

# 2010 CAPITAL CITY DRAGONS

## NCAWPA Youth Dragon Boat

### Frequently Asked Questions for Parents

**Q. Can my child try out Dragon Boating to see if he/she likes it?**

**A.** Of course! Youth (and parents) are always welcome to come down and take a few spins in a dragon boat. Simply RSVP for practice\* at least 24 hours in advance so staff can plan accordingly.

**Q. What will my child gain from the program?**

**A.** With a highly-skilled staff (many having coached festival teams and attended Dragon Boat camps for technique and training), your child will learn the basic techniques in Dragon Boating, one of the fastest growing team water sports in the U.S. and in the world! The program will instill the key concept of teamwork while providing opportunities for youth to meet others from the surrounding areas and schools. It is our hope that participating youth will also develop an appreciation for the Anacostia River and contribute their time when community service opportunities are available.

**Q. Does my child 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 my child 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 your child to get wet at practice. 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 sunscreen, a hat and sunglasses!

**Q. How does my child join the Youth program?**

**A.** Complete the parental consent forms, which are available at <http://www.ncawpa.org/youth>, and submit to NCAWPA, along with a \$50 annual membership fee (which goes toward sustaining our non-profit organization, covering paddler insurance costs, and maintaining boating and boathouse equipment.) Then visit us at our weplay.com page at <http://tinyurl.com/CCDweplay> and request to join our group. Ongoing practice sign-up, team news, and the team calendar will be posted on this secure site. The site also allows parents and youth to create free (and family-linked) member accounts, upload videos, and communicate with other members and parents on the team.

**Q. Does my child have to attend every practice?**

**A.** No, only sign up for practices that he/she plans to attend. However, Dragon Boating is a team sport that depends heavily on paddlers consistently showing up to practice! (Practices typically require at least 12 paddlers in order to launch a boat for practice.) This year, youth paddlers will train toward and have an opportunity to compete in the **Philadelphia International Dragon Boat Festival** on Saturday, October 2, 2010. We would love for your child to participate!!

**Q. Why should I sign up as a Parent/Guardian Volunteer for practices? How do I sign up?**

**A.** NCAWPA believes that strong programs begin with strong community and family involvement. Although we do not require each parent to serve as a volunteer, the presence of an interested and caring pool of adults strengthens the quality of our youth program. As an incentive, Parent/Guardian Volunteers can be offered a reduced fee for adult NCAWPA membership for the 2010 season (allowing Parent/Guardian Volunteers to attend weekly, non-youth dragon boat and outrigger canoe practices). **Contact the Youth Program Coordinator ASAP to express your interest!**

**Q. What are the duties of the Parent/Guardian Volunteers?**

**A.** Parent/Guardian Volunteers stay on land to help NCAWPA staff monitor attendance, keep track of youth paddlers at practices, and assist with any other duties that help practices run smoothly. Parent/Guardian Volunteers are trained by one of the coordinators of the Youth Program. Due to the nature of the position, Parent/Guardian Volunteers will undergo mandatory background checks and fingerprinting, with expenses covered by NCAWPA.