

Team Captain Information Package

**JOIN US ON SUNDAY, MAY 29th, 2022
FOR OUR 5TH ANNUAL
WILDWOOD DRAGON BOAT CHALLENGE!**



This package contains information for Team Captains and anyone who is interested in forming a team and joining the fun on Sunday May 29th, 2022.

This one day event, held at the Wildwood Conservation Area just east of St. Marys, was created to promote FUN, EXERCISE and a little FRIENDLY COMPETITION within the local community. Proceeds will benefit the Thames River Paddling Club's equipment fund and the St. Marys Fire Department. TRPC members range in age from 11 - 75+ and compete at all levels, from fun and recreational to challenging and competitive. Fire Department Funds will go towards new Ice Water & Swift Water rescue equipment.

This challenge is to promote the exciting sport of Dragon Boating and to get the whole community involved! Success is based more on teamwork than physical fitness.

So What is Dragon Boating?

Dragon Boat Racing is the ultimate team sport! It's also a great way to learn how to paddle. A team consists of 20 paddlers, a drummer (to call race commands) and a steersperson. The Wildwood Dragon Boat Challenge will consist of 300m Qualifying & Final Races, 100m



Knock-Out Sprints (2-3 back-to-back races) and 1k Flag Catching for the top teams.

No experience is necessary as our coaches can get your team race ready with just one practice!

STEP ONE: GETTING STARTED

- Select a Team Captain, they will be responsible for:
 - being the team's contact person for the event & relaying information to the team
 - handing in paperwork and attending the Captains meeting before the first race
- The Team Captain should familiarize themselves with the sport of Dragon Boat Racing and other event details, refer to our website:
 - www.thamesriverpaddlingclub.com/wdbc
 - Follow our Facebook page for updates: www.facebook.com/wildwoodchallenge
 - Training and practice information is available online

STEP TWO: RECRUIT YOUR TEAM

- A team usually consists of 16 - 24 members:
 - A drummer, a steersperson, and 20 paddlers are in the boat at one time
 - Your team shall provide the drummer
 - We will provide a qualified steersperson, if you require, for a small fee
 - You must have at least 8 female paddlers in the boat for each race
 - Everyone ages 11 and up are welcome to participate!
- Host a quick information meeting. Use the attached documents and enclosed sign-up sheet to recruit members. (We do not require the sign-up sheet, it's for your records)
- Not enough team members?
 - Invite family members & friends to join. Share on social media.
 - Let us know as early as possible. We can help match partial teams with each other to form a full team.

STEP THREE: REGISTER YOUR TEAM

- You can register your team on our website: www.thamesriverpaddlingclub.com/wdbc
- Waivers, available on the website, must be submitted prior to your practice.

- Do not delay! Any teams registered after team #21 may be placed on a waiting list. The final team registration deadline is May 13th.
- Entry Costs are as follows:

Registered & Paid By:	Cost:
Pre-Early Bird - January 31st	\$650
Early Bird - April 15th	\$700
Final - May 13th	\$750
Youth Team - all paddlers are 18 or younger	\$200 off above price

Additional practices and a steersperson for race day is \$40 each.

STEP FOUR: BOOK YOUR PRACTICE TIME

- All inexperienced teams are required to complete ONE on water practice before racing. The first practice is included. Additional practices are available.
- Practices are available in the two weeks leading up to race day.
 - Coaching and a steersperson is included.
 - Practices are at Wildwood Conservation Area, park entry is FREE for participants.
- Book your practice on our website, first come first serve.

STEP FIVE: CHALLENGE

- Challenge another business, organization or club to a friendly challenge:
 - Post it on facebook and tag our event page!
- Special awards and Challenge Cups are up for grabs for the top team in specific categories, based on demand. A minimum of 3 teams is required per category, some of these categories may include:
 - St. Marys Community Champions - teams with at least 16 members who reside in St. Marys, Perth or Oxford County but not Stratford or Woodstock.
 - Best Team Spirit
 - Emergency & Medical Service Team

- Manufacturing or Construction Team
- Professional Service or Business Team
- Youth Team - all paddlers must be 18 or younger
- Women's Team - all paddlers must be women, drummer & stern may be male
- Suggest your own challenge!

STEP SIX: RACE DAY

- Arrive early on race day. The Captains Meeting will begin approximately 1 hour before the first race, which will start sometime between 9:30 and 10:00am.
 - Team members should be on site at least 1 hour before their first race
- The announcer will call your team name approximately 15 minutes before your team is required in marshalling.
 - Team Captains should check the results board for updates and ensure their team is in marshalling 30 minutes before your race time. This time is needed to collect paddles, load the boat and paddle to the start line.
- Set up a team tent and enjoy your day
- There will be a BBQ booth, music and games for the whole family to enjoy!
- A race schedule will be sent out 1 - 2 weeks before race day.
 - Slower teams can expect to finish their last race between 1:30pm and 4:30pm
 - Top teams will participate in the 1k Flag Catching race scheduled to end by 5pm

Approximate Schedule

Captains Meeting - 8:30am

Eye Dotting Ceremony - 9:00am

Games, Kidz Zone & BBQ Open - 9:30am

First Races Begin - 9:30am

Individual Fitness Challenge / Lunch Break - 12:15pm

100m Knock-Out Races Begin - 12:45pm

Award Presentations - Throughout the day & Finals at 5:00pm