



DRAGONS ABREAST ACT & REGION 2011 DRAGON BOAT CHALLENGE

Saturday 22 October 2011

Lake Burley Griffin

For Corporate & Social Crews

Corporate and social crews are invited to register for the 10th Dragons Abreast Dragon Boat Regatta on Lake Burley Griffin.

No prior skills or experience are needed. This is a great team building exercise and you will have a huge amount of fun paddling together and enjoying some of the best views that Canberra has to offer. All you need is 20 assorted and enthusiastic paddlers, aged fifteen and above, we will supply the rest. The regatta is a great day for spectators as well and we encourage you to bring your own cheer squad with you to make it even more fun!

The event aims to raise public awareness of breast cancer and how survivors can embrace life and an active lifestyle after travelling the cancer journey. It also much needed funds for breast cancer organisations locally and nationally, including Dragons Abreast Australia.

Registration fee per team is \$900. Entry is limited initially this year to one team per organization to give more organizations a chance to join in the fun. However as we operate on a first paid up, first in system, you may still get the opportunity to enter another team if places have not been paid for by the end of August. So get your name down and your money in early to avoid disappointment.

Expressions of interest to actregatta@dragonsabreast.com.au

For more information please visit

http://www.dragonsabreast.com.au/ACT/2010_regatta/index.htm





Team Requirements

Two free training sessions are offered as part of the lead up to the regatta.

Mixed teams – must have a minimum of 8 women paddlers (excluding drummer & sweep who can be provided for you.)

Womens teams – all women (excluding drummer and sweep).

No more than four competitive (ie from a sports team) paddlers on a team.

Competitive paddlers must be part, or associated with, the organisation.

Your organisation may enter two teams; however each team must meet the above requirements with no paddler 'doubling up' by participating in more than one team/boat.

Team lists to have 20 paddlers plus up to 4 alternates.

CDBA is able to provide sweeps and drummers as required.

Thank you to Canberra Dragon Boat Association for their generous support in helping run this event

