



YOUTH DRAGON BOAT PADDLING

No experience required!



What: Have fun, compete against other youth teams and adults in local and regional competitions. Some paddlers even competed for Team USA at the world level!

Learn teamwork, sportsmanship, leadership, and form new friendships with teens from across the DC metropolitan area and beyond.

Who: Teens (male and female), ages 12-18. No Experience Required!

When: Most Sunday mornings, 9:30-11am. RSVP at www.capitalcitydragons.org or send an email to youth@ncawpa.org. One of the program staff will contact you to confirm practice time and answer any questions.

Where: Anacostia Community Boathouse 1900 M Street SE, Washington, D.C. 20003



Q: What is a dragon boat?

A: A long canoe, approximately 40 ft., with 10 rows (2 paddlers per row), a drummer and a steersman. That's 22 people working together to make the boat go fast!

Q: Can I try dragon boating to see if I like it?

A: Of course! Come try a few practices before deciding to join.

Q: Do I need to know how to swim?

A: No. All youth paddlers are required to wear a personal floatation device (PFD) / life jacket at all times when on the water.

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

A: There's nothing to buy! All required equipment (paddle and PFD) is provided. Synthetic athletic clothing for quick drying (no cotton) along with sandals or shoes that can get wet.

Q: How much does it cost to join?

A: If you decide you'd like to join, 2016 membership is \$95 + race fees. Race fees are only paid for competitions you attend.

