



Mollymook Outrigger Canoe Club

Crew Selection Criteria

Crew selection will be based on the following criteria:

- o CREW COHESION
- o ATTITUDE
- o ATTENDANCE
- o STRENGTH
- o ENDURANCE
- o COACHING TEAM

CREW COHESION

This is the most important component in crew selection. If a crew is not cohesive, or a paddler cannot keep with the rhythm of the canoe then change is needed. It doesn't matter how strong a paddler is, the rhythm of the canoe is the most important aspect of paddling. Combinations will be trialed and may involve changing people between crews to see which combination achieves the best rhythm, efficiency, and speed. For specific distances, times may be recorded and compared for the different runs and combinations.

ATTITUDE

This refers to your attitude towards the canoe, the crew, the steerer, yourself and the coaches. The coaches are looking for paddlers who -

- o help with preparation for the training sessions
- o instil a positive attitude in the canoe via interactions with crew on and off the water
- o accept correction from the coach
- o pushes themselves that extra little bit for themselves and their crew members

ATTENDANCE

This is self-explanatory. For members to develop their technique, paddle fitness, paddler rapport and be considered for crew selection, they must attend training. The coaches need to ascertain whether the individual connects with the crew and to do this, members must be in attendance regularly. It also shows their commitment to themselves and their fellow paddlers in the club.

STRENGTH

This is a very important component of paddling also, but without the rhythm in the canoe and a positive attitude, strength is irrelevant. Canoe racing is all about finding the strongest group of paddlers who can paddle in a rhythm together, are efficient paddlers and understand gearing for different conditions.

In the canoe strength – this refers to the paddler/s who can move the greatest amount of water in time with the other paddlers in the power phase. It is often easy for an experienced steerer or coach to determine this. However, if this is not possible, a series of seat changes may be used to determine the best outcome.

ENDURANCE

Members will only be considered for distance races if they have demonstrated that they can do the distance and are conditioned to perform at race pace. Think of your other paddlers before expressing an interest to race in an event you know you have not conditioned for.

COACHING TEAM

The coaching team has the final say in crew selection. This is not negotiable. We encourage all our members to discuss their progress with the coaching team.