

**Greater  
Moncton  
Dragon  
Boat  
Festival**



**Festival De  
Bateaux  
Dragons  
Du Grand  
Moncton**

**TEAM KIT &  
INFORMATION PACKAGE**

**MAY 31 & JUNE 1, 2024**

**JONES LAKE, MONCTON, N.B.**

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## **SUPPORTING THE LIONS SICK CHILDREN'S FUND AND OTHER COMMUNITY CHARITIES**

Dear Friends:

On behalf of the Organizing Committee of the 2024 Greater Moncton Dragon Boat Festival, welcome aboard for a very special event! We are working hard to ensure your dragon boat experience is a memorable one, and that your fundraising efforts will go far in supporting your local community.

The Greater Moncton Dragon Boat Festival is the principal fundraising event for the Lions Sick Children's Fund, serving families in the counties of New Brunswick. Over the last 15 years the Festival has raised over \$2,000,000 that has gone to support not only Sick Kids but over 70 other charities in the Greater Moncton area. This has only been possible thanks to the hard work of the teams that come together every year to raise funds for a cause they believe in.

Enclosed in this Team Kit is everything you will need to organize and encourage your team, including pledge sheets, waiver forms and general information about our Festival.

Visit our website ([www.monctondragonboat.ca](http://www.monctondragonboat.ca)) and Facebook page regularly for updates and information. If there is anything that we can do to assist you with your team organization, please don't hesitate to contact us.

Sincerely,

**Norval McConnell**

Co-Chair

[norval.mcconnell@gmail.com](mailto:norval.mcconnell@gmail.com)

**Carole Murphy**

Co-Chair

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## **ABOUT OUR CHARITY**

The Lions Sick Children's Fund has been helping sick kids in New Brunswick since 2001. This past fall, the group reached an incredible milestone. Since 2001, the Lions Sick Children's Fund has raised over a \$1.5 million to help 1224 families in New Brunswick. This has been done all through the hard work of some very dedicated volunteers who share one thing in common – the passion and commitment to help local families.

The Lions Sick Children's Fund helps parents pay for the travel and medical expenses of their kids requiring medical treatment outside the province.

“We help with travel, we help with medical equipment, we help with diabetic test strips, we help with occupational therapy and other needs like prescription drugs that are not otherwise covered. But the treatment for seriously ill children is centralized, it is conducted in places like the IWK, Toronto Sick Kids and maybe even sometimes as far away as the Central United States,” said David Owen, Board of Directors member. “These costs can put a tremendous amount of pressure on young families, especially when there are other costs like medications and equipment to consider.”

For more information, please contact:

### **The Lions Sick Children's Fund**

**PO Box 23103 RPO Elmwood**

**Moncton, NB, E1A 6S8**

**Tele 853-0498**

**lscf.nb@gmail.com**

## THE HISTORY OF DRAGON BOATING

Dragon boating is one of the fastest-growing sports in the world. It's easy to learn, safe to do, and it's fun! A crew of twenty, seated in two parallel columns of ten people each, paddle to the beat of a drummer stationed at the bow of the dragon boat. A steersperson, standing at the stern, navigates the racecourse with the help of a single, long oar.

A dragon boat is a long, narrow boat designed to resemble a dragon with a dragon head and tail affixed to the bow and stern, respectively. The boat's sides are brightly painted with dragon scales. A dragon boat typically measures about 12.5 metres (41 feet) long and approximately 1.2 metres (4 feet) across at its widest point. Empty, the type of dragon boat used by 22 Dragons weighs 260 kg or 570 pounds!

During a race, however, the paddlers must propel a boat and crew weighing almost 2,300kg or 5,000 pounds. (Whew!) A typical dragon boat race is 500 metres, during which the paddle stroke rate can range between 60 and 100 strokes per minute. A 500-metre race usually lasts about 2 minutes and 20 seconds. While sprint races of 250 metres are not uncommon, paddlers also compete in endurance races of 6km, lasting over 30 minutes. But don't worry – our race is a “sprint” and only 250 metres long, lasting about 1 minute and 15 seconds. 😊

Crews of 20 paddlers are usually of mixed gender with a minimum of eight women and eight men. From a spectator's perspective, dragon boat races are colourful and exciting. Dragon boats come streaking down the water with drums beating, paddles splashing and fans cheering for their favourite teams.

Dragon boat racing is an international sport with competitions annually held at the world level. The International Dragon Boat Federation, based in the United Kingdom, is the body charged with governing the sport across the globe. The sport is currently seeking Olympic status. Dragon boating is governed nationally by Dragon Boat Canada.

Dragon boating originates from China where legend has it that a poet named Yuan was expelled from office by a corrupt administration. Protesting the corruption, Yuan drowned himself in the Mi Lo River, near present-day Yue Yang. Local fishers, seeing his plight, rushed out in boats to save him. They beat drums, thrashed the water with paddles and threw rice dumplings into the river to appease the water dragon. This event has been commemorated in an annual festival which has evolved into present-day dragon boat racing.

## **FESTIVAL F.A.Q.s**

### **When does the Festival take place?**

The Festival takes place May 31 & June 1, 2024.

### **Where will the Festival be held?**

The Festival is held on Jones Lake. The Athlete's Village for our teams is situated on the grounds right next to the dock at Jones Lake. You can access the Festival site off St. George Blvd by Hillcrest School.

### **Who will race and when?**

High School teams race on Friday afternoon, beginning at about 2:00pm and finishing before sunset. Corporate and Community teams take to the water early Saturday morning, starting at about 9:00am and racing until 3:00pm.

### **I thought Dragon Boats were associated with breast cancer?**

Some Dragon Boat festivals do focus on breast cancer survivors. Our Festival is a major fundraiser for the Lions Sick Children's Fund. Having said that, we do have a breast cancer survivor team category. We also hold a traditional carnation ceremony on Saturday mid-way through the event. The involvement of Breast Cancer teams from our region has always been a very special part of our Festival.

### **How many people do you need to make a team?**

There are 20 paddlers in a boat, plus a drummer and a steersperson. We will provide the steersperson for you! We also recommend that you have one or two extra paddlers for substitutions throughout the day.

### **Why do we need a drummer?**

The drummer helps keep the rhythm of the stroke which helps your team paddle together. That is the key to success – teamwork! We usually recommend that your drummer be one of your lighter weight paddlers, as well as someone who is comfortable in a boat.

### **What does a Team Captain do?**

The Team Captain is your leader. He or she will make sure you have enough paddlers and a drummer. The Team Captain will share Festival information with the

team and help them get ready for the big day. The Team Captain is also responsible for making sure each paddler signs a waiver form before practice.

### **Do we need a Pledge Coordinator?**

Yes – your Pledge Coordinator will collect all monies raised by the team and forward them to the GMDBF. The Pledge Coordinator is sometimes the same person as the Team Captain, but the Pledge Coordinator doesn't necessarily have to be a paddler on your team!

### **How do we register our team?**

All you have to do to register is go to [www.monctondragonboat.ca](http://www.monctondragonboat.ca) and fill in the online registration form. Please be sure to give us accurate contact information so we can share important updates with you as the Festival approaches.

### **How much is the registration fee?**

Community and Corporate teams pay a registration fee of \$600 (\$500 if paid before March 31<sup>st</sup>, 2024). High School teams pay a reduced registration fee of \$200. Registration fees go toward the operating costs of the festival and are not eligible for a charitable receipt.

### **How much do we have to raise?**

Each team must raise a *minimum* of \$1800 in pledges. At first this sometimes seems difficult, but with more than 20 people per team, that's less than \$100 each to raise! Prizes are given to the top individual and the top team fundraisers.

### **Where does the money all go?**

60% of the funds raised go to support the Lions Sick Children's Fund. The other 40% goes to a charity of your team's choice. High Schools may also designate their 40% toward safe grad activities.

### **What if we are short a paddler for our team?**

If you are short a paddler, let our committee know by emailing us at [monctondragonboat@gmail.com](mailto:monctondragonboat@gmail.com). We will try to match you with single paddlers who contact us.

**I would like to paddle. Can I join a team?**

If you would like to join a team, please contact us at [monctondragonboat@gmail.com](mailto:monctondragonboat@gmail.com). We will try to match you with a team that is short paddlers. Single paddlers may be asked by the team they join to help with fundraising.

**I've never been in a dragon boat! Do we get to practice?**

Yes! Practices will be held the weekend before the big event. As we get closer to the festival, you will be able to sign up for a practice time that Saturday or Sunday. Each team will have one practice session before the event. No experience is necessary! We will provide lifejackets and paddles. (If you prefer to wear your own lifejacket, it must be a certified PFD.) All you need is weather-appropriate clothing for the day.

**Will there be food at the Festival?**

Yes, we have a variety of vendors offering food and beverages at the festival.

**How many times does our team race?**

Every team will have at least two races. After the first two "heats" or rounds, we will take a break to award the Philip Barton Spirit Award (High School Challenge only), and prizes for the Best Dressed Drummer and Top Fundraising Team. Then the **top six teams (based on fastest time)** will race to determine our **gold, silver and bronze** medalists. **Who will take home the Dragon Boat Trophy?!**



## TEAM CAPTAIN CHECKLIST

- Submit Online Registration Form with Registration Fee
- Make sure every team member signs the **TEAM WAIVER FORM**.
- Submit a Team Profile & Charity of Choice

## COLLECTING PLEDGES

- Donations of \$25 or more are eligible for a charitable tax receipt.
- Team pledges will be recorded on the excel **PLEDGE SHEET** found on our website. Please **download a copy for your team**. Be sure to fill in the sheet completely – this helps us ensure that all your generous donors get their tax receipts! We take payments in many ways:

1 - Payments (registration and donations) can be made directly to our bank account at any Bank of Montreal using account number 8089-089. If you choose to do this, please send our treasurer Carm Golding an email with your team name so she knows who made the deposit!

2 - Cheques (made payable to The Greater Moncton Dragonboat Festival ) mailed to:  
Carm Golding, c/o 18 Baffin Dr.  
Moncton, NB E1A 5P1

3 - E-transfers can be sent to [carmgolding@hotmail.com](mailto:carmgolding@hotmail.com). Please use the password of Dragonboat.

4 - Payments can be made by Visa or Master Card by going to the Dragon Boat website ([www.monctondragonboat.ca](http://www.monctondragonboat.ca)). Click on Donate Today and the donate page pops up. It will accept VISA or MC. You then fill out the page and be sure to indicate in the comments box that it's for the Greater Moncton Dragon Boat Festival and your team name.

5 - You can also bring cash donations to your practice session the week before the Festival.

**All pledges must be turned in by your team's scheduled practice!**

## **SPIRIT PRIZES**

*Our teams work hard in the months leading up to the Festival, so we want to reward this hard work with some great prizes! This year we have added a very special prize to celebrate our friend Philip Barton and his work supporting the Lions Sick Children's Fund.*

**Top Fundraiser – High School Challenge:** The high school that raises the most money will win a \$500 bursary to be granted to a student of their choosing.

**Top Fundraiser – Corporate & Community Team:** It's all for a good cause! The team who raises the most money in pledges will win a prize they can enjoy together. In addition, they will have the registration fee waived for next year's festival! (2016)

**Best Dressed Drummer:** Lead your team to victory! The drummer who is the most creative and the best dressed will receive a prize.

**Philip Barton Memorial Most Spirited High School Team:** Get into the spirit, have fun and get creative. The team who is deemed to be the most high-spirited will receive a prize.