


Tuesdays, Thursdays & Saturdays

On-water Competitive Dragon Boat – What does it look like?

- **Skill Level – Developmental, Development Plus, High performance skill level**
- **Warlocks Mixed Dragon Boat Crew**
- **members of Hope Floats Breast Cancer Survivor  Crew practice with Warlocks or Canal Dragons as they choose**
- **3 practices per week; expectation to attend 2 out of 3 weekly practices Tues., Thurs. evenings; Saturday morning**
- **90 minute practices focused on developing advanced paddling skills**
- **Expectation of incremental increase of intensity of practices - Expectation of video review of technique with coach**
- **Expectation of fitness activities beyond on-water practices including resistance training and cardio-vascular endurance work as outlined on coach's weekly workout sheet.**
- **Yearly club membership fee must be paid at beginning of May or upon joining the club during the summer program**
- **Program fees paid in full by end of May. - 3 practices for free. Coach to advise on appropriate program.**
- **Pro-rated program payment plan available to address specific needs of paddlers**
- **Race selection decided by paddlers in February/March. Three to four races per summer, one race per month.**
- **Race fees paid before beginning of summer program to take advantage of early bird entry fees.**
- **Paddlers communicate participation at practices through Team Snap**
- **Optional winter training program**

Click [here](#) to register with Warlocks Mixed Crew for the on water program