



## EUROPEAN DRAGON BOAT FEDERATION

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### **Sports Medicine, Psychology & Science Commission Beograd 25/26 november 2017**

Dear friends

This is the first time I have been to an EDBF Convention.

It is an important opportunity for me to express my thoughts and the working procedures of the committee I have the honour to Chair.

To date, the Commission has identified me as being the only component, no objective or program has been agreed with the Executive Committee and when, during the meetings, Alan asked me "what about the Sports Medicine Commission?" I replied always in the same way "I cannot talk about what the committee has done... I can talk about what I do in my day to day work in the field of sport.

This was always followed by my appeal to the delegates of the various countries to being in people who are interested in working for the committee, I did this, also during the last meeting at the European Championships in Divonne this YEAR.

Recently I have heard that some EDBF members have reported people wanting to be part of the Sport Medicine Commission.

Among other things, I also suggest inserting a valid element, a cardiologist and heart surgeon, who works with me in the field of research and who has already done some work in the field of the canoe kayak Youth sector.

I already have the CV of Dr. Mariano Feccia, which has also been sent to the elected president to be submitted for approval by the executive board.

I am very pleased that at last this commission is taking over. but it's not enough!

We need to define operating procedures, goals etc.

## SOME PROPOSALS

1. With regards to operating procedures, I think we need a reference figure, maybe one of the vice presidents, to be identified by the committee and the Executive Committee, but also by the coordination with other committees, for example with the junior and women's commissions and last but not least with the web & media Commission, reserving a space on the web site in order to communicate with the entire community of EDBF, nations, clubs, athletes etc.
  
2. With regard to the activities of the committee, the objectives should be set in the short and medium term and given priority.  
The procedures are essentially three:
  - a. The Executive Board should indicate to the committee what the most important issues are to be explored and developed, and their priorities.
  - b. The committee itself should indicate to the Executive Committee which elements should be considered according to the possibilities/capabilities of the committee itself.
  - c. The other committees mentioned above, will report to the committee and to the executive committee any particular needs.
  
3. Some topics I think are of general interest, for example
  - a. To investigate, in addition to doping, certificate systems and competitive sportsmanship to the practice of Dragon Boat.
  - b. Given the type of population that practices our sport, which includes all ages, maybe we need to give some guidelines that are of interest, not only in the field of physiology, but also about the definition of categories and the organization of the races (the retrieval times of a junior may be different from those of an over 60)
4. Include where possible, seminars or workshops for sports coaches or doctors and psychologists working with national teams in their country. This would open a dialogue at the base in order to transfer and receive information and suggestions on the more interesting topics for the Dragon Boat community etc.

In recent years I have been working in collaboration with various Universities of Rome in different fields.

Some examples of research

- on the quality of life in BCP practising Dragon boat
- about the development of cytokine cells in subjects practising Dragon Boat
- . problems related to the urethral bump of the shoulder blade in athletes who practise sports where there is a circular movement (canoe kayak, tennis, volleyball, dragon Boat etc.) it is still underway Etc.

A great chapter is the training for the definition of programmes that need to be differentiated at basic level and high level, because a coach works with different age groups.

It would be interesting to understand how people in different countries work. In particular I would like to mention the training activity I have with graduates in Motor Science who want to know the sport of Dragon Boat. For your information, I have recently been appointed responsible for training in the Italian canoe kayak sports federation such as Dragon Boat, Serf Sky, Sup and Polynesian.

Conclusion

There are many things to say but I don't want to stay here too long. I am here today, not only as chairman of the Medical Committee, but also as President of the Italian Dragon Boat Federation... A twofold role, that together with many other positions not least as President of the Italian Society of Sports Psychology, creates not few difficulties, especially when things to do are not clear.

That's not my way of working.

That is why I thank you for the trust you have given me so far, but I think it is necessary to make changes in terms of operation, not just for me, but for anyone who takes over this commission in the future.

Thank for your attention

Antonio De Lucia