



HOW TO FORM A DRAGON BOAT TEAM

Join in the fun at the inaugural Hearts of Steel Dragon Boat Festival on September 30, 2018 and put a team together for a day of fun at North Park Lake.

What is a Dragon Boat?

- Dragon boat racing began from an ancient Chinese Legend
- One of the fastest growing water sports in the world
- 40 foot canoe with 10 bench seats...room enough for 20 paddlers
- The boat has an ornamental dragon head and tail
- A steersperson stands in the back with a 10-foot steering oar
- A drummer calls the cadence from the front.

What do you need to do?

- Get at least 21 friends, colleagues, or family members together to form a team
- You need 20 paddlers, with a minimum of 8 women paddlers & no more than 12 men
- You need 1 drummer (male or female)
- All team members must be at least 12
- Paddles and life jackets will be provided for practices and races
- Think of a clever name for your team
- Sign up for practice the week before the event
- Folks of all shapes, sizes, ages, athletic ability will enjoy!

Cost?

- \$800 for Breast Cancer Survivor teams (25 people at \$32 per person)
- \$1000 for community teams (25 people \$40 per person)
- \$1400 for business or corporate teams (25 people at \$56 per person)

Race Day – September 30, 2018

- The festival will take place at North Park Boat House
- You will be assigned a tent area at the venue(bring own tent)
- You will be competing in at least three 200m races.
- Each race will be the most exciting 2 minutes you can experience on the water!
- You will be provided with an experienced steers person
- You need to have a drummer in an eye catching costume(best dressed prize)
- Awards and recognition for winning teams, drummer costumes



HEARTS OF STEEL DRAGON BOAT FESTIVAL

Festival Date: **September 30, 2018** Registration Deadline: September 1

FEES: Community Teams	\$1,000
Corporate/Business Teams	\$1,400
Breast Cancer Survivor Teams	\$ 800

Please complete all information and return with payment.

Team Name: _____

Team Captain: _____

Captain Address: _____

Captain Email: _____

Captain Phone Number: _____

Division and Class: _____

Payment Amount Enclosed: _____

Captain Signature: _____

A signed waiver must be included for every team member on the roster before the team's practice.

Mail completed registration form, waivers, and payment made payable to **HEARTS OF STEEL** to:

Hearts of Steel
c/o Cindy Lott
584 State Route 380
Murrysville, PA 15668