



Swan Lake Dragon

Thank you for your interest in joining our dragon boat team. We're excited to welcome you to our inclusive and diverse team!

Our focus is on competitive excellence, fitness, technique, and most importantly having fun in a positive and supportive environment.

Before you hop on board, please take a few moments to review the following:

The culture of the team ensures that team members:

1. Promote fair play over winning at any cost.
2. Support participation in all aspects of the sport.
3. Treat each person as an individual with respect and courtesy.
4. Respect the rights and worth of every person.
5. Display appropriate and responsible behaviour at all times.
6. Act with integrity, objectivity, and accountability.
7. Contribute to a safe and harassment free environment.

The expected etiquette in the boat is to:

1. Report all injuries promptly to the coach.
2. Comply with VRDBC's safety guidelines and procedures.
3. Be respectful and considerate of all team members.
4. Follow all commands from the coach and steersperson with urgency and focus.
5. Limit conversation to breaks during practice.
6. Avoid providing coaching to fellow paddlers.
7. Provide feedback to the coach privately.
8. Resolve disagreements and conflicts directly and privately.
9. Maintain focus, attention, and support in the boat.
10. Mandatory warm-ups and cool downs. Arrive 15 minutes before the practice for warm-up and stay 15 minutes after practice for cool downs.

Additional Information:

- Team practices are every Sunday from 9:30 am to 11 am. Warm-ups will start at 9:15 am and cool downs will be at the end of practice. Warm ups and cool downs are mandatory
- Team practices will be tracked
- Participation in two practices with your chosen recreation team to enhance your fitness, skills, and teamwork are strongly recommended, and participation in competitions with your chosen recreation team is strongly encouraged
- Our team goal this year includes participating in one team competition, the Harrison Dragon Boat Festival, July 27. Note that this competition will NOT conflict with the competitions in which the VRDBC dragon boat teams participate.
- Commitment to the last three practices before the selected team competition is expected.
- Technique development is a team priority, as such, team members are encouraged to participate in the May 5th paddle clinic facilitated by “Right Angle Performance”.

To register participants will need to pay the program registration fee of \$240 +tax, complete an online VRDBC Program Registration form as well as a liability waiver. An image consent form will also be required. Details will be available at VRDBC.com shortly

A face-to-face meeting is slated for April to facilitate a meeting for individuals keen on becoming part of the team. The meeting will also be an opportunity to address any questions you may have.

We're thrilled to have you on board and we look forward to an exciting season of dragon boating together! If you have any questions or concerns, please connect with the VRDBC Club Manager, Mackayla Petrie mackayla@VRDBC.com.

Best regards,
Dyra Pridham (Team Captain)
Richard Davy (Team Captain)
Ted St. Laurent (Coach)
Allen Chan
Christy Sommerfeld