



July 15th & 16th, 2011 Boulevard Lake,
Thunder Bay, Ontario, Canada

13th Annual Thunder Bay Dragon Boat Festival

Our Reasons for entering a team into the 13th Annual Thunder Bay Dragon Boat Festival

1. Without a doubt, it is one of the most fun team activities you can have on the water with 21 of your friends, fellow co-workers, or family, at Boulevard Lake this coming July 16th, 2011
2. The health benefits are open to all abilities, all ages, across all recreational and competitive levels.
3. It is impossible not to generate a pride of association and accomplishment, while being swept away by a wave of team spirit.
4. Teams get to compete in at least two 500 metre races, paddling head to head against others from their industry, discipline, or shared interest; which we define by a challenge division.
5. More teams will get to share the podium, competing for medals and prizes within their respective divisions, earning bragging rights for your division, for a full year.
6. It is a great opportunity for your team to participate in a community event that supports very worthy charities that improve the quality of life for our neighbours.
7. It is a great way to promote your company / association / profession / organization and team; being visible, raising awareness, and demonstrating community leadership.
8. Two hours of practices led by Lakehead Canoe Club (LCC) volunteer coaches; benefitting from exercise, developing paddling skills, and learning from each other through team building drills.
9. You get to challenge teams in your industry or field. If they accept, you get to claim a rebate worth \$50 for the first team that is validated, and an additional \$25 for each team following, that signs your invitation to participate, in your division.
10. There are also rebates for long-standing returning teams. (All 13 years = \$75, 8 years = \$50, 4 years = \$25). We wish to recognize and reward teams for their loyalty and dedication.
11. The \$800 per team, starting registration fee (before rebates) is lower than in previous years, making it more affordable for individual paddlers, or companies that wish to sponsor their teams. Pledging is extra
12. On-line pledging is available, making it simple to support our directed charities. (St. Joseph's Foundation, Canadian Mental Health Association, Catholic Family Development Centre)
13. A brand new race format offers a few twists on the water, from a completely different perspective.
14. The revived focus on challenge divisions is intended to fuel the fun factor, spark the creative juices, and ignite the competition between teams that share a common market space. It is designed to level the playing field, where everybody wins.

How to Enter a Team

1. Check out our website: <http://www.thunderbaydragonboat.com> for more information
2. Take advantage of our easy on-line registration
3. Your Lakehead Canoe Club (LCC) contact person is your assigned support person, a personal guide that can assist you through the team management process; right up to race day.
4. Once you register, more information will be forwarded to the designated team manager.
5. Pick your preferred practice times: either two – 1 hour sessions or one – 2 hour session, the latter is designed to make it easier for managers to coordinate schedules and shifts.
6. We continue to make it easier for managers, by offering a LCC steers for practices and on race day. We even offer drummers on race day, should you be short a person on your roster. Please indicate on the registration form if you are taking us up on our offer for a steers or drummer.
7. A full boat includes 20 paddlers, plus a steers, plus a drummer. You require a minimum of 16 paddlers on your roster. On a mixed gender team, you should have at least 8 female paddlers and 8 male paddlers. Please check the rules for further details. To assist the team managers we offer an on-line service to pick up extra paddlers, otherwise check with your LCC contact person.

Extra Features You Might Wish To Consider

1. Do you have a team cheer, a chant, a paddling cry, behind which your team can rally?
2. Have you considered team jerseys, a look that stands out in the crowd or promotes your sponsor, or reflects your team passion?
3. We intend to recognize and reward those that put it all together, in the form of a team spirit award; a special song, dance, cheer, chant, a notable performance on and off the water, costumes, or mascot, that adds flair and colour to our 13th event.
4. There are incentives built in for those that excel at pledging for our charities.
5. Kick off the event on the Friday before race day with a parade of teams, with all the pomp and pageantry that we can muster, musical instruments, costumes, banners, and a few special surprise features.
6. Tent city is an important part of your team's festival experience. It's a place to rest, refuel, and prepare for competition. You are allowed to bring and set up your own team tent, the night before competition, in assigned spaces. Bring suitable healthy snacks and preferred electrolyte replacement beverages; or take advantage of great food concession booths onsite.
7. Have you considered a team warm up; something to loosen the muscles, relax the nerves, and motivate your team before you step in the boat for your next race? Possibly we can help with that too. Ask your LCC contact.

