



DC Dragon Boat Club Training Proposal for the 2009 Washington DC Dragon Boat Festival

Summary

This document serves as the DC Dragon Boat Club's proposal for training festival (novice) teams, with capacity and scheduling details for review by the Chinese Women's League and the DC Dragon Boat Festival Planning Committee.

The document will introduce the Club's qualifications and list boat docking, scheduling and coaching capacity, along with our training standards.

The appendix section will further list the Coaching Staff (I), Training Outlines (II), and Safety, Weather and Cancellation Policy (III).

Introduction

2009 marks the 2nd year of operation for the DC Dragon Boat Club as a full, 60-member club at the heart of Washington DC. The foundation of our healthy membership

is owed greatly to a few community teams and members, namely the UMUC Virtual Dragons, Team Titans, The Green Dragons, NIH Water Hazards, along with many helping hands and cooperative efforts from the Baltimore Dragon Boat Club, to far as Pittsburg and Houston, California and Florida.

During our first year, we participated in various festivals in and out of town, conducted other events and services, and with that brought our membership to a level of comfort in working together efficiently as a dynamic organization.

We also participated in a quick planning and execution of a fun "mini" rehearsal festival with the Baltimore Dragon Boat Club, which took place during the rain date change of the 2008 DC Festival, and for the reasons that many "race-ready" teams were eager to have a fun meet as well as allow for any members who would not be able to make the later DC rain date to paddle that weekend. This brought together the participation of three Baltimore based teams and the John Hopkins youth team, along with three DC based teams, and the Hua Fu Chinese School Youth team. Through the event, we gained a great wealth of experience in organization and logistics, from communications structure to video finish line. The day was a great success, with fun on the water, lion dance, plenty of food and cheerful smiles from all.

During our season, besides regular and coaching practices, we also ran a number of service programs such as "picnic & paddle" days for the community, church, youth groups and other organizations, extending our service into the community. In the spirit of being an open, service oriented Club, and with dynamic and continual experience through our programs, we have exercised our Club's abilities and trained our new coaches to familiarize with community event services, particularly suitable for the requirements of training festival and premier level teams. We understand well and take hands-on practice in introducing people to the culture behind the sport, the team spirit, and the many great health and wellness benefits of dragon boating.



Preparation and Personnel Qualifications

In preparation for our Club's growth and services, we have started coaching staff training sessions back in July with reviews and critiques from "classmates" and senior coaches. Those training sessions were based on festival level training plans (Appendix II). All qualified coaching trainees were selected and suggested from candidates with a minimum of 3 years of full-season dragon boating experience (see Appendix I). These sessions have served us well to prepare our coaching staff for delivering effective festival training sessions. We will also resume and require training sessions for all our coaching staff prior to the festival training to serve as a refresher course and to ensure uniformity in the delivery of our service. A number of our coaching staff members are also certified in first aid/CPR, with Club experience in open water life guarding, water safety instructor (WSI) and other related safety and rescue training.

Overseeing the coaching staff at the DC Dragon Boat Club are two senior coaches, Steven Schmidt and Toàn Pham, who had both started in disciplined water sport since early years, have been with the DC Dragon Boat Festival since 2002, attended and completed Coaching Training Classes by the Canadian National Coaching Standards, and have had track records of leading teams through successful seasons, including US National Championship Silver Medal in 2006, Eastern Region Championship Title holder for 2007 and many other local and regional successes.

Coach Steven Schmidt brings to the Club competitive rowing experience prior to dragon boating, and has traveled internationally to dragon boating festivals, including Tainan and Taipei. He has held championship title in the famous NY indoor regatta.

Coach Toàn Pham brings to the Club swimming, diving, water safety training experience, along with being a BSA scout master. Both coaches were part of the 2006 US National Club Crew Championship Silver Medal and subsequent 2007 US Eastern Region Championship crew.

Besides technical qualifications, all of our coaching staff also possesses a glow and cheerfulness that's contagious, with a strong spirit of community and shared work, and for the love of the sport and for sharing it to all.

Training Boats and Docking Capacities

During the 2008 season, the Club routinely departed two boats from dock for regular training sessions from the Gangplank Marina, a premier marina with plentiful street parking and viewing area along the East Potomac Park across the river channel. The readily available Club dock space can immediately provide for docking and training of four 20-paddler boats at once. All boats are docked and moored in a secured, locked area with 24-hour security guarding and monitoring.



Scheduling and Coaching Capacity

Mon	Tue	Wed	Thu	Fri	Sat/Sun
March 30	31	April 1	2	3	4
					5
6	7	8	9	10	11
					12
13	14	15	16	17	18
					19
20	21	22	23	24	25
					26
27	28	29	30	May 1	2
					3

With 16 festival coaches already signed up and more to come, 9 of whom are also steerers, we have tentatively planned the availability for all Saturdays and Sundays in April, with an additional first weekend in May open to training. We can also make a few week day slots open for "storm-days" on an as needed basis (See Appendix III for Weather & Cancellation Policy).

Although our capacity schedule readily allows for 120 sessions, which can accommodate up to 40 teams with 3 sessions per team, we would like to allow for schedule cancelling and changes, and would recommend using only 96 sessions, which would accommodate 32 teams. The remainder sessions can stay on reserve for make-up and unexpected changes.

Training Sessions Capacity Chart

Training sessions depart at 12pm, 2pm, and 4pm on Sat & Sunday through April, and one May weekend .
Each hour can have up to four boats out at once.
One weekend would allow for 24 sessions, and all five weekends would equal 120 possible sessions.

Saturday	Sunday	Weekend Total	All 4 April + 1 May=5 Weekends
12pm > 4 boats	12pm > 4 boats	8	40
2pm > 4 boats	2pm > 4 boats	8	40
4pm > 4 boats	4pm > 4 boats	8	40
Total Capable Sessions : 120 sessions			

Training Standards and Costs

Training -- Our training lessons are improved/updated versions of the successful lessons previously used for DC Dragon Boat Festival practices. Each team is given three sessions, with the first as an introduction to the culture, safety, basics of dragon boating concepts and technique drills. The second lesson is focused on team work, timing, power, and beginning racing. The third session practices racing skills as a team, including starts, finishes, and mock races (see Appendix II for Training Outlines).

The DC Dragon Boat Club holds high standards in training for our own and for the DC festival teams. We would also like to work with other festival training providers on a few basic standard requirements for festival team training that will be honored and used by all. We will continue discussions with the Planning Committee and provider clubs on this matter.

Training Cost – We trust this item to the fair judgement of the Chinese Women's League.

Conclusion

The DC Dragon Boat Club is very glad to have an opportunity to return to the community the fun spirit and culture of dragon boating, and is eager to share our ability, knowledge, and excitement with the greater community and to welcome more people into this healthy and productive sport.

We would also like to send our warmest regards and our happy and prosperous New Year wishes to the Chinese Women's League, the Washington DC Dragon Boating community, along with our best of wish of success to the 2009 Washington DC Dragon Boat Festival.

[See Appendix section on the following pages]

APPENDIX I – COACHES & STEERS PERSONS for FESTIVAL TRAINING

	Name	Training Background	Dragon Boat Years	Coach	Steer
1	Bernard Ellsworth	UMUC / DC /DCDBC	5	Yes	Yes
2	Celine Parker	UMUC / DCDBC	4	Yes	No
3	Chi Pang Cheung	AERO (LA)/ DCDBC	4	Yes	New
4	Conrad Savy	Green Dragons / DCDBC	3	Yes	No
5	Darren Dottin	UMUC /DCDBC	4	Yes	Yes
6	Frazer McGilvray	Hong Kong / DCDBC	7	Yes	Yes
7	Hong Nguyen	UMUC / DCDBC	7	Yes	Yes
8	Ira Driscoll	NIH / DCDBC	3	Yes	No
9	Jason Driscoll	NIH / DCDBC	3	Yes	Yes
10	Masood Fashori	UMUC/ DCDBC	5	Yes	Yes
11	Roy Auty	Berkeley / DCDBC	4	Yes	Yes
12	Steven Schmidt	NIH / DC / Canadian National Coaching	6	Yes	Yes
13	Theresa Jones	UMUC /DCDBC	7	Yes	New
14	Toàn Pham	UMUC / DC / Canadian National Coaching	8	Yes	Yes
15	Winkie Day	UMUC / DCDBC	4	Yes	No
16	Yasmin Atkins	UMUC/ DCDBC	4	Yes	No

More reserve coaches have also expressed interest in signing up, but have not done so due to travel and other new year pre-occupations. Thus we may get a few more coaches between February and March.

APPENDIX II – DC DRAGON BOAT CLUB TRAINING OUTLINES

Each team is allotted 3 training sessions, each session is 1 hour.
Club coaches are privileged to detailed training manual and instructions.

	Session 1	Session 2	Session 3
Focus	Intro Safety Background & Culture. Basic Concepts & Techniques, Basic Drills.	Team work Timing Power & 500M course	Timing, Starts and Finishes 250M sprint 500M practice
Descriptions	<p>Introduction Coach introduction. Intro to the sport, history and culture. The DC Festival history.</p> <p>Safety What are the safe and unsafe practices Commands Life Vests Buddy System What to do or not do in case of emergency</p> <p>Techniques Basic technical concept of dragon boating. Stroke mechanics drills. Focus drills</p> <p>End of Session Recap Safety and Techniques. Fun game. Easy paddle through a 500m course. Intro to next lessons.</p>	<p>Recap & Intro Recap previous session. Intro to timing techniques, power, and teamwork</p> <p>Drills Stroke & Techniques drills Timing Drills Power Drills</p> <p>Techniques Stroke mechanics as a team. Team timing focus. How to generate power effectively. Start sequences & 250M.</p> <p>End of Session Recap techniques & start. 500M mock race. Fun game and intro to next lesson.</p>	<p>Recap & Practice Recap Timing, Team Focus, Power & Starts</p> <p>Drills Starts + 10 stroke drills 250M team focus Rest 250M mock race Rest Team Drills 500M mock race</p> <p>Reviews & Send-Off Review the team performance and recommend land /additional focus for the team until race day.</p> <p>Fun game if time permits.</p> <p>Send off wish wishes and smiles from the Club.</p>

APPENDIX III – WEATHER, SAFETY, and CANCELLATION POLICY

As with any water sport, the DC Dragon Boat Club follows basic rules for safety and weather effects on training.

Our goal is to work with the teams to best accommodate scheduling needs and any unexpected changes. Below are our guidelines for changes, cancellations.

Furthermore, teams signed up for training will be provided with two channels of emergency contacts: an alert system for emergencies, via an automated email/text messaging response, and via telephone.

GENERAL SAFETY

All festival trainees are required to wear fully buckled festival or Club or equivalent coast guard certified type III PFD's (life vests). No inflatable vests are allowed.

The Club reserves the right to wait until all paddlers are properly in life vests before starting practice. It is the team's captain responsibility to be sure all members are safely equipped timely for practice.

All festival trainees must sign the Club training waiver prior to training.

Individuals with detectable alcohol and/or any hallucinic drugs, narcotics will be immediately dismissed.

Three or more individuals from one same team are found to be using alcohol or drugs, the team will be disqualified from training.

Individuals deemed unfit to paddle due to unsafe physical conditions or behaviors by the judgement and consultation of the steersperson and coaching staff will be asked to stay off until he or she is fully recovered and ready for training.

Disruptive and /or destructive behaviors are grounds for immediate dismissal.

WEATHER SAFETY

Temperature Safety

Safe temperature condition is a combination of water + air temperature, both combined to equal or above 100°F. This condition is normally not a problem in April. Should the temperature remain below the safety guidelines, the Club will work with teams to find the optimal training time (noon until 3pm) or choose an alternate day.

Rain Safety

The dragon boat sport is a "get-wet" water sport, and normal light rain conditions without thunder/lightning that does not impede visibility within 1km should remain safe for normal practices.

Should a heavy rain fall that creates visibility and stability problems for boats due to wind and choppy wave conditions, practices will be postponed or cancelled and the Club will work with the affected teams to choose an alternate available time or session.

Thunder-Lightning, Storm Safety

When thunder or lightning is observed, all on-water activities will stop. If boats are on water, steersperson will come to the nearest docking or safe harbor. Resumption of practice is only allowed after 30 minutes of no thunder/lightning. The steersperson and coaching staff will work together to further determine safety from observation of weather patterns. Since our training sessions have a 1 hour break in between, we can account for some weather related delays in emergency. Should this extra time become insufficient due to severe conditions, the Club will work with the affected teams to make up for adequate training.

CANCELLATIONS and RE-SCHEDULING

Team Initiated Cancellation

Should a team need to cancel its training session, the team is responsible for contacting the DC Dragon Boat Club 48 hours prior to the scheduled time in order to help the Club re-schedule a make-up session for that team. Though we will try our best to accommodate teams, cancellation in less than 48 hours is very difficult for re-scheduling and is thus the responsibility and potential loss of that session for the respective team.

Club Initiated Cancellation

The club is responsible for communicating any Club initiated cancellation with affected teams no less than 48 hours in advance, and for working with the team to arrange for an alternate day.

Re-Scheduling

With 24 reserved training slots kept for emergencies and changes, the DC Dragon Boat Club plans its training schedule with a built-in ability to help teams re-schedule easier. We of course would not recommend re-scheduling, and would discourage doing so for non safety or emergency reasons.