



## Community Team Members

### **Is this your first time participating as a paddler?**

It is for many participants. There is a race division designed for community teams regardless of skill level or experience, so you are in good company.

### **Does the Saint Martin's Dragon Boat Festival require a big time commitment?**

All community team participants are required to attend at least one community team practice (two are recommended). On-the-water practices are 1 ½ hours in length and take place near Swantown Marina in Olympia. Participants must also commit to one day of races. The Festival begins at 9:00 a.m. with opening ceremonies and the awards ceremony begins at approximately 4:30 p.m. Each team participates in at least three races on race day.

### **Want to know what Dragon Boating is about and what to expect?**

Come to a dryland practice at Saint Martin's University in March of 2017. Email [dragonboat@stmartin.edu](mailto:dragonboat@stmartin.edu) for additional information regarding practices.

### **What is a dryland practice?**

It is an orientation designed to prepare you for on-the-water practice sessions. The dryland practices take place indoors and you will learn about safety, commands, techniques, exercises, and drills that will help you be prepared to race.

### **Who is Dragon Boating designed for?**

You do not need to be a super athlete to participate as a paddler at the Festival. The sport is friendly for people of all abilities, strengths, builds and ages. Dragon boating is built on teamwork, coordination, synchronization, and timing rather than brute strength. It is truly a team sport and each person is an important contributor to the team. Dragon boating is something that brings joy just by participating in it.

### **Do I need to attend a practice?**

If you are participating on a community team, you must attend at least one practice. Practices are provided for local community teams. We recommend arriving 30-45 minutes prior to your scheduled practice time to connect with your team and prepare for practice.

### **What to wear to practice and on race day?**

Wear comfortable clothing that is easy to move in and that you don't mind getting wet or dirty, dress in layers, and wear non-slip footwear.

**What to bring with you to participate?**

Bottled water (not energy drinks), sunblock, lip balm and snacks. Be sure to have a good breakfast and bring snacks for race day. Your team will want to bring a 10x10 tent for your team area.

**What does the \$550 team registration cost include?**

Saint Martin's University provides the life jackets, paddles and Dragon Boats for all teams participating. Two complimentary on-the-water practices are provided *for all community division teams*. On race day, all participants receive a t-shirt and participation medal.

**Does my team have to own a Dragon Boat or have experience dragon boating?**

No experience is required and Saint Martin's University provides the boats for all the teams.

**Why does Saint Martin's University host a Dragon Boat Festival?**

It's a fun, free and family friendly community event promoting cultural awareness in the community. It is also a fundraiser to support the Office of International Programs and Development and Study Abroad programs.