



"Bringing you a Unique Team Building Experience"

FAST FACTS FOR FORMING A DRAGON BOAT TEAM



THE DRAGON BOAT:

- Sport stems from an ancient Chinese legend
- Each Dragon Boat is 45 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:

- 20 Paddlers, minimum of 8 female paddlers in the boat
- 1 drummer (minimum 12 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 20 novice paddlers can do together, is a must!

COST:

- \$3,000 Corporate (non-Chamber Members)
- \$1500 Corporate (Chamber Members)
- \$900 Community/Non-Profit
- \$800 for Club or Visiting Teams
- **Includes:**
 - ✓ **All necessary paddling & racing equipment** for practices and race day
 - ✓ **Team training with an experienced coach/steers** - 1 on-water practice sessions

PRACTICES: (key to a fun race day)

- Registration for practice dates & times are available online at <http://www.panamdragonboat.com/>
- Practices will include the basics of paddling, the basics of racing and of course fun!
- Teams are encouraged to have all team members at practice.
- Teams are encouraged to select their drummer and have them come to practice, too. A lightweight person is recommended as a drummer, since the drummer sits on the bow of the boat

EQUIPMENT:

- Each registered team should bring a 10'x10' tent, chairs, tables, and coolers
- Paddles, life vests, boats, drums, 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 – July 26, 2025

- Each team will race at least 2 heats. Some higher performing teams will race 3 heats
- The course is 300 meters in a straight line with 3 lanes
- Division winners will be awarded in a post-racing awards ceremony

LOCATIONS:

- Race day – Shrine Club at High Rock, 6480 Long Ferry Rd., Salisbury, NC 28146
- Practices – Same location as race day (Thur-Fri)

Register your team at:

www.panamdragonboat.com **813-600-8642** info@panamdragonboat.com