



Our team was featured in the Washington Post! (October 5, 2010)



Photo: Ann Cameron Siegal

WHO: To participate, youth must

- Be 12-18 years old
- Obtain parental consent
- Follow program policies and standards of behavior

WHAT: The "CAPITAL CITY DRAGONS" youth dragon boat team needs YOU for weekly practices! Males and Females welcome!

WHEN: Sundays @ 10 am beginning April 10, 2011 until late October (practices end around 11:30am)

WHERE: Anacostia Community Boathouse, Southeast DC

No experience required! Try a few practices at no cost!*
(2011 Annual Membership Fee: \$60)

LOCATION: Anacostia Community Boathouse
1900 M Street SE, Washington, DC 20003

**Interested youth & parents:
come check us out for a practice!!!**

***Paddlers must RSVP for practices with:**
Sharon Hong, NCAWPA Youth Program Coordinator
youth@ncawpa.org (202) 306-2388

Visit capitalcitydragons.org for more information

2011 CAPITAL CITY DRAGONS

Frequently Asked Questions



Capital City Dragons and supporters at the 2010 Philadelphia International Dragon Boat Festival

Q. Can I try Dragon Boating to see if I like it?

A. Of course! Youth (and parents) are always welcome to come down and take a few spins in a dragon boat or try the paddling ergometer machines (used for indoor and winter practices). Simply RSVP for practice at least 24 hours in advance so staff can plan accordingly.

Q. What will I gain from the team/program?

A. With a highly-skilled staff (many having coached festival teams and attended Dragon Boat camps for technique and training), you will learn the basic techniques in Dragon Boating, one of the fastest growing team water sports in the U.S. and the world! The program will instill the key concept of teamwork while providing opportunities to race in local (DC, Baltimore) and regional dragon boat competitions (Philadelphia) and to meet other youth from the surrounding area and schools. Paddlers will also develop an appreciation for the Anacostia River and contribute their time when community service opportunities are available.

Q. Do I need to know how to swim?

A. No. All youth paddlers and Youth Program Staff will be required to wear their PFD (personal floatation device)/life jackets at all times while out on the water.

Q. What equipment do I need to buy? And what should I wear?

A. There's nothing to buy! All equipment for paddlers is provided by NCAWPA, which includes paddles, PFDs, and the dragon boat. All equipment stays at the Anacostia Community Boathouse.

Since Dragon Boating is a water sport, expect to get wet at water practices. Therefore, cotton clothing and jeans are discouraged. Athletic apparel typically worn for other sports (such as track, basketball, etc.) and sandals or water shoes are more appropriate. Don't forget water, sunscreen, a hat and sunglasses!