***Note:***  *The actual practice content should be left up to the AZDBA coach assigned to your corporate team. This is just informational to let you see what things you might see during the land/water portions of the practice.*

Lake Practice

*Session #1 (Saturday 3/11 - 3:30pm-5:30pm)*

Land (3:45pm-4:30pm)

* Issue PFDs/Paddles to each paddler
* Sign Waiver
* Heads up about injuries and/or limitations - general rule-of-thumb
  + Let me know if you have any injuries to shoulders, back, limitations as far as which side of the boat you will be able or not able to paddle from
  + In dragon boat paddling, you are asked to rotate/position your body in ways that are not natural (comfortable)
    - for some people is not a big deal
    - but for others, is extremely difficult
    - And this is esp challenging for newbies
  + I will describe what is customary - what most paddlers do
  + Try the position, but if it hurts, or have injury, don’t force yourself
  + GIve me a heads up about any injuries you have so i can adjust for you
  + If you are having a hard time with it, do what is most comfortable for you.
  + We’re not here to break any world records - this IS A INTEL GPTW FUN EVENT
* Paddling vs Rowing
  + WE ARE NOT ROWING… rowers get offended when you describe their sport as paddling, and vice versa. They are very different
  + Differences
    - Rowers point backwards in direction of boat travel, paddlers face forward
    - Rowers use Oars tied to oarlocks on side of their sculls, paddlers use paddles that are free moving
    - Rowers use their arms and legs, paddlers mosly upper body (some legs)
* Describe Paddle - and proper usage
  + Shaft - should hold 1 fist length above blade; hold/grip it like a beer;
  + Handle - hold loosely / comfortably - use vulcan hand sign, then grip handle betw 2 sets of fingers; don’t choke it like a chicken
  + Blade - propels boat forward; should always be fully buried; lose max pwr/eff if not fully buried; rule-of-thumb - fist should be wet/under water
* Sitting / Posture in Boat
  + Outer foot in foot lock under forward seat
  + Inner foot tucked under your own seat
  + Butts against the gunnel (always)
* Commands (*Demonstrate 1st by sitting in the boat,* then have them sit on the wall to do it)
  + A-Frame (1-on-1)
  + Paddles Up
  + Let it Ride
  + Slow the boat / Stop the boat / Hold Hard
  + Flare the Boat
  + Paddlers sit ready
* Paddle Technique (on dock if time permits, otherwise on wall)
  + #1 - Setup / A-frame / Paddles Up
  + #2 - End of Catch (just before pull) - paddle should be vertical in water
  + #3 - Pull
  + #4 - Exit
* Synchronization Drill on Dry Land
  + Do one boat at a time so that can focus on poor paddlers
  + Put those who are struggling to stay in sync in the back of the boat

Water (430pm-5:30pm)

* Safety
  1. #1 - Safety position
  2. #2 - look for your row partner
  3. #3 - look for the boat - stay with the boat, do NOT attempt to swim for shore
  4. #4 - i will have a cell phone and will call for help
* Don’t step on boat benches - can’t support your weight, step into the bottom of the boat
* Paddling Etiquette (DO THIS AT DOCK so you can see everyone’s footing)
  1. Butts against gunnel
  2. Outer foot under seat in front
  3. Inner foot tucked under your seat
  4. Head inside boat
  5. Minimize Rock or Hinge (sliding forward and back is fine - leg drive)
  6. On Race Day, the boats will have a FOOT LOCK
  7. Top hand over gunnel
  8. Outer hand outside boat on paddle
  9. If someone behind you is bumping into you, that is a signal that you need to reach more
* Boat Commands
  1. Paddles Up / A-Frame
  2. Let it Ride / Rest Easy
  3. Slow the Boat
  4. Stop the Boat / Hold Hard
  5. Flare the Boat
  6. Prepare to Back
  7. Paddlers Sit Ready
* Synchronization
  1. Pacers / Strokers
     + explanation of role/responsibility 1st 3 rows of boat
     + explanation of unique role of stroke pair
  2. Drummer will synchronize with stroke pair
  3. Eyes should always be on the Strokes (Row 1 paddlers) for timing info - Keep your head up!
  4. If your view of Strokes is obscured, look as far forward toward front of boat as possible
  5. Eyes should NOT be on your paddle or on the water, or looking down
  6. What does synchronization mean?
     + You hit the water when they hit the water
     + You exit the water when they exit the water
     + everybody hits the water at the same time, everybody exits the water at the same time.
     + Even slightly off will cause “catapillering” - no good
  7. If two people are clacking paddles:
     + At least one person (maybe both) is not paying attention to the strokes
     + Both need to immediately look up, look at strokes, and re-sync
* Momentum / Sync Drill (no paddles)
  1. Have everyone pull their paddles
  2. Put outer hand over gunnel, then have then slide back and forth (using leg drive)
  3. The boat will move on the sheer momentum of the body movement in the boat
  4. Even if you are resting with paddle pulled, leg drive back and forth will help boat
  5. Momentum with Sync
     + Start in upright position with outer hand straight and hanging over side of boat
     + On 1-2-3 call, reach forward and tap side of boat, then come back to upright position
     + Do this 10 times
     + Start in reached forward position (twisted and rotated)
     + On 1-2-3 call, untwist, sit upright, and tap side of boat, then reach back forward
     + Do this 10 times
* Paddle Technique - start row at a time to see how each individual paddler does
  1. 4 point stroke practice
     + 1 - Paddles Up / Reached Forward (twisted/rotated and tip of paddle 1 inch above water)
     + 2 - Buried at reference point (reach to mid-thigh of person in front of you, but hit water at their butt). Thumb-to-Bum
     + 3- Pull with straight outer arm to your own butt (Thumb-to-Bum), ending with slightly negative angle. Your inside arm should be straight out (chest high), about 120 degrees
     + 4 - Exit paddle shaft at 2pm(left) / 10am(right), by drawing sword out of sheath, cradling the bird (limp wrist), then whip (frisbee-style) your paddle back to Paddles-Up position
     + NOTE: Remember the 90-90 rule - paddle shaft should be 90 degrees with waterline, and paddle blade should be 90 degree angle with side of boat (when pulling). Paddle T-handle should always be outside of boat - i.e. paddle shaft should always run parallel to side of boat. But keep head and body inside gunnel (you should not be leaning outside of the boat).
     + NOTE: Have everyone keep their head up and looking at opposite stroke through entire stroke.
     + Note: Head should not move laterally (side-to-side) should stay fixed
  2. 1-2-3-4 Hit Drill
     + #1 - Setup / A-frame / Paddles Up
     + #2 - End of Catch (just before pull)
       - paddle should be vertical in water
       - leaned forward, torso rotated toward seat mate, back to water
     + #3 - Pull - untwist/de-rotate torso, sitting back up, keep outer arm straight through pull
     + #4 - Exit
       - hands should be in 2 o’clock position (left side)
       - hands should be in 10 o’clock position (right side)
     + Call each number out
  3. 1-4 Hit Drill
     + Skip #2 and #3 - make them transition directly from 1 to 4
  4. Misc Hit drills - call HIT, then have them do (on their own):
     + Start with 5 strokes in a row
     + 10 strokes in a row
     + 20 strokes in a row
  5. Do a Power-10
     + All you got, leg drive, reach long
     + But same stroke rate, don’t speed it up rate
* 5-stroke Timing Row Drills
  1. Each row joins in after 5 strokes from the previous row
  2. After last row joins, first row drops out
* Waterfall Drills
  1. Do if notice section out of sync or struggling with stroke technique
  2. 1 or 2 rows at a time
  3. Back half / Front half (or stroke/engine/terminator sections) - 10 strokes each
* Isolation Drills
  1. If one particular paddler is struggling, select row in front of that paddler to be “stroke pair”
  2. focus that paddler on following new “stroke pair”
* 20 strokes - Counting out the hits (Thousand-and-one, Thousand-and-Two, …)
  1. Have everyone stare at strokes for 20 strokes (For sync)
  2. Have everyone stare at row mate during reach (For rotation) for 20 strokes
* Varying the rate up and down
* Whats the fastest Stroke Rate for the boat?
  1. Have strokes start with easy rate - e.g. 30 SRM
  2. Call UP-UP-UP to raise the rate for 5 strokes
  3. Continue to raise the SR until the boat pulls in its first paddle, or boat starts to rock
* Power-10, Power-20
* Waterfall / Row Drills
  1. Each row will do 40 strokes (20 regular, then 20 power), so they will drop out after 40 strokes
  2. Each successive row will join in in a staggered, cascading fashion
  3. Each row will join in after the row in front has completed 20 strokes
* Endurance Drill
  1. Have them start paddling, then tell them when they feel gassed, to pull their paddles in and sit
  2. Or when you notice their form is shot, slowing boat down, etc.. tell them to pull it in.
  3. Note down when each paddler pulls - this will give you an indication which paddlers have the most stamina
  4. See how long the boat can go before last paddler pulls in - see if they can go bridge-to-bridge(?)
* Race Start
  1. Wet start vs Dry start (teach both but will be using Wet Start)
     + Wet Start - leaned forward, stay low, paddle vertical in water, establish “wall”
     + Dry Start - Paddles Up position
  2. 6-20 Wet Start (slightly modify to use 6-10-10 - raise rate for 1st and 2nd 10’s to gain speed)
     + Paddlers sit ready
     + The first 6 are long deep, hard, strong strokes to get you out of the water
     + The next 20 are faster to get the boat gliding
       - increase rate at the start of each 10 strokes using 3 strokes for transition
     + So sequence will be:

1-2-3-4-5-6- UP-UP-UP- 4-5-6-7-8-9-10- UP-UP-UP- 4-5-6-7-8-9-10- 3-2-1- LONG

* 1. Practice a real start with boat alignment straight to the official start commands
     + Whole boat 2 strokes, then HOLD HARD
     + We Have Alignment! - teach them Wet Start positioning
     + Paddlers are you ready
     + Attention Please
     + Horn
* 250m race (if time permits)
  1. about 90 strokes for full race (will be doing ~50 SRM - “Race Pace”)
  2. 6-10-10 covers about 30% of that ~75m
  3. After start, 50 strokes is the middle part of race (longest piece)
  4. Finish - i will call “Finish It!”
     + This will be last 30m of race (about last 10 strokes)
     + Rate will be same, but go hard, go all out!
     + This is the time for POWER!

*Session #2 (Saturday 3/18 - 3:30pm-5:30pm)*

Land (3:30-4:30)

* Dockside training with all strokes and people who missed 1st practice (9:00-9:30am)
* Group / Team Pictures
* Go over final instruction
  + What’s the most important thing in DB? Timing, timing, timing
  + Paddling is a rhythm sport and paddling should be intuitive - start that training today
  + No more paddling technique (mechanics of stroke) or working on 1-2-3-4 HIT drill
  + Can overthink your technique and timing suffers
  + With only two practices before festival race, technique is not as important as timing
  + Paddling Guidelines (logical - should make sense as to why this would be helpful to make boat go faster)
    - Blades must always be fully buried - use pinky rule
      * Guys use 49” or 50” blade to make it easier for blade to be fully submerged
      * 5’10” or over - 50”
      * 6’ or over use 51”
      * Under 5’10” - use 49” (nobody in engine room should use anything less than 49”)
    - During the pull, the paddle stroke should run parallel with the boat (an inch away) - “Scraping Paint”
    - Keep paddle blade perpendicular to the side of the boat (90 degrees)
    - In general, the longer your paddle is in the water, the more propulsion for the boat
      * However there is a limit
      * Exit around mid-thigh and no later than your hip
      * Excessive “negative angle” will force boat downward into water, slowing it down
      * Reach as far forward as you can for your catch, ideally mid-thigh of paddler in front of you
    - Even if you’re tired and your paddle is pulled out of the water, can still help the boat move forward
      * Use forward/backward movement in sync with rest of boat
      * Don’t hinge up and down at your waist - will cause boat to drag during down
* Go over DB commands again - flare, stop, reverse, prepare
* Paddles up
  + All paddles should be lined up in single file fashion behind Stroke Lead
  + I should only be able to see the Stroke’s paddle standing in front of Stroke looking back
  + All paddles should be hidden behind the Strokes paddle
  + Do this exercise for all 4 lines (White-Left, White-Right, Blue-Left, Blue-Right)
* Go over Starts
  + 6-10-10 [UP-UP-UP ->10] [UP-UP-UP ->10] 3-2-1 -> RACE PACE -> FINISH IT[30m or 10 strokes]
  + Wet Start vs Dry Start
    - Dry - Paddles UP
    - Wet - Stay Low / Lean Forward / Paddle vertical in water
  + Official’s Call
    - We have alignment - wet start paddles in water at this point
    - Paddlers are you ready?
    - Attention please …
    - Horn
  + During Race: Keep eyes in boat / Focus on strokes or drummer / Do NOT LOOK UP or OUT OF BOAT
* Warm-ups

Water (4:30 - 5:30)

* Paddle to the bridge (60srm) - when you get tired, pull your paddle into the boat, use your forward/backward momentum to help the boat go forward - use this to assess cardio health of each paddler; one indicator of how many races each paddler can handle on race day
* Waterfall Drill
  + Row at a time - shoot for perfect timing
  + Everyone is going to do 20 regular and 20 power
  + Next row starts after previous row finishes
  + Measure top speed to measure power of each row of paddlers
* 6-10-10 Start
  + Paddlers Sit Ready (Lean Forward, Stay Low, Paddles resting on Gunnel at 45 deg)
  + We Have Alignment (Roll paddle into water / straight up&down)
  + Paddlers are you Ready?
  + Attention Please
  + Horn
  + ---
  + Practice 1st 6 only first
  + Add the UP-UP-UP then 1st 10
  + Add the next UP-UP-UP then 2nd 10
  + Add the 3-2-1 to transition to LONG
* 250m race stroke/distance breakdown - 90 strokes total
  + 26 strokes -> 70m Start (6-10-10)
  + 50 strokes -> 150m Race Pace (middle/long part of race)
  + 12 strokes -> 30m Finish (faster pace 1-2, 1-2, …)
* 6-10-10 Start with Official Start
* 250m Race