



FAST FACTS FOR FORMING A DRAGON BOAT TEAM

Are you thinking about forming your own Dragon Boat Festival Team? Do you want more information on what to expect?

THE DRAGON BOAT:

- Sport stems from an ancient Chinese legend
- Each Dragon Boat is 42 feet long
- 10 rows seat 20 paddlers
- A steersperson uses a 9 foot oar as a rudder, standing in the stern
- A drummer sits in a seat at the bow, facing the crew and hits a drum in sync with the lead paddlers

BUILD YOUR TEAM ROSTER:

- 16 Paddlers, minimum of 8 female paddlers in the boat
- A drummer will be provided unless you would like to provide your own (minimum 14 years old)
- 5 alternate paddlers allowed
- All participants must be 14 years of age or older
- No prior experience necessary. But a willingness to learn something new and BE AMAZED by what 16 novice paddlers can do together, is a must!
- Register your team online at <http://www.p4ca.org/>

COST:

- \$899 Corporate
- \$699 Community, Health Care Organization, Educational Institution
- \$499 Breast Cancer Survivor
- Includes:
 - √ All necessary paddling & racing equipment for practices and race day
 - √ Team training with an experienced coach/steers - 1 on-water practice session

PRACTICES: (key to a fun race day)

- Registration for practice dates & times are available online at <http://www.p4ca.org/>
- Practices will include the basics of paddling and racing commands and of course fun!
- Teams are encouraged to have all team members at practice.
- If teams choose to use their own drummer, it is mandatory that the drummer come to a practice, too. A lightweight person is recommended as a drummer, since the drummer sits on the bow of the boat

EQUIPMENT:

- Each registered team can rent a tent or can bring their own 10'x10' tent, chairs, tables, and coolers
- Paddles, life vests, boats, drums, drummers, and steerspersons will be provided to each team at practice and on race day
- Teams that bring their own paddling equipment must use the regulation equipment mandated by the International Dragon Boat Federation

RACE DAY

- Each team will race in 3 heats
- The course is 250 meters in a straight line with 3 lanes
- Division winners will be awarded in a post-racing awards ceremony
- Awards also given for Best Team Name, Best T-Shirt, Best Tent Decorations, and Largest Fundraiser

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