



Coaching Competitive Dragon Boat

Course Overview

This course is designed to provide advanced Coaches the tools to effectively train a competitive crew that trains year round.

Coaches will leave the course with the skills to provide a well-rounded program to their athletes.

Pre-requisites

- Coaching Community Dragon Boat Certification
- Pleasure Craft Operators Card

Topics included in this course (bu

Exercise Physiology

- Energy Systems
- Training Zones
- Training Throughout the

Program Planning

- Fundamental Principles c
- Goal Setting
- Needs Analysis
- Periodize the Training Pla
 - Training Methods
- Monitoring Health and Pi
- Testing

Crew Selection

Roles in the Boat

- Balancing the Boat and Adaptations

Mental Training

Coach Tools and Gadgets

Advanced Technique

