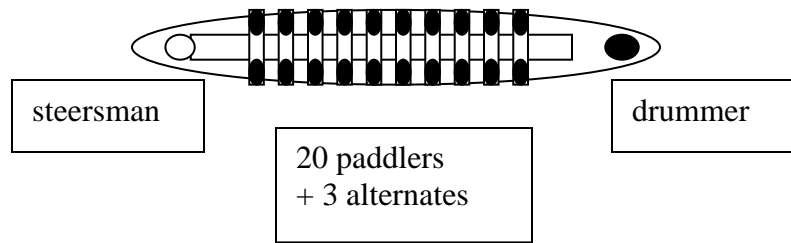


Dragon Boating 101



TEAM SPECS:

25 people make up a Dragon Boat team
Teams can be **all-women** (male steer is allowed)
or **co-ed** (8 women must be paddling at all times)
Participants must be at least 16 years of age
Steersmen have a training session Sunday prior to the event
Steersmen and team have two practice sessions prior to the race

Training Tips for the event:

Become a TEAM- whether you work, play, teach or pray together
Create some activities to help prepare for the event-softball, lunch-hour walks/runs
Weekly workouts should include cardiovascular exercise
Additional focus on legs, arms and torso will be accomplished through weight training
Workout suggestions will be given to captains at the captain's meetings in June