

# USRA NEWS

[www.usraftassociation.com](http://www.usraftassociation.com)

## Japan Results

The United States sent the most teams to date to represent in a world competition. In October 2017, five teams represented in 3 categories on the Yoshino River in Japan for R6 world competition. We are proud of the efforts of our athletes! Overall placing:

Open Women: 5th place  
Open Men: 8th place  
Master's Men: 8th place  
Junior Women: 5th place  
Junior Men: 8th place

## IRF News

The USRA is in support of the IRF and its methods to meet the needs and encourage the growth of racing. Controversy concerning the sport's future caused some people to break from the IRF to start a new federation. The "World Rafting Federation" headed by Danilo Barmaz from the FIFrafting (Italian federation) seeks to find a quicker path for rafting to be in the Olympics. However, the IRF counters that the action is divisive for overall growth and Olympic hopes.



## West Virginia chosen for R6 Nationals - 2018

*Almost 20 years after the 1999 World Competition was held on the Gauley River, the National competition for the bid to Australia returns to the East Coast.*

### *What can you expect?*

The competition is set to take place from September 4-8, 2018. Serving as the national selection for all categories for Australia R6 Worlds in May 2019, the race will take place on the New River and the Gauley River. The New River gets its water from rainfall, so its level can be inconsistent in the fall. However, expect the Class V Gauley river to have its regular flows of 2800-3200. (Unless we get a hurricane!) Water level dependent, the new format with inclusion of buoys for Head to Head will be



## RACES for 2018

Spring is just around the corner. As the water starts to flow and the snow begins to melt, are you planning to attend and put on any races this season? Do you have your team ready?

There are races throughout the country in r2, r4, and r6 format. Please let us know about them. Races take place in Oregon, California, Colorado, West Virginia, Ocoee, Idaho, Montana, and more. Get your team out paddling!

## USRA seeks board members and athlete input

Are you interested in making an impact within the racing community throughout the United States? The USRA board is currently seeking members to join as voting and non-voting board members. We also hope to begin an athlete committee to bring athlete view points from across the country representing more teams. Interested? Send inquiry or resume and letter of interest to: [usraftassociation@gmail.com](mailto:usraftassociation@gmail.com)

used. However if the water is high, plan on traditional head to head. Despite the Upper Gauley River gaining its fame for being a class V river, youth and junior teams will be racing, according to IRF rules, on the middle Gauley. Mike Cassidy has been named as the race director. He will have a team working with him. As we all know, putting on a race is a lot of work, time and energy. Volunteers are welcome and if you are interested in helping out, please contact: Be sure to check back in the National Rafting Championship Facebook Page and USRA Facebook page for updates.

## Did you know?

There are 4 categories in National and International competition. Countries have the opportunity for representation in Youth (under 19), Junior (under 23), Open (all ages), and Masters (40+). You can compete in more than one category and just because you are “over the hill” or an “aspiring” youth doesn’t mean you are subject to only those categories. Mixed teams are allowed, but compete in the men’s category.

## Six US Teams Head to Argentina in November

Last May, Oklahoma City River Sports hosted the r4 National race determining the bids for the 2018 World Competition. In November, the US will send six teams. This World Competition,



we will send the U.S.’s first women’s master’s team captained by Julie Munger. The R4 world competition will take place in Argentina on the Aluminae River.

# Training Tips:

**Not sure how to start a team? What do other teams do? So... you wanna win? Here are some tips from National teams:**



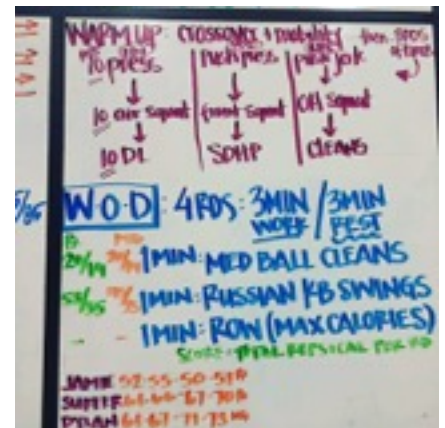
*Start with a group of interested participants and make a schedule.  
Before you leave practices, make the next practice date*



1. More than 9 weeks out from the target race, get together 1 day/week to work on paddle technique and team dynamics
2. Within 9 weeks out, aim for 2-3 days/week with the entire team. Practice all of the events. For example, spend one practice on sprint/head to head, one on slalom, one on downriver.

## *Create a strength training routine in addition to your paddling*

1. Speed and strength are directly related. Racing involves cardio work and strength work. Whether you begin a cross-fit routine or other strength and cardio training program, these will benefit your team's paddling in the long run.
2. The "off-season" is when you get stronger. Once the paddling season begins to take shape, start gearing your workouts towards sport specific training, while maintaining the strength you acquired in the off-season.



## *Work on the team's paddle stroke technique, pace, and timing*



1. Flat water pace is much faster than in whitewater. Whitewater requires that teams spend more time together for syncing up. 60 strokes per minute, increasing to a faster stroke rate is a good place to start. Sacrificing power for speed is not always optimal. Be sure you are taking advantage of the entire face of the blade.
2. Together is faster than out of sync. Always use your peripheral vision to stay in time with your fellow teammates.