



International Dragon Boat Association

655 3rd St., #75D
Oakland, California 94607

FACT SHEET ON YOUTH DRAGON BOAT PROGRAM **Q&A**

WHAT IS DRAGON BOATING?

It is an ancient water sport dating back 2,000 years to China and is one of the fastest growing water sports in the world. It involves a team of 25 paddlers all paddling in unison with one another. There are 20 paddlers sitting 2 abreast facing forward, 1 drummer at front of boat facing paddlers helping them to keep time, 1 steerer at the back of the boat keeping the boat going straight in its assigned lane, and 3 alternate paddlers to help refresh the team. An international team can cover a 500 meter course in less than 2 minutes and go fast enough to pull up a water skier.

WHAT IS THE DRAGON BOAT PROGRAM?

It is a program for adults and youth teams and designed to provide young and old an alternative team sport and another marine activity so they can learn to appreciate nature and the water environment in which they are fortunate enough to have available in the region. Dragon boating is unique in that it allows people with even the most modest athletic ability to have an opportunity to participate. At a costs of \$1,000/ team (i.e., \$40/ypaddler for 8 sessions), the International Dragon Boat Association, a non-profit community and youth development organization, can train 25 people to dragon boat.

WHAT DOES THE \$1,000 BUY?

The \$1,000 covers coaching, steering and equipment use (including paddles, life jackets, and boats) for 25 people. The 8 sessions can be spread out over 2 months (once a week) or 1 month (twice a week).

WHY SHOULD USE THIS PROGRAM?

Besides the fact that this is a great health and wellness program for adults at a reasonable costs, participation in this program helps to provide funding to support our local youth. Monies collected from teams are used to set up scholarships so youth at risk can paddle for free. Supporting the youth program is a great way to make a difference in the local community.

We have found that youth not only take to dragon boating as a viable athletic sport, but in the process learn to respect their land and water environment, learn about marine occupational opportunities that are available, and learn about the many advantageous of preserving a strong community through team activities. Dragon boat can handle 20 young people every hour on the

hour and with a fleet of 4 boats, we can coach up to 80 young people every hour. No other team sport can manage this level of involvement at one time. Dragon boating is a sport that can make a significant difference and when it is run during the after-school time period, it can have a positive effect on the neighborhoods and also help to keep our young people engaged in healthy activity.

WHEN WOULD TRAINING BEGIN?

Training would begin as soon as team is registered and a time slot is assigned.

WHERE IS TRAINING HELD?

The beginners and intermediates practice in Lake Merritt (568 Bellevue Ave., Lake Merritt Sail Boat House) and when a sufficient level of proficiency is achieved, they graduate to the Oakland Estuary (Jack London Aquatic Center - 115 Embarcadero West) where they are trained to be competitive racers and to paddle in "live water".

HOW DO WE SPONSOR A TEAM?

You may recruit and start your own team or you can sponsor an intact team (already formed). With respect to sponsoring a youth team, there must be at least 2-3 adult team leaders/coaches to participate. Just fill out the registration form and submit payment and we will take care of the rest.

MORE QUESTIONS?

CALL Shirley Gee at 510-452-4272, 510-465-8181 (fax), sgeecom@comcast.net or check out the web site at www.edragons.org