

Dragon Boating **FAQ's**

How fit do I have to be?

There is no fitness requirement to become a dragon boat paddler. If you have a desire to do well it will not take long to build what is commonly known as 'paddle fitness'.

Is it hard to learn?

Technique and timing are the key to good paddling and many of us are still working to perfect it. It isn't hard to learn and with a supportive team behind you it won't take long to get the hang of it.

What equipment do I need?

You will get wet! It is a good idea to have a pair of shoes you can get wet other than that everything is supplied including paddles and racing tops.

How often do I have to train?

We have 3 training sessions a week. It is not compulsory to attend all 3 but we encourage at least 2!

Is it social?

Yes. We encourage a strong social network as well as a strong competitive spirit. Who says you can't have fun and be number one!!

Tell me more about membership?

DSA membership is approx. \$200 for the year. This includes a race top, insurance and entry into all races for the season.

For more information on training times, contact details or club news visit our website or come on down to a training session.

www.dsadragon.org

Dragon Boating **Testimonials**

Great team sport! Where else can you get 22 people in the one boat all striving for the one goal, a beer after training! What more can you ask for than to share a few drinks with friends. That's why I joined up, for the social life, oh! & to win races as well. Damo

I can't remember the last time I felt so alive! Dragon boating is such a fun, energetic, motivating sport. The DSA are a great group who have made me feel welcome and part of the team since the first day I joined. I'm hooked! Marena

I think our motto sums it all up - fun, fitness, friendship beer. I enjoy the commitment, the night paddles, the adrenalin flowing on race day, the flow of friendship for the new paddlers that you all show to us - I do enjoy the fun & definitely the beer at the end of a hard training session.

Sandie

From Ryde Council

It was a wonderful team building and sporting experience for all paddlers in the City Of Ryde Dragon Boat Racing Team. The support professional advice and encouragement from the members of the Dragon Sports Association undoubtedly led to our success on the day. We had a great time and enjoyed every bit of the training and racing.

Looking forward to our next adventure!

Michael McMahon

Chief Executive

City Of Ryde

Tanya White - President

M: 0403 047 821 E: tansmail@hotmail.com

George Louie - Coach

M: 0414 714 898 E: easternd@bigpond.net.au

Dragon Boating



**Australia's
fastest growing
aquatic sport**



Dragon Sports Association

Dragon Boating

What is Dragon Boating?

Dragon boating is an adrenalin pumping water sport with origins stemming back over 2000 years to the rivers of China. Originally conducted during the summer solstice in response to superstitious beliefs that racing would ensure prosperous and bountiful crops the sport is now fiercely competed around the globe and will debut on the Olympic circuit as the demonstration sport in Beijing, 2008.

Teams consist of twenty paddlers plus a sweep who work together to propel the boat forward for race distances of between 200 and 500 metres. Timing, teamwork and commitment to the boat are all essential elements for a successful dragon boat team and the feeling of driving a two tonne boat to a finish line at speeds of over 18km an hour is one to be experienced. Dragon Boating is a sport unlike any other with each and every member dependent on the other every step of the way.

The sport has enjoyed a rapid growth in Sydney with boats pounding the harbour most days of the week. It has achieved a high profile within the corporate sector and features as a prominent sport in the Australian Corporate Games with over 70 teams competing in the 2001 event.

For more information on our club
please visit our website

www.dsadragon.org

Dragon Boating

Who are DSA?

Dragon Sports Association (DSA) was formed in 1983 as a founding club of dragon boating in Australia. Since its inception, DSA has consisted of a supportive network of members with a diverse range of professional and cultural backgrounds. From brickies to bankers, dieticians to doctors and everything in between DSA strives to provide a social, competitive and highly motivated team environment. Over the years we have maintained a strong position and have built an enviable and consistent track record on the local, national and international circuit.

Our motto 'fun, fitness, friendship, and beer' sums up the DSA culture. We offer something for everyone with a number of highly competitive members as well as a more social crew.

Our club focus is to encourage teamwork, commitment and fun in everything we do. From training to racing to the ice cold beer at the end of it all the DSA members live by the philosophy of 'work hard play hard'.



Dragon Boating

Corporate Training



Dragon boating has become a popular sport amongst large corporations. There are currently two major events on the calendar which see company teams take to the water in an adrenalin charged clash of the paddles. Bankwest, Johnson and Johnson and Ryde City Council are just three of the teams who have taken on this challenge and chosen DSA to train them in the lead up to events.

3 optional training packages listed below:

Package 1

- 3 training sessions
- 1.5 hours per session
- Maximum of 20 people per session
- \$495 plus insurance

Package 2

- 6 training sessions
- 1.5 hours per session
- Maximum of 20 people per session
- \$810 plus insurance

Package 3

- 9 training sessions
- 1.5 hours per session
- Maximum of 20 people per session
- \$1,100 plus insurance

For more information on corporate training,
please contact us (details on back page).