

Benefits of Dragon Boat Paddling:

- Be with friends
- Be part of a team working together
- Learn something new
- Stay active
- Be outside
- See wildlife
 - Jumping fish, eagles, beavers, loons...



The Ridge Canoe & Kayak Club has been operating aquatic sports programs on Whonnock Lake since 1982. We offer programs to all levels, generally starting at the age of 8 years old, all the way up to 80+ years. Our programs provide a high level of instruction for all levels, while emphasizing the enjoyment of fitness in an outdoor setting.



www.rckc.ca

BC School Dragon Boat Paddling

Whonnock Lake, Maple Ridge



Spring 2012
3 week Introductory
Youth Program
Including windup at the
BC School Dragon Boat
Regatta

**Ridge
Canoe and Kayak Club**



What is a Dragon Boat?

A really long canoe

- 20 paddlers in 2 rows
- Drummer sits at the front
- Steer person stands in the back
- Dragon head and tail

Who is the Supervising Coach?



Sherry Hunt

I've been paddling for 15 years, beginning on the very lake we'll be enjoying. In 2007 my dragon boat team won the 2000m event at the World Championships in Australia. In 2009 I took part in games in Hong Kong where I participated on the men/women's team to win gold, and the women's team for silver. I'm a proud world champion but more importantly, I've coached dragon boat for 7 years.

I am a level 2 NCCP coach, and have current first aid. I have ample exercise knowledge as a fitness instructor and weight trainer, and also from my university degree in biology and kinesiology. I have recently completed my Master's degree at UBC studying exercise physiology.

BC SCHOOL DRAGON BOAT PADDLING

There will be 2 categories of teams:

- Elementary Grade 5-7
- High School Grades 8-12

Fee: \$25 Fee covers three practice sessions, the cost of the BC School Dragon Boat Regatta, insurance, and all equipment.

Practice Sessions held on Wednesdays

May 16, 23, 30

- Elementary Team 3:00-4:00 pm
- High School Team 4:00-5:30 pm

Practice Session held at Ridge Canoe and Kayak Club (RCKC) on Whonnock Lake. The RCKC boathouse is located at the back of the Whonnock Lake Community Centre at 27871 - 113th Ave., Maple Ridge, BC

**BC School Dragon Boat Regatta
Friday, June 1st
10 am to 2 pm
Burnaby Lake**

Notice of Interest Form

Please fill in this notice of interest form and give it to the RCKC club contact person who introduced you to the program. This form will be used to reserve a spot for you on the 20 person team.

Name: _____

Grade: _____

Phone Number: _____

The program fee of \$25 must be paid to Ridge Canoe and Kayak Club by cash or cheque no later than the first class day on May 16. A Canoe Kayak BC membership form (insurance form) must be completed and signed by the parent of the paddler before the participant can paddle on the water (form available on www.rckc.ca).

If the program is cancelled due to inadequate registration, a full refund will be provided.

Any questions, please contact Program_coordinator@rckc.ca

Note: The cost of registering your child in organized physical activities can be used for tax deductions.