

Cobourg Dragon Boat and Canoe Club

www.cobourgdbcc.ca

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Dragon Boating in Cobourg originated in 1999 when three teams were formed: a women's team, a mixed team and the Survivor Thrivers. The Cobourg Dragon Boat Club was formed that fall. The Survivor Thrivers are now a separate club. In 2010, the Sprint Division was formed and the Club name changed to the Cobourg Dragon Boat & Canoe Club. The Club is managed by a Board of 12 people who meet regularly.

Aim of the Club

- Promoting paddling disciplines
- Promoting physical fitness
- Fostering community spirit
- Developing programs for women, men and youth



Dragon Boating: A Team Sport

Each boat requires 20 paddlers, a trained steersperson and sometimes a drummer. Like any other team sport, it is important for all paddlers to participate in as many practices as possible. At practices, be prepared to sit anywhere in the boat. The front 3 seats are called pacers, the middle 4 seats the engine room and the last 3 seats the rockets. This is a team sport—we all depend on each other.

Teams

Over the years we have offered various teams to join:

- Mixed teams (including a grandmasters team)
- Women's team
- Fitness/Recreational team

This year we hope adding a competitive travel team.

Practice Times

Competitive Travel Team: Tuesdays 7pm-8pm
Practices are one hour. Please arrive 15-20 minutes before practice time. Meet at the end of the main dock. A practice may be cancelled in bad weather or rough water conditions. Notification by email will be sent by 6pm.

Technical Training

Although coaches instruct paddlers on improving their techniques throughout the season, for the first couple of weeks beginners will be instructed in a separate boat. It may be best to try paddling on both sides of the boat. Most paddlers have a preference for one side or the other. Video filming may be used to help paddlers understand and correct techniques.

Programs Full Season - May - September

Give It A Try - 7 Week Blocks May 18-Jun 29, July 3 Aug 18

Mentorship

An experienced paddler will be assigned to a new paddler for 4 practices. The mentor will help with orientation to the paddling and introduction to other club members.

Mini Regatta & Club Socials

Fun, in-club regattas will be organized by the coaches a few times during the season. Afterwards we often have a pot-luck. On most Thursdays you can find paddlers enjoying a drink at the Jailhouse after practice.

2017 Tentative Festival Dates

We encourage you to add some challenge and excitement to your paddling season by participating in at least 1 festival.

- Mississauga: June 11 (250 m)
- Toronto Island: June 17/18 (500 m)
- Belleville: July TBA (250 m)
- Trenton: July 15 (250 m)
- Wellington: TBA (250 m)
- Stratford: September 16 (500 m)

Paddling Terms

The term for what you will be doing is **paddling** not rowing. You will learn various terms: ready-ready, let it run and many more. **Paddles Up!**

What to Wear

A life jacket is required. If you do not own one there are spare life jackets in the storage shed. In cool weather, long sleeves and pants (preferably waterproof) are recommended. In all kinds of weather: add a hat, neoprene gloves, suitable footwear, an sunglasses.

Paddles

Paddles are stored in the shed. There are different sized paddles so be sure to ask your mentor or coach what size is best for you.

Indoor Pool Paddling

If there is enough interest, four sessions of pool paddling will be offered at Trent University in Peterborough. Participants are also welcome to use the gym facilities. A coach will provide instruction during pool paddling. It's a great opportunity to jump start your fitness and skills for the paddling season.

General Information about Festivals

Local races (1/2 to 3/4 hour drive) are geared to community teams and are short distance races of 200-300 metres. Competitive races such as Toronto Island and Stratford are 500 metres. You may enter any race that you'd like. After a few weeks of practice you will be quite capable to enter any festival. The festival fees range from \$30-\$55 per paddler. Most festivals have mixed teams. Some festivals have a women division as well.

Club Communication

We use email as our primary method of communication. Please ensure you provide the Club with a valid email address at registration.

Registration Dates

When: March 6 & 29th from 6:30-8:00

Where: Cobourg Community Centre (750 D'Arcy St)

Online Registration begins March 1.

Fees: Current fees can be found on the Club's website:

www.cobourgdbcc.ca

You can mail your payment to: CDBCC 739 D'Arcy St.

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