

TEAM REGISTRATION FORM



Saturday, June 19th, 2010
Palmer Park, Port Perry, Ontario
www.thedragonflies.org

Welcome, to the 6th Annual Dragon Flies Dragon Boat Festival!

Over the past ten years or so, dragon boat festivals have been taking place all across North America. In fact, dragon boating is now recognized as the fastest growing 'on water' festival in the world.

As a celebration of sport and culture, the Dragon Flies Dragon Breast Cancer Survivor Group offers its very own dragon boat festival as part of the Durham and Kawartha Lakes region's summer event schedules!

Here's your chance to experience the excitement of dragon boat racing!

This year's festival is taking place on Saturday, June 19, 2010 at Palmer Park on the shores of Lake Scugog in downtown Port Perry, Ontario.

The host team, The Dragon Flies, is a local Breast Cancer survivor group. The Dragon Flies is a registered non-profit charity with the key object of the charity being to raise awareness, support for Breast Cancer programs as well as diagnosis and treatment at local hospitals.

We would like to invite you to enter a team into this exciting and multicultural event. Corporate, community mixed, all-female and breast cancer survivor teams will have the opportunity to compete as one of the dragon boat teams challenging one another throughout the event day.

A sunny day at Palmer Park, good company and friendly competition provide a rousing, good time to kick-off your summer activities!

Exciting? YES! For a good cause? YES!

But, why dragon boats?!

Originating in 4th century B.C. China, the ancient tradition of dragon boat racing has evolved into a modern day festival activity. It salutes the use of waterways through corporate and community participation, team building and friendly competition.

The Hong Kong style boat is 48 ft. long, approximately 1200 lbs, and is equipped with a dragonhead and tail constructed of solid teak wood. These are considered to be the largest flat water racing canoes in the world. Team building is at the heart of a good dragon boat race with 22 people working in unison, paddling towards a common goal.

The boats provided by Lively Dragon (our race day facilitators) for our festival are 41 feet long and weigh only 550 pounds.

Teams will be encouraged to support a pledge drive for Breast Cancer. All donations to the pledge drive go to support Breast Cancer awareness and wellness programs as well as major contributions to our four (4) area hospitals for Breast Cancer diagnosis and treatment equipment. Top fundraising teams and individuals will receive prizes and bragging rights for a year. Pledges of \$20 CDN or more are tax deductible. An official receipt will be issued for qualifying pledges.

Many companies have found that the social atmosphere and the team building aspect of dragon boat racing are valuable tools to assist employees and employers to interact in a friendly and constructive manner outside of the workplace. Personal satisfaction, team development, and friendship are just a few of the key words attributed to this sport by its growing number of participants.

Dragon boating caters to those who are competitive by nature as well as those who lack experience but crave outdoor summer activity within our community waterfront parks.

Attached is "How to Organize a Dragon Boat Team", which is helpful in recruiting team members and answering common questions people have asked. Also attached is the Team Registration and Team Profile Form for the 6th Annual Dragon Flies Dragon Boat Festival.

How to Organize a Dragon Boat Team

What is a Dragon Boat Team?

A full team (crew) consists of 25 members. (20 paddlers plus 3 alternates, 1 drummer, 1 experienced or festival-trained steersperson) Three team members are selected to obtain the position of Team Captain, Manager and Pledge Coordinator; these people are responsible for receiving and distributing team information to all 25 team members.

Teams may register in one of the following categories listed on Page 4.

Participants can only be on one team roster and must participate with one team only on race day.

An experienced Festival Steersperson may be requested on the Registration Form if your team is not able to provide its own steersperson. A steersperson provided by an individual team must meet the safety and skills required as deemed necessary by the on-water festival officials. This will be determined during the festival team practices. (see Page 4)

■ Age Requirements

A registered team member must be 12 years of age or older in the year of competition (unless otherwise approved by race management) and no team member under the age of 18 will be allowed to practice or race without written consent and a waiver signed by a parent or legal guardian.

■ Safety & Equipment

Lively Dragon is an experienced, professional dragon boat racing company which oversees the races on festival day. Lively Dragon supplies paddles, pfd's, the dragon boats and other necessary equipment. All equipment used during practices and races shall be kept on-site and returned intact.

Replacement costs or repairs of such equipment will be charged to the responsible team, should negligence be determined. Each dragon boat is fully equipped with a dragon head and tail.

Experienced and inexperienced teams will become familiar with the waters on which they are practising and racing, the boats and docks they will be using, and the safety protocols that must be followed.

Each team member is responsible for their own safety at all times while engaging in activities related to practicing and racing in dragon boats. Each team member should be able to swim 100 metres while wearing a Personal Flotation Device (PFD). All registered dragon boat participants must wear the PFD supplied or one deemed suitable by the on-water festival officials during all practices and races.

■ Individual Waiver & Team Roster Forms

Individual Waiver and Team Roster Forms will be made available on our website (www.thedragonflies.org). Each Team Captain/ Manager is responsible for submitting required documents at the teams' practices and on event day. Participant information forms including waivers and rosters should be finalized by the last practice and submitted to the Festival Committee.

Additional information will be available on the website. (www.thedragonflies.org)

■ Dragon Boat Practices

Your team's registration includes 2 (two) practice sessions prior to June 18th, and 3 (three) timed race heats on Festival Day. A third session may be scheduled during practice weeks if time permits.

It is essential that all team members attend the practices to ensure a level of familiarity of dragon boating and related safety protocols.

Each dragon boat team should practise and race with a full team of 22 participants per boat (including 1 Drummer and 1 Steersperson). A team may practice or race with a minimum of 16 paddlers per boat, plus one Steersperson and one Drummer.

Dragon boat teams that practice on a regular basis as part of a formal dragon boat club may be exempt from the mandatory practices. If teams feel that they qualify to be exempt and think that they can be excluded from the practices, please submit information containing the club's location, race experience, coaches name etc. with the registration form.

There is no obligation for any team to supply its own Steersperson. One will be supplied by the Festival if your team does not have one.

■ **Steerspersons**

If your team chooses to appoint its own Steersperson (not supplied by the Festival) he/she must become familiar with the race course, safety, techniques of controlling a dragon boat and communicating to team members. For these reasons, it is very important that he/she attend each practice to attain the level of competency required by the Festival Committee.

■ **Dragon Boat Races**

All participating teams will be guaranteed three races (weather and water conditions permitting) throughout the event day. The race course will allow for two 400 metre races and one 250 metre sprint race.

The average times of a team's first two race heats (400m & 250m) will determine the scheduling of the heats for the final 400m races.

More information will be e-mailed to the Team Captain/Manager before the event.

■ **Team Divisions**

- MIXED YOUTH 12-17 years (At least 8 paddlers must be female.)
- MIXED ADULT (At least 8 paddlers must be female.)
- BREAST CANCER SURVIVOR (All paddlers must be Breast Cancer survivors.)
- ALL FEMALE

Note that Mixed teams must have at least 8 female paddlers.

■ **Team Profile**

Each team is requested to submit a 'bio' which describes where the team is based, fun facts about its membership and other items of interest. Submissions should be about 100 words or less. Please complete the form on page 8. Failure to submit a bio with the registration form will result in omission from the event program.

Information Leading up to The Festival

■ **Paddler I.D. Wristbands**

Team Identification Wristbands will be distributed with the Team Captain/Manager package at the Information Tent on Festival Day. These wristbands must be worn by all registered team members during the event.

■ **Captain/Manager Meeting**

In order to improve the sharing of information and answer questions prior to festival practices and race day, Team Captain/Manager meetings will be offered on two different occasions.

The Captain/Manager should attend one of the following meetings on the dates specified:

- April 29th - Oakwood
- or*
- May 4th - Port Perry

Both meetings will commence at 7 p.m. Additional information will be available on the website. (www.thedragonflies.org)

■ Submitting Pledges

We suggest that all Team Pledge Coordinators gather their Team Pledge Sheets and monies during their team's first practice, and then submit all completed pledge sheets and monies during the final week of practices (June 14-17th, 2010). Pledges received by June 17th will be included in the tally which determines the Top Team Pledge and Individual Pledge winners.

Monies from teams will only be accepted at the festival site during the designated practice days and times.

Pledge forms and additional information pertaining to pledges will be mailed to the Team Pledge Coordinator once their team is registered.

■ Results Board/Info

During the day of the festival, a results board will be located in front of the announcement gazebo area. It is important that a designated person from each team visit the results board for information with which to update their team members. This board will display the program for the day, along with all team names and their assigned team number. All morning heats will be posted on this board. Times will be posted as they become available throughout the day.

■ Claiming Prizes

The race awards presentation will take place immediately following the last race of the day.

Team cheer contest ('Tonsil Toss') and the Best Dressed Team contest winners will be awarded at approximately 1pm.

■ Care of the grounds

The Dragon Flies Festival Committee would like to provide a truly enjoyable atmosphere for all participants. We would like to remind all teams of the need to respect the environs of Palmer Park and Lake Scugog. There are always plenty of garbage bins within the vicinity of the Paddlers' Village and the general spectator areas. Please help us keep the park and the water clean!

■ Paddlers' Village

This is a great chance to meet new people and to be neighbourly with teams that may set up beside you in the Paddlers' Village. Please respect the spaces that have been set aside for each of the other teams.

- Each team will be allotted a 15x15' spot to set up a tent or shelter for the day. **Tents and shelters must not exceed 10x10'.**
- Aisles are for easy access to all areas of the village. Please do not block with chairs or equipment. Remember that aisles are needed for safety and emergency purposes.
- Also for safety reasons, BBQ's are not permitted.
- Teams may set up tents on Friday evening, June 18th, 2009 from 6:00 p.m. to 8:00 p.m. or the morning of festival day.
- **ABSOLUTELY NO ALCOHOL** is allowed within the Paddlers' Village or anywhere on the Festival site.

■ Pets

On Festival Day, Palmer Park is an incredibly busy place. For this reason, it is suggested that all pets be left at home if possible. If you or your friends must bring a pet along, please abide by local regulations and by-laws.

Where to Find More Information

Our website (www.thedragonflies.org) will contain up-to-date information on our dragon boat festival. While constantly evolving, the website is easy to navigate and also contains our contact information.

You are welcome to ask any question that may come to mind. We would like to make your participation in our festival as enjoyable as possible.

Feel free to contact us via the information found here or on our website. We're happy to help!

Email: festival@thedragonflies.org **Phone:** (705)932-2078

Registration Notes and Fees

- Registrations will not be accepted until January 1, 2010.
- Earlybird registration expires February 28, 2010.
- All earlybird registrations must be postmarked by Feb. 28th, 2010.
- Late registration takes place March 1st - 31st, 2010.
- Entries are accepted on a first-come-first-served basis.
- Procedure for practice times will be made available on the website January 1st, 2010.

Youth Teams \$550 before Feb. 28th, \$650 March 1st - 31st, 2010

Adult Teams \$800 before Feb. 28th, \$900 March 1st - 31st, 2010

- Make cheque (non-refundable) payable to: **The Dragon Flies Dragon Boat Festival**
- Mail cheque, team bio and registration to: The Dragon Flies Dragon Boat Festival
c/o Muriel Blaine
40 Elaine Drive
Lindsay, Ontario
K9V 4X8

Team Registration Form

The Dragon Flies Dragon Boat Festival 2010

Team Name: _____

Captain: _____ **Phone:** _____

Address: _____

City: _____ **Prov:** _____ **Postal Code:** _____

email: _____

Manager: _____ **Phone:** _____

Address: _____

City: _____ **Prov:** _____ **Postal Code:** _____

email: _____

Pledge Coordinator: _____ **Phone:** _____

Address: _____

City: _____ **Prov:** _____ **Postal Code:** _____

email: _____

Team Divisions:

Mixed Youth Crew
(12 - 17 years - min. 8 paddlers must be female)

Breast Cancer Survivor Crew
(Paddlers must be Breast Cancer Survivors)

Mixed Adult Crew
(min. 8 paddlers must be female)

All Female Crew

Steersperson:

We would like to use: (please refer to Steerspersons on Page 4)

Festival Steersperson Team Steersperson

Team Profile: (please refer to Team Profile guidelines on Page 4)

We have submitted a Team Profile that can be included in the Official 2010 Festival Program.

Payment Enclosed: (Payable to: The Dragon Flies Dragon Boat Festival) **Amount:** _____
(non-refundable)

OFFICE USE ONLY - CONFIRMATION OF REGISTRATION - 2010

Date Rec'd: _____ Date fwd: _____

Team #: _____ Payment: _____

