



Thanks for the interest in wanting to give dragon boating a go and join the Pink Dragons.

There is lots of information which we have summarised below. Very happy to answer any questions you may have. The best thing to do is just come along and give it a go! We will teach you everything you need to know.

### Where and when info

- Our paddling season runs from October to the end of March.
- Our biggest regattas, Regionals and Nationals usually take place in March, so it is best to avoid booking holiday until we have the regatta dates confirmed – everyone is needed in the boat!
- There are also other regattas that we go to during the season and off season, as well as winter paddling for those who are keen

*We train twice during the week:*

- **Tuesday evenings** at Westhaven Marina, Pier Z.
  - Meet at 5:30pm for warm up and boat launch at 6pm and off the water at 7pm.
- **Thursday evenings** at Westhaven Marina, Pier Z.
  - Meet at 5.30pm for warm up and boat launch at 6pm and off the water at 7pm.
- **PARKING:** Parking is available at Pier Z, but the parking wardens do patrol regularly so please ensure you pay for 2hrs of parking. You can park free at Pier X. There is a short walk to Pier Z from there.

*After Christmas we add a third training:*

- Sunday mornings at Lake Pupuke in preparation for the Regional Regatta which is held at the Lake in March (usually start mid-Feb through to March)
- Fresh water is heavier than sea water, so it is important we get used to the different variations

**Any changes or cancellations to training times are communicated if they arise.**

We use the InstaTeam App to record availability for trainings & regattas for ease of planning. Instructions will be sent out upon joining the team.

### 2024 Big Regattas (attendance essential)

**2024 Regionals – Saturday 23 March, 2024, Lake Pupuke**



**2024 Nationals** – Friday 5 and Saturday 6 April, 2024, Lake Karapiro (near Cambridge). NOTE: All team members are required to travel down on the Thursday afternoon/evening and remain for the full event.

### Fees/ Costs

The fee for joining is \$280 in the first year (\$250/year thereafter) which includes registration, coaching, use of equipment, safety boat, regatta fees, some team uniform (additional uniform items may need to be purchased separately by new paddlers), a paddle and life jacket to use while you are in the team.

We ask for a \$50 non-refundable deposit to cover three weeks of training. During this time new recruits can attend up to six trainings to get a feel for the water, the boat and whether dragon boating is for them (we hope so!) This cost is deducted off the joining fee if you decide to join the team. Team membership is from 1 Oct to 30 Sep annually.

Account name - Pink Dragons

Account number - 03 0166 0405016 000

Reference - Your name and the word SUBS

### Commitment

Each member is expected to make a commitment to the team of their time, attending training sessions and regattas and to keep improving their strength and fitness level outside of training all year round. (It makes it easier to get in the boat next season too!) We also fundraise throughout the year to help pay our way to regattas and replace equipment.

### What to wear

Shorts or leggings, quick dry t-shirt, jandals or water sandals,

A pair of cycling or yachting type of gloves – optional (some prefer to paddle with gloves, it is just personal preference)

### What to bring

Water/Hydration (in a plastic bottle), towel and change of clothes.

### Minimum requirement

Must be a breast cancer survivor.

Provide a letter from your medical team confirming you can participate.

Be able to swim 50m (any style or level) in the very unlikely event of a capsized to the closest pontoon or support boat which are generally 30m - 50m away at any time.



Have a basic level of fitness and have the enthusiasm to give it a go. We will teach you everything you need to know.

## The team

We need 22 people for a full boat. This consists of 20 paddlers, a sweep at the back of the boat to steer and a caller on the front of the boat who counts the strokes and beats the drum for regattas.

A full team consists of 26 people including Sweep, Caller, and reserves. During the season we will be holding land-based ERG sessions to gauge strength, which along with knowing paddlers approximate weights, allows the boat to be seated to maximise balance and performance. Where we have more team members than can be named for a boat or regatta, reserves may be nominated. We also aim to race our strongest small boat (10 paddlers, caller & sweep) where regattas allow.

Team members need to understand that they could be seated anywhere in the boat, including on the front as caller if required. We actively encourage everyone to give Sweeping a go – without a Sweep we cannot paddle!

## About us

Our team The Pink Dragon's has been going for nearly 20 years (est. 2005).

We are all Breast Cancer survivors passionate about continuing to paddle at the same time bring awareness to breast-cancer. We honour our past paddlers by paddling together as a strong team and working to being the best we can be.

Our team is made up of people of different ages and stages. Anyone can find a place within our team.

Our experienced paddlers will be with you to support you. We will teach the fundamentals of paddling; you will notice your strength and stamina improving quickly.

We have great coaches who are experienced at working with breast cancer survivors.

Dragon Boating is a great sport for BC survivors. It helps give you back your upper body strength and getting everything moving again. It can also help with scar tissue and lymphoedema.

In 2021 The Pink Dragons were the stars of the movie The Pinkies Are Back. If you have not seen it, it is a great watch and introduction to the team. The movie is available on TVNZ+. Make sure you have the tissues handy!!

You are welcome to contact me at any time with any questions or concerns.