

Member Packet

Welcome!

**We're very happy you have chosen to be a member of our dragon boat team.
If you are wondering how to say our name it's**

ket:sal:ko:a:tle

which is Aztec for "feathered serpent".



The pride you gain is worth the pain.

What is a Dragon Boat?

A dragon boat is a very long and narrow human-powered boat used in the team paddling sport or dragon boat racing which originated in China. For racing events, dragon boats are always rigged with decorative Chinese dragon heads and tails. The standard crew of a contemporary dragon boat is 22, comprising 20 paddlers in pairs facing toward the bow of the boat, 1 drummer or caller (coach) at the bow facing toward the paddlers, and 1 tiller (steerer) at the rear of the boat.

Paddlers Commitment

While there is a great deal of support from the paddling community, this is a competitive sport. Quetzalcoatl expects its team members to attend practices each week. Learning the stroke and keeping in time takes practice. Patience with yourself and other team members is required and expected. By joining team Quetzalcoatl, you are entering into a relationship. Like any relationship, each side must respect the requirements of the other. Joining the team will require the commitment of time, money, and effort. The team, in turn, will help you to develop as a paddler and participate in a unique and rewarding sport. Neither side can succeed without the other.

2012 practice times are every Tuesday & Friday at 6:00pm (1hr), unless otherwise noted.

Participation

*I will attend scheduled practices. I understand that my teammates depend on me and that placement in races depends on my dedication.

*I will contact Bria (paddlingwannabe@yahoo.com or 503-351-3675) if I am unable to attend a practice or will be late.

*I will respond to team emails in a timely manner.

*I will attend all mandatory team meetings. If I can't attend, it is my responsibility to contact a Bria to find out what I missed.

*I am in generally good physical health to participate in this sport. I understand that paddling is a strenuous activity and I will listen to my body to decrease risk of injury.

Sportsmanship

*I will always be respectful of my teammates, caller, tiller, team guests, other teams, race officials, etc.

*I will support my team on and off the water.

*I will be respectful of all borrowed equipment.

Team Dues

*Team membership dues are \$150 annually, due in the 1st Quarter. Dues are collected by the team Treasurer and checks must be made out to Janice McGuire. Races fees may be in addition to the regular team dues and will be determined by the race we enter. If you start later in the season, dues will be prorated.

*I will pay team dues on or before the due date. If I am unable to make a payment, I will contact the Treasurer to make arrangements.

*I understand that failure to pay team dues or make payment arrangements may result in my expulsion from the team.

Bria Guvenir: Captain/Manager 503-351-3675, Janice McGuire: Treasurer 503-453-2931
paddlingwannabe@yahoo.com

DragonSports USA

DragonSports is the organization that owns and maintains the 6-16 boats used for practices and races in Portland (other than Rose Festival). Membership is mandatory and you must complete the Membership Form/Waiver and pay a one time fee of \$40. You can register online using a credit card at their website or mail a check, the Membership Form/Waiver is on their website www.dragonsports.org

Pay DragonSports directly and notify Janice McGuire when you have joined.

Practice Location, Parking & Clothing

Meet at least 15 minutes prior to the practice start time, on the boardwalk by the flag pole by the RiverPlace Hotel in downtown Portland. Practices last for 1 hour.

Parking: The least expensive is street parking (pay green machines until 7pm) or a spot in the lot off Front St between Harrison & Market (pay green machines all hours). There are also 4 public parking garages but they cost about \$4-\$8. One off SW Harbor Way, one off SW Montgomery, and two off SW River Dr.

Clothing: Not raining but cold, wear 2 layers. Undershirt & fleece and workout pants that let you move. If it's raining, wear the same thing with a waterproof shell over. If it's sunny, wear a t-shirt, shorts, and sunscreen! Tennis shoes, water shoes, or strapped on water sandals (ex: Keen, Teva) are fine but if it's raining you'll want waterproof shoes, if you don't have them, your feet will just get wet, no big deal. Once you start paddling you will warm up quickly, we're all about endurance so don't layer to many times or you'll overheat. Try to choose synthetic clothing that wicks away moisture. It's also a good idea to wear a hat to keep the sun or hair off your face. Wear water gloves if you have them, they help greatly in gripping the paddle even in warm weather. Basically, wear whatever you would normally wear to workout in the outdoors depending on the weather. Bring bottled water! No dehydration allowed.