

DRAGONBOAT TECH CHECK

ATHLETE:

DATE:

Key Performance Factors	Rating			Causes							Comments
	0	1	2	E	A	C	S	B	F	F	
Set Up											
A Frame Position: arms straight , top hand high, weight is forward on feet/ and edge of seat											
Outside Hip rotated forward											
Trunk Rotation, top shoulder back, slight forward bend from waist											
Outside leg bent											
Bottom arm extended parallel to water,											
Palm open, baby finger is hooked around shaft but not a "death ' grip											
Top arm over the water											
Wrists in neutral position											
Blade height is blade width above the water											
feeling is relaxed, chin is up ,eyes forward, BREATHING IN !!											

Catch											
Core/shoulders and arms firm up, prepping to find the sweet spot , EXHALE!!											
Drives forward with body and presses down with both arms/shoulders											
Angle at catch is 60 degrees											
Clean entry with no splash or kerplunk...nice and quiet!											
Blade fully Buried in the water											
Upper torso weight falls onto, and is supported by blade. Find pressure!											
Core rotations still in place, top shoulder back, bottom arm still forward, no top arm punch!											
Back muscles are relaxed, body is falling ,not held up by back muscles											

Press											
Outside leg drive. Knee extends a bit and hip rotates back, inside hip goes forward											
Hip is rotating on seat vs driving back											
Bottom arm/shoulder stays forward, gap is increased between Hip and Blade											
Arms are fixed- blade fixed. Top arm is over the water, blade is close to hull.											
First movement is pressing down , not pulling back!											
Derotation starts at the hips and lower body, followed by the upper core , then shoulders											
Top arm/shoulder presses down. Top arm stays straight , no punch											
Athlete presses trunk up with core/ shoulders and arms, not sitting up using back											
Paddle angle, positive to hip											
Pressure is downwards not back. The cavotation is reduced and whitewater is below surface											
As angle decreases, blade accelerates. Blade fully buried											
shoulders relaxed , not bunched up to ears											
Top hand stays high- same level as shoulder blade of paddler in front											
Sequence of movements are correct and smooth, paddle stays away from front of body											

Exit											
Accelerates paddle to exit											
Paddle at point just past the hip- exit point											
Outside hip rotates towards blade, knee releases, outside hip moves back											
Top Hand/ arm presses down and in from gunwhale. Blade starts to shear out											
Wrists in neutral position											
Athlete sitting tall - slight lean forward . Weight is on feet not seat, shoulders in front of hips											
Athlete is pressing off the "floor" squeezing the water to get paddle out of water , not lifting											
Bottom arm maintains pressure during exit , no " choo choo training"											
White water is below surface , no lifting water up and into boat, minimal splashing.											
Sequence of movements Hips/ knee/outside shoulder/ Elbow/ wrist											

Recovery											
Blade clear of water											
Outside hip leads initially											
Rotation begins with hips, -trunk/ shoulders											
Outside elbow held away from body during rotation											
Bottom shoulder leans forward ahead of top shoulder.											
Body stays forward, weight does not flop back into the center of the boat or behind the seat											
Body rotates in concert with shoulder and arms leading to set up position											
Tension released in arms , core and hands.											
Breathing through mouth - inhaling											

Rating: 0 - Element is not observed
 1 - Element is observed yet still requires some attention
 2 - Element is observed constantly and with high quality

Causes: E- Equipment/ A- affective / C- Cognitive/ S- Strength/ B- Balance/ F- Flexibility/ F- Fitness