



REGISTRATION

Team Name _____

Team Sponsor _____

Team Captain _____

Address _____

Phone _____

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

YOU INVITED TO

LAKESHORE WEEKEND 2011 DRAGON BOAT RACES!

Presented By:

Benefiting:



- 20-person teams needed (minimum age to participate is 16)
 - A Helmsperson will be provided
 - Must include at least 8 women
 - Boats consist of 18 Paddlers, 1 Flagcatcher, 1 Drummer
 - Teams may have up to an additional 5 persons as alternates

Sunday, July 31, 2011 9:00 A.M.
on the Sheboygan River, South Pier Harbor Centre District
www.lakeshoreweekendsheboygan.com

Call Donna (920) 946-9410 for more information!

Teams are registered on a first-come, first-serve basis. Sponsor fee is \$400.00

DRAGON BOAT RACES

THE RACE

Two teams will race a specific straight 300-yard course based on speed. The team's Flagcatcher who pulls the Flag first wins! Each team will race at least two times. The four fastest teams (by the timer) will compete in the finals to determine who will be the LAKESHORE WEEKEND DRAGON BOAT CHAMPION!

THE "DRAGONBOAT"

Eighteen Paddle Positions
One Flagcatcher
One Drummer
One Helmsperson (provided)

TEAM INFORMATION

20 Members: 18 Paddlers, 1 Flagcatcher, 1 Drummer and a minimum of 3 alternates.

The 18 paddlers are divided into left and right sides.

The Drummer and Flagcatcher are seated alone.

The Helmsperson steers the canoe from the rear position.

A Helmsperson will be provided unless the team has a qualified person.

One member will be designated the Team Captain.

FEES

Team fee is \$400

Includes practice session

100% Proceeds Benefit Children's Hospital of WI

LAKESHORE WEEKEND

A fun, family-oriented 3-day event held at the South Pier

Harbor Centre District, July 29th to July 31st, 2011.

Delicious Food/Beverage selections, Fun Kids and

Adult Events/Entertainment, Silent Auction/Wine Garden, Polka

Pancake Breakfast and MORE!

WWW.LAKESHOREWEEKENDSHEBOYGAN.COM

TIPS & TECHNIQUES

- ❖ Team Spirit is what it is all about. Team T-shirts are a great idea to promote team spirit.
- ❖ **Team flags WILL be provided, at no additional cost, to the first 10 teams to register!!! Must register by July 15th, 2011!**
- ❖ A team "chant" promotes spirit and enthusiasm. All paddlers must be capable of paddling 300 yards.
- ❖ A Helmsperson will be provided.
- ❖ Teams should consider warm up stretching and exercises.
- ❖ A well-coordinated team will easily be able to travel at a surprising speed. If team spirit is high and your padding is like a well-oiled machine with everyone in sync, you will be a winner!
- ❖ Plan for weight distribution in the boat.
- ❖ The start of the race can make or break the outcome. One strategy is to have 8 to 10 quick choppy strokes to get the Dragonboat up on plane and quickly settle into a rhythm that gives you enough speed to stay out ahead and still have enough energy for a sprint to the finish line and the winners title of Miesfeld's Lakeshore Weekend Dragonboat Champion!
- ❖ Promote company relationships/rapport by setting up "camp" at the site for team support! "VIP" tents welcome.