



2017 Oriental Dragon Boat Guide for Team Managers

1. Register your team

See the "[REGISTER YOUR TEAM](#)" area for complete details on how to get your team registered

2. Get your team together: Teams consist of up to 23 people, including up to 20 paddlers, one drummer, at least one to two alternates. Each Team must have a drummer that drums during the race.

Team Categories:

Our Mixed Teams, require an equal number of men and women plus drummer of either gender and suggest two alternates for teams.

Open Team- No restrictions on gender balance, but the Open roster is typically **all male** and sometimes, referred to as the **Men's Division**.

Women Team: All paddlers must be female, no gender requirements for steer person or drummer.

Cancer Survivor: no gender balance on team but paddlers must be cancer survivors, family members or supporters.

Senior Teams: All paddlers must be over the age of 50 and require a minimum of 8 females and minimum of 12 male paddlers plus drummer of either gender.

Youth Teams- Paddlers can be between ages 12 and 18 years no gender balance required plus drummer of either gender. Parents must sign the waiver for any youth participating between the ages of 12-18.

You have until your first practice to confirm your team roster. Each person you recruit for your team will be grateful you did, because they're going to have a great time!

3. Schedule practice time(s)

One practice is mandatory. The 60-90 minute practice will be scheduled prior to the race day. We generally schedule practices on Friday before the race. Given the number of categories we may make additional dates for practice available.

4. Prepare your team's "look"

A big part of the dragon boat fun is being creative with your team's look, name, space in the Team Village, etc. Each team is expected to participate in the parade and opening ceremonies on Saturday morning . You'll want to make sure your team is looking good! Team shirts, banners, flags, and any other creative ideas you may have to set your team apart are encouraged!

5. Set up your Team Village site

Each team is provided a 10 x 20 pop up tent for the race in the grassy Team Camp area. No one may stay over-night in your space. Your Team name will be on tent when you arrive.

6. Get your team to the practice(s)

The practice sessions prior to your time in the boat are an important part of building your team unity, synchronicity and confidence and ultimately your success! Your coach/steer person provided by the festival for your 60-90 minute practice session will teach you all about how to be competitive and have fun. Make sure each of your team members know time and location to arrive for practice and race.

7. Check In For Practice/Race Day at Marshaling Area

On arrival at the Marshaling Area on the day of the Practice Teams Captain will provide to the registration staff of the Dragon Boat Festival a completed Team Roster and appropriately signed Waiver Form by each team member. Each Team Member will be issued an ID wristband that must be worn throughout the practice and race to participate. No one will be allowed on a dragon boat without a wristband. Note: Any youth 18 and under needs to have their parent sign the waiver form to allow them to participate in the practice or race. When the team arrives on the day of the race they will be expected to check in at least 30 minutes ahead at the Marshaling area to verify the team members paddling and that they have their wristband on. Anyone without wristband will not be allowed to paddle.

8. Opening ceremonies/parade

Each team will be expected to participate in our fun and festive opening ceremonies. Prizes will be awarded to the most creative and unique costumes and Tent Displays. Dragon boat races are rich in Chinese heritage. elements.

9. Race day!

A complete race schedule will be posted at Team Village Announcement Area on Saturday morning. Each team will be expected to monitor the progression of the races so that you can be in the team marshaling/loading area 30 minutes before the start of your races. There will be a Team Manager's meeting (time to be specified at a later date) before the race. Race officials will provide you with important race

information and last minute details. Each team manager should plan on attending. Each team will have two races plus any finals your team qualify for. When your team is between races, there will be plenty for everyone to do. Children's activities, great food, music and other entertainment will fill the day.

10. Awards Ceremony

Following the conclusion of the dragon boat races, an awards ceremony will be held Saturday after the race. You and your entire team will want to be present as awards are given out for top finishers in the races. There will be 1st, 2nd, and 3rd, prizes for each of the categories racing with a single winners trophy for the Festival.

If you have any additional questions, please feel free to contact us.

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Paddles Up!!