li>• Participation in national land-based training programs</li> <li>• Lead land-based programs where appropriate under the Coach's direction</li> <li>• Maintain strength and low weight by land training in addition to sweeping training sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on maintaining technique and making small continuous improvements on technique where necessary.</li> <li>• Look to gaining L4 sweep accreditation by demonstrated international performance</li> </ul>	<ul style="list-style-type: none"> <li>• Work effectively with the requirements of both Club and State Squad coaches</li> <li>• Demonstrate perseverance and passion for long term goals</li> <li>• Demonstrate resilience in overcoming challenges</li> <li>• Employ a range of cognitive and behavioral training exercises (such as: relaxation; attention and arousal; and visualization) to maintain peak psychological fitness</li> <li>• Contribute to the group cohesion of a high-performance squad understanding that the Sweeping position is seen as a leadership role</li> <li>• Demonstrate the ability to work cohesively with a range of Drummers</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>
<b>Phase</b>	<b>Physical / physiological</b>	<b>Technique / tactical</b>	<b>Psychological / Behavioral</b>
Elite 1	<ul style="list-style-type: none"> <li>• Travel internationally and maintain peak physical conditioning</li> <li>• Remain injury free, or recover from injuries resulting from increased training volume</li> </ul>	<ul style="list-style-type: none"> <li>• Execute autonomous sweeping technique correctly</li> <li>• Sweep in a range of different boat types (10's and 20's) in all conditions</li> <li>• Demonstrate connection between technique, strength, power output and connection to the water for optimal boat movement</li> <li>• Demonstrate understanding of when to have sweep oar in/out of the water</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain the Code of Behavior standards required of an Australian representative</li> <li>• Contribute to the group cohesion of an Australian Representative team</li> <li>• Maintain the intrinsic motivation to complete sustained high-volume training programs</li> <li>• Employ an effective support team (e.g. physiotherapist, masseuse)</li> <li>• Apply optimal levels of relaxation, attention and arousal at the appropriate times</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>

Elite 2	Consistently meet the national testing benchmarks whilst remaining injury and illness free	<ul style="list-style-type: none"> <li>• Demonstrate biomechanical understanding for sustained performance / boat movement</li> <li>• Demonstrate adaptability to changing technical &amp; call expectations</li> <li>• Look to gaining L5 sweep accreditation</li> </ul>	<ul style="list-style-type: none"> <li>• Contribute to the group norms (i.e. standards of behavior) of an Australian Representative team</li> <li>• Mentor and guide newer members of the team</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>
Mastery	Consistently exceed the national testing benchmarks whilst remaining injury and illness free.	<ul style="list-style-type: none"> <li>• Consistently demonstrate biomechanical efficiency for sustaining elite performance / boat movement / boat movement</li> <li>• Demonstrate adaptability to changing technical &amp; call expectations</li> </ul>	<ul style="list-style-type: none"> <li>• Mentor and guide potential team leaders</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> <li>• Be known as a master Sweep coach within the national dragon boat community</li> </ul>

## Drummer

Phase	Physical /physiological	Technique / tactical	Psychological / behavioral
Foundation 1	<ul style="list-style-type: none"> <li>Behave safely in the boat and on the water</li> <li>Engage in warm up exercises</li> <li>Engage in a safe, enjoyable and low impact introductory level water session</li> <li>Get used to the movement of the boat – side to side as well as forwards and backwards</li> <li>Work on their balance – become comfortable standing up in the boat</li> </ul>	<ul style="list-style-type: none"> <li>Display an understanding of timing</li> <li>Demonstrate understanding of instructions for boat management e.g. slowing / stopping the boat</li> </ul>	<ul style="list-style-type: none"> <li>Follow Coach's directions</li> <li>Work with Coaches to learn basic sweep skills</li> <li>Approach drumming with an emphasis on games and fun</li> <li>Operate successfully within a team environment to drum a dragon boat</li> </ul>
Foundation 2	Be able to sit comfortably on the seat for longer periods	<ul style="list-style-type: none"> <li>Display an understanding of timing</li> <li>Demonstrate understanding of instructions for boat management e.g. slowing / stopping the boat</li> </ul>	<ul style="list-style-type: none"> <li>Regular weekly attendance at multiple training sessions</li> <li>Commit to land-based fitness programs</li> <li>Approach drumming with an emphasis on games and fun</li> </ul>
Foundation 3	<ul style="list-style-type: none"> <li>Drum to a competitive level</li> <li>Display fitness and strength for drumming at a competitive pace</li> <li>Have suitable strength and cardiovascular fitness to sweep drum multiple sessions per day.</li> </ul>	<ul style="list-style-type: none"> <li>Complete race calls and show an understanding about when to use certain calls</li> <li>Be comfortable taking training sessions comprised of both Club and non-Club paddlers.</li> <li>Be comfortable adapting their sweeping style to different crews.</li> </ul>	<ul style="list-style-type: none"> <li>Commit to attending local regattas</li> <li>Drum at regattas at a sustained competitive pace</li> <li>Be comfortable when racing in distance turns races, and have a detailed understanding of both the rules and safe racing practices</li> <li>Practice self-regulation in training and regattas</li> <li>Be self-critical of their own performance.</li> <li>Have sufficient motivation to participate in competitive racing</li> <li>Demonstrate the ability to work well with the crew sweep/s</li> </ul>

Phase	Physical /physiological	Technique / tactical	Psychological / Behavioral
Talent 1	<ul style="list-style-type: none"> <li>• Develop Dragon Boat Drumming fitness/stability</li> <li>• Call appropriately to gain correct intensity required from Paddlers (e.g. during starts)</li> <li>• Demonstrate increased strength through land-based training whilst keeping weight low</li> </ul>	<ul style="list-style-type: none"> <li>• Complete race calls and show an understanding about when to use certain calls</li> <li>• Be comfortable taking training sessions comprised of both Club and non-Club paddlers</li> <li>• Be comfortable adapting their sweeping style to different crews.</li> </ul>	<ul style="list-style-type: none"> <li>• Achieve high level results at local regattas</li> <li>• Demonstrate an intrinsic desire to improve</li> <li>• Indicate their receptiveness to being coached</li> <li>• Demonstrate self-regulation in training and regattas</li> <li>• Cultivate popularity within their Club crew</li> </ul>
Talent 2	<ul style="list-style-type: none"> <li>• Meet State Squad benchmark standards for drummer</li> <li>• Demonstrate a sustained commitment to land-based training.</li> </ul>	<ul style="list-style-type: none"> <li>• Adjust to different race calls when requested.</li> <li>• Interpret boat movement and adapt calls to Paddlers if necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Work effectively with the requirements of both Club and State Squad Coaches</li> <li>• Promote and support stability to blend into a composite crew</li> <li>• Show a willingness to pursue high performance goals complementary to those of AusDBF</li> <li>• Model strong self-regulation in training and regattas – stay mentally focused through the day</li> </ul>
Talent 3	<ul style="list-style-type: none"> <li>• Meet National Squad benchmark standards</li> <li>• Participation in national land-based training programs</li> <li>• Lead land-based programs where appropriate under the Coach's direction</li> <li>• Maintain strength and low weight by land training in addition to drumming training sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Drum in a range of different boat models (10's and 20's) in all conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Work effectively with the requirements of both Club and State Squad coaches</li> <li>• Demonstrate perseverance and passion for long term goals</li> <li>• Demonstrate resilience in overcoming challenges</li> <li>• Employ a range of cognitive and behavioral training exercises (such as relaxation, attention and arousal, and visualization) to maintain peak psychological fitness</li> <li>• Contribute to the group cohesion of a high-performance squad understanding that the Drummer position is seen as a leadership but also calming and focal point role</li> <li>• Demonstrate the ability to work cohesively with a range of sweeps</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>

Phase	Physical /physiological	Technique / tactical	Psychological / Behavioral
Elite 1	<ul style="list-style-type: none"> <li>• Travel internationally and maintain peak physical conditioning</li> <li>• Remain injury free, or recover from injuries resulting from increased training volume</li> </ul>	Drum in a range of different boat models (10's and 20's) in all conditions	<ul style="list-style-type: none"> <li>• Maintain the Code of Behavior standards required of an Australian representative</li> <li>• Contribute to the group cohesion of an Australian Representative team</li> <li>• Maintain the intrinsic motivation to complete sustained high-volume training programs</li> <li>• Employ an effective support team (e.g. physiotherapist, masseuse)</li> <li>• Apply optimal levels of relaxation, attention and arousal at the appropriate times</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>
Elite 2	Consistently meet the national testing benchmarks whilst remaining injury and illness free	<ul style="list-style-type: none"> <li>• Demonstrate biomechanical understanding for sustained performance / boat movement</li> <li>• Demonstrate adaptability to changing technical &amp; call expectations</li> </ul>	<ul style="list-style-type: none"> <li>• Contribute to the group norms (i.e. standards of behavior) of an Australian Representative team</li> <li>• Mentor and guide newer members of the team</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> </ul>
Mastery	Consistently exceed the national testing benchmarks whilst remaining injury and illness free.	<ul style="list-style-type: none"> <li>• Consistently demonstrate biomechanical efficiency for sustaining elite performance / boat movement / boat movement</li> <li>• Demonstrate adaptability to changing technical &amp; call expectations</li> </ul>	<ul style="list-style-type: none"> <li>• Mentor and guide potential team leaders</li> <li>• Consistently model strong self-regulation in all dragon boat activities both on and off the water</li> <li>• Be known as a master Drummer coach within the national dragon boat community</li> </ul>

# Australian Dragon Boat Federation National Team (Auroras) Benchmark Standards

Please refer to the National Team benchmark standards for all Athletes relevant to the current AusDBF National campaign

<https://www.ausdbf.com.au/auroras/>



Note: Photograph of 2015 Australian Team in Welland, Canada