



## Dragon Boat Team Building

### The History of Dragon Boating

The sport of dragon boating originated in China 2000 years ago with the story of Qu Yuan, a highly respected poet-philosopher, who committed suicide by jumping into the Mei Lo River to protest the corrupt regime of a Chou emperor. According to legend, local fishermen, upon seeing their beloved poet's act of courage, raced out with their boats in an attempt to save him. To their dismay, they arrived too late. To prevent his body from being eaten by the fish, they beat the waters furiously with their paddles and threw rice dumplings wrapped in silk into the river to distract the fish away from Qu Yuan's body.

Year after year, generation after generation, in commemoration of Qu Yuan, people in China hold boat races annually on the day of his death, the fifth day of the fifth month in the lunar calendar. The boats are traditionally very long and narrow, canoe-style vessels, adorned with carved ornamental heads and tails of dragons, which are believed to be rulers of rivers and seas and dominate the clouds and rains of heaven.

### Dragon Boat Festivals Today

Dragon boat racing today is seen across the globe in 40 different countries, becoming one of the fastest growing sports in Canada. Its broad appeal across age ranges (10 – 80), gender, and physical condition have made it accessible to a wide range of groups. One notable group is the Breast Cancer Survivor Teams, comprised solely of women who have fought and survived breast cancer. There are Breast Cancer Survivor Teams in every major city across North America.



The draw to this fastest growing water sport is due to the team work involved and the camaraderie it brings amongst team members and other competing teams. This sport requires stamina, dexterity and commitment from its participants.

### What is a Dragon Boat Team?

Team members paddle together in unison on a race course that is 200 meters, 500 meters or 2000 meters in length in a decorated 40+ foot long canoe with a dragon head at the bow and a tail at the stern. Paddlers sit in pairs consisting of 20 paddlers, a drummer at the front of the boat and steer person at the back.

### Who we are?

The Calgary Dragon Boat Society is a not for profit organization aimed at promoting the sport of dragon boating. Our goal is to offer the Calgary community an annual dragon boat festival that showcases the cultural aspect of the event and to promote the competitive spirit within our city in a healthy and respectful manner. See our website: [www.calgarydragonboatsociety.com](http://www.calgarydragonboatsociety.com)

## Dragon Boat Team Building Event

The Calgary Dragon Boat Society is offering your company a team building opportunity to try dragon boating in a fun and exciting environment at the Glenmore Reservoir. This event is a great way for you and the employees at your company to experience the sport and truly gain an appreciation of what it means to “pull” together. We will supply qualified coaches and steerspersons to ensure participants gain proper paddling knowledge and have fun at the event, while doing it in a safe manner. At the end of the “practice” portion, participants will get to put their skills to the test and race each other in a real dragon boat race in the spirit of healthy competition.

### Event Details

Time: Friday Afternoons, 1pm – 5pm. (Dates based upon volunteer availability)

Venue: Glenmore Reservoir, North Glenmore Park Docks

Event Capacity: Up to 60 participants (more possible but only upon consultation)

Equipment: All supplied (boats, paddles, life jackets)

Experience: None Required

Our Request: A designated coordinator from your company to work with us and your consideration for sponsorship support for our festival (details available upon request)

### Suggested Agenda

Time	Description
1:00pm	<ul style="list-style-type: none"><li>• Participants arrive</li></ul>
1:15pm	<ul style="list-style-type: none"><li>• On-land paddling instructions with CDDBS supplied coaches</li><li>• Review boat command instructions</li><li>• Safety review and equipment check</li><li>• Warm up, boat set up and team organization</li></ul>
2:00pm	<ul style="list-style-type: none"><li>• On-water practice</li><li>• Paddling skill, team chemistry and timing development</li><li>• Race and start strategy</li></ul>
3:30pm	<ul style="list-style-type: none"><li>• Races (format TBD)</li></ul>
4:30pm	<ul style="list-style-type: none"><li>• Awards and post racing social (if desired)</li></ul>

Note: The Canoe Club building at the site is available for rent (at an additional cost) if your company is looking to finish off the event with a BBQ, subject to availability.

### Contact

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