



## The 20th Anniversary Manulife Dragon Boat Festival Saturday, July 8, 2017 Lake Banook, Dartmouth

### Become a part of “Team Row Nova Scotia”!

#### Team building!

Row Nova Scotia is looking for at least 20 people to be part of their team at the Manulife Dragon Boat Festival on Saturday, July 8, 2017. Anyone can join - Row Nova Scotia members, and their friends and family are all invited!

#### Summer fun in the sun!

##### What does it include?

- Two team practices with coach prior to the event
- A Row Nova Scotia shirt
- Access to the Row Nova Scotia hospitality tent at the event, including food and refreshments
- Two 200m races, plus additional races if the boat is fast!

#### Try something new!

##### How do I make this happen?

- Email Row Nova Scotia at: [rowing@rowns.ca](mailto:rowing@rowns.ca) to confirm your interest, specify your T-shirt size, and request a pledge form
- Start collecting pledges, or pledge yourself. Minimum amount of pledges to participate is \$125. Proceeds will support Row Nova Scotia and the Nova Scotia Amateur Sport Fund. Any pledges beyond \$125 will be directed to a rowing club in Nova Scotia of your choice.

#### Support great organizations!

- Participate in the team practice sessions (dates/times to be confirmed)
- Submit your pledge form and cash/cheques by **Friday, June 30**
- Pack your sunscreen and come have some fun on Saturday, July 8

The Nova Scotia Amateur Sport Fund helps increase sport participation by supporting community-based programs throughout Nova Scotia. Row Nova Scotia is a non-profit organization that works to develop and support the sport of rowing within the province.





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### **FREQUENTLY ASKED QUESTIONS**

#### **When and where is the festival?**

Saturday, July 8, 2017, from 8:00AM to 3:00PM, Lake Banook, Dartmouth.

#### **Do I need paddling or rowing experience to participate?**

No you do not need any paddling or rowing experience to participate. Dragon boats are very stable, making them highly suitable for beginners.

#### **How many people do we need to form a dragon boat team?**

A full dragon boat team consists of 22 people: 20 paddlers, 1 drummer (who keeps the beat of the stroke), and 1 steer-person (provided by the Festival). A minimum of 8 from each gender must participate.

#### **How much is the entry fee?**

\$125 per participant. Included in your entry fee are two on-water practice sessions (all equipment included) with a qualified coach. Fees can be by personal donation, corporate sponsorship, or by soliciting pledges from friends and family. All funds submitted support the Nova Scotia Amateur Sport Fund and Row Nova Scotia. Funds raised in excess of \$125 will be directed to a rowing club in Nova Scotia of your choice.

#### **Can I pledge myself?**

Yes, participants can make their own donations. Note that if you choose to request a tax receipt (all pledges over \$20 are eligible) your personal donation cannot be counted towards a fundraising prize.

#### **Who is eligible for a tax receipt?**

Anyone who pledges \$20 or more is eligible for a tax receipt. The tax receipt request box must be checked on the pledge form. Name and address must be legible and all address fields must be completed.

#### **Where can I get a pledge sheet?**

Please contact Patrick Thompson at: [rowing@rows.ca](mailto:rowing@rows.ca) or, (902) 425-5450 ext. 357 for your pledge sheet.





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### **What is a dragon boat?**

A typical Hong Kong style dragon boat is almost 12m long, 1m wide, and weighs about 1500lbs. It consists of the main body of the boat, with a dragonhead at the front and a long tail at the back. Traditional dragon boats are constructed of wood, while newer boats are often made of fiberglass or a combination of both materials.

### **How safe is a dragon boat?**

Due to the size and design, dragon boats are very stable. This makes them suitable for participants of all levels. All participants must wear a personal flotation device and a safety boat is always close by.

### **Is it different from a war canoe?**

Although the basic stroke is very similar to the one used in a war canoe, dragon boating is distinctively different. Dragon boats are bigger than war canoes (they hold more people) and are much more stable. Furthermore, dragon boat paddlers remain comfortably seated while they paddle versus kneeling in a war canoe.

### **How many practices does each team get?**

As part of the registration fee, each team receives two 60-minute evening practice sessions, launching from Graham's Grove.

### **Why practice?**

Team practices are designed for all participants to become familiar with some of the skills involved with dragon boat racing and make your team's experience more enjoyable. The goal of the Festival is for participants to have a good time with their teammates and to showcase the values and benefits that sport can provide.

### **Do we need our own coach?**

No, a qualified coach is supplied to each team by the Festival organizers.





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### **What should I bring to practices and the event?**

As a participant you should bring clothes for various conditions (warm weather, cold weather, and rain). You should have clothing that does not restrict your movement for racing. You may also want to bring a change of clothes, as you may get wet. For footwear it is recommended that you wear water shoes, Crocs or another form of footwear that you do not mind getting wet. Don't forget to bring a hat, sunscreen, extra sneakers/sandals, and lots of energy and enthusiasm for a fun-filled day!

### **When do we race?**

The race schedule will be available approximately two weeks prior to the Festival. On the schedule will be the times for your team's first two races as well as the times for the final heats.

### **How long is the racing distance?**

Races are 200 metres long.

### **How does my team make a final?**

A team's combined time in their first two races determines whether your team gets into a final. The top 30 teams qualify for finals with the best 5 teams qualifying for the 'A Final'. Determining the final 30 teams as well as their schedule will be done during the lunch break, with the races being posted during lunch.

### **What if the weather is poor?**

The Festival and practice sessions will take place rain or shine.

### **Are there prizes or awards?**

Medals will be awarded to the top three teams. As well, there are a host of wonderful fundraising prizes.

### **For any other inquiries..**

Please contact Patrick Thompson at [rowing@rows.ca](mailto:rowing@rows.ca) or by calling (902) 425-5450 ext. 357

