



Ice Dragon Boat Technique Tips

The Ice Stick

The ice stick handle and foot are spring loaded, to help you catch the ice. When you apply pressure onto the ice a metal plate under the foot recedes to allow the spikes to grab the ice surface. YOU WANT TO GRAB THE ICE WITH ALL OF THE SPIKES – to do this you need to press the plate down flatly on the ice.

1. The Set Up Position

- hip forward
- Set up in a strong position
- do not over-reach or over-rotate

At the ready-ready position, hold the foot of your stick above the ice surface so you can hammer down. Do not touch the ice, DO NOT BURY YOUR STICK!

2. The Catch – the most important part!

- push down with your stick to grab the ice surface
- use your top arm and lats to push down on the stick
- transfer your body weight onto the ice stick

Unlike water, Ice doesn't move. You can only move your body. Push down and move your body forward to the paddle.

3. The Sit Up

- the sit up is initiated from a leg push. Use your core muscles to apply continuous pressure on the stick, while sitting up.

4. The Exit

- Exit sooner than you would on water – do not pass your hip
- Use the top hand to lift the stick as you do on water
- Your hip moves forward to engage the next catch.

Because the boat moves much faster on ice than on water, you want to focus on your next catch, keeping your body forward.

Key points

- A. Push down
- B. Do not over-reach or over-rotate
- C. Find the right pace from the start, accelerate and finish (there are no transitions in a 200m race. It will be over in a heartbeat!)

The first few strokes will be slow as you build momentum, and must be powerful. The boat will accelerate quickly.

- D. It's really important to find that fast and powerful pace for your team. Feel the boat slide and accelerate right to the finish. There is no transition.
- E. Most important of all – stay in sync.

The Steersperson

The boat turns on ice as on the water. To turn right pull to the left, and vice versa.

Braking on ice is different than braking on the water. On ice you don't have the greater friction of water to help you slow the boat and stop. Test the brake with an empty boat first, then with a full boat, not at full speed. You will get the feel of the brake and the amount of pressure you need to apply at different speeds to stop the boat. You have 50m past the finish line within which to bring your boat safely to a stop.

The Drummer

Work with the stroke people to set the pace for the start, acceleration and finish at your fastest speed.