

2010 MANITOBA SCHOOL DRAGON BOAT CHALLENGE IN SUPPORT OF KIDSPORT

Manitoba Canoe & Kayak
Centre— 80 Churchill Dr.
May 30, 2010



For Junior & Senior High
School Students!

The 2010 Manitoba School Dragon Boat & Kayak Challenge is taking place on **May 30, 2010**. This event will feature junior and senior high school students from all across the province competing for the title of Dragon Boat Champs. This event is in support of KidSport, a charitable organization that provides opportunities for underprivileged children to participate in sport. Registration includes three hours of practice time along with all the equipment and training necessary to compete.

Teams are made up of between 16 and 24 students and teachers (maximum 2 teachers per boat) representing their school. All boats must have a minimum of 8 female paddlers to be eligible. A dragon boat holds 22 people and teams can have 2 alternates. All participants will be introduced to the sport of kayaking.

Practices are held throughout the month of May (days, evenings, or weekends) and the event will be held on Sunday, May 30, 2010. All practices and events comply with the safety guidelines outlined in the Winnipeg School Divisions Field Trips & Excursions policies manual (Water/ Swimming Activities).

Teams that enter will receive pledge forms and have the option of fundraising for KidSport. Fundraising is optional and very much appreciated by the charity. All the money raised goes directly to KidSport and benefits children living in Manitoba.

REGISTRATION FORM

SCHOOL NAME: _____ CONTACT: _____

ADDRESS: _____ CITY: _____ PC: _____

PHONE: _____ FAX: _____ E-MAIL: _____

High School

Junior High

PLEASE SUBMIT THIS FORM ALONG WITH PAYMENT (\$405.00 + GST= \$425.25) TO

THE MANITOBA PADDLING ASSOCIATION

200 MAIN STREET WINNIPEG, MANITOBA R3C 4M2

PHONE: (204) 925-5678 FAX: (204) 925-5703

E-MAIL: mpa@sport.mb.ca Website: www.mpa.mb.ca

(Please make cheques payable to **The Manitoba Paddling Association**)

ABOUT DRAGON BOAT RACING

Dragon boat racing is the fastest growing sport in the world. You will find races and festivals in almost every major city in the world from Saskatoon to London, England. In fact dragon boat racing, which has a yearly world championship, is heavily being considered as an Olympic sport. Standard dragon boat races pit 18-metre-long boats, with 14-20 paddlers, a steersperson and a drummer, against each other in a straight-line race of approximately 500 metres. The drummer sets the rhythm and pace of the strokes, while the steersperson guides the direction of the boat and shouts the orders. The boats, approximately the length of a transit bus, are colourfully decorated as dragons, with the front of the boat being adorned with a dragon's head and the back end of the boat with a dragon's tail.

HISTORY OF DRAGON BOAT RACING

The history of dragon boats dates back over 2000 years to ancient China. Its origins start with the legend of Chinese poet and statesman, Qu Yuan, who drowned himself in protest of political corruption. When the people of Chu went to rescue him they splashed wildly and threw zung-ze (rice wrapped in reed leaf) into the river to honour him and to keep the fish away from his body. Since this time a festival, called the Double-Fifth Festival, has been held in his honour on the fifth day of the fifth moon. This happens in late May to mid-June. The boats are derived from Chinese fishing vessels of the time and the dragon was chosen as a symbol for its superiority over water. The festival has evolved into races between the boats and over the past 20 years the races have evolved into a sport all of their own – the paddling sport of dragon boat racing. Festivals and races are no longer just held during the original Double-Fifth Festival; in fact they happen throughout the year, and all over the world. Many of the original traditions have been altered for the sake of faster and more exciting races.

2010 MANITOBA SCHOOL DRAGON BOAT CHALLENGE

WHAT? The 2010 Manitoba School Dragon Boat & Kayak Challenge features Dragon Boat Races for Junior and Senior High Schools.

COST? The cost for this event, which includes 3 hours of instruction, all equipment and a guaranteed minimum of 3 races on race-day, is \$405 + GST. For a team of 24 that is less than \$18 per student.

WHERE? Race day and practices are scheduled at the Manitoba Canoe & Kayak Centre (80 Churchill Drive, beside the Redboine Boating Club & Churchill High School)

WHEN? The Challenge takes place on May 30, 2010 between 9:00am and 4:00pm. Practices will be held throughout the month of May and can be scheduled days, evenings, and weekends (Practice time will be most flexible for teams that enter early).

WHO? Teams are made up of between 16 and 24 participants representing their Junior High or High School (20 paddlers, 1 Steersperson, 1 drummer and up to 2 alternates).

- Each team must have a minimum of 8 female participants in the Dragon Boat
- Up to two teachers per team can participate in the races

WHY? The Manitoba School Dragon Boat & Kayak Challenge enables smaller schools to compete with larger schools on an equal basis. This event also adds diversity to your schools Phys Ed program and introduces your students to new and exciting sport. Dragon Boating will give students the opportunity to participate on a school team and a chance to support a worthy local children's charity.

FREQUENTLY ASKED QUESTIONS

Is dragon boat racing safe?

Every participant is required to wear a personal flotation device (PFD) and all practices are hosted by certified Manitoba Paddling Association coaches. There is a safety boat present at all practices and competitions. Dragon boats are extremely stable water vessels and practices and races will be cancelled at the discretion of the Manitoba Paddling Association due to weather or other hazards. The MPA also follows the guidelines outlined in the Winnipeg School Divisions Field Trips & Excursions policies manual (Water/Swimming Activities).

Do participants need to know how to swim?

No. Each participant will be wearing a PFD so the ability to swim is not mandatory. However, it is important that coaches be aware of any student who is not considered a competent swimmer.

How do schools sign up for practice times?

Practices run on a first come first serve basis so the sooner you register your school the better. Each team receives 3 hours of practice time. The choice is given of two practices at 1 ½ hours each or three practices running 1 hour each. Look at the clinic timetable and decide which session will work best for you. Call, fax or e-mail your request to The Manitoba Paddling Association.

How do students raise money?

Each participant will receive an individual pledge form and have the option of raising money for children's charities. The team that raises the most money will receive prizes. The individual students who raise the most money will also receive prizes.

Will there be food and drink available at the event?

Yes, a fundraising canteen will be set up at the event with proceeds going to the Manitoba Canoe and Kayak Centre.

What equipment do I need?

None, all boats, paddles and PFD's will be supplied by the MPA. It is recommended that participants bring a towel and wear clothing and footwear that they are not afraid to get wet. They should also bring extra clothes to change into after practices and races. Remember to leave all valuables and electronics (cell phones, etc.) behind. There is lots of splashing and they could get wet.

QUICK FACTS

A world class Dragon Boat team can pull up a water skier
Over 2,000,000 people participate in dragon boat racing annually
The MPA has been running the Annual School Challenge for over 15 years.
Over 50,000 Canadians participate in Dragon boat racing annually

For More Information about the **School Dragon Boat & Kayak Challenge** Please Contact:

Manitoba Paddling Association
200 Main Street Winnipeg, MB R3C 4M2
Phone: (204) 925-5678 Fax: (204) 925-5703
Email: mpa@sport.mb.ca Website: www.mpa.mb.ca

WAIVER AND RELEASE

(To be completed by every student and submitted at first practice)

IN CONSIDERATION OF my acceptance of my entry in The Manitoba School Dragon Boat and Kayak Challenge, to be held May 30, 2010 and all preceding practices, I hereby waive and release the Manitoba Paddling Association, its directors, officers, employees, agents, representatives, successors and assigns from and against all claims, actions, demands, costs and expense in respect to death, injury, loss or damage to my personal property, howsoever caused, contributed to or occasioned by the negligence of the Corporation, its directors, officers, employees, agents, representatives, successors and assigns.

This Waiver and Release shall be binding upon myself, my heirs, executors and administrators. By signing this form I am issuing my consent for the following information to be used by The Manitoba Paddling Association for administrative purposes.

I hereby grant permission to any of the above, described persons to use any pictures of myself or my likeness while participating in this program without obligation or liability to me.

This information may be used to contact you with information regarding programs and services offered by The Manitoba Paddling Association and our sponsors. This information will NOT be distributed to any outside organizations.

I do not want to receive information regarding future programs and services offered by the Manitoba Paddling Association and our sponsors.

PLEASE COMPLETE SECTIONS I and/or II:

I acknowledge that I am the full age of eighteen years, if not, I have obtained the consent of my parents to participate in this program.

I acknowledge that I have read this document before signing it and have had and opportunity to obtain an explanation as to its contents.
Dated this _____ day of _____, 2010.

WITNESS

PARTICIPANT'S SIGNATURE

PLEASE PRINT NAME

PLEASE PRINT NAME

If the participant is under eighteen years of age, the following should be completed by the parent or legal guardian of the participant.

I, being a parent of legal guardian of _____, hereby agree that
(NAME OF PARTICIPANT)

the foregoing Waiver and release shall be binding upon my child.

Dated this _____ day of _____, 2010.

WITNESS

PARENT'S SIGNATURE

PLEASE PRINT NAME

PLEASE PRINT NAME

ADDRESS

POSTAL CODE

PHONE NUMBER

