

5th DRAGONS ON THE LAKE FESTIVAL

ANNUAL



TEAM CAPTAIN'S PACKET

SEPTEMBER 23, 2023
9:00 AM - 4:00PM
ROCKY GAP STATE PARK

Email: dragonboats@cumberlandymca.org
Website: ymcadragonsonthelake.com



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated 06.26.23.



Grand Champions: Northrop Grumman - ALB Rocket Ship

2022 Teams

- Northrop Grumman - ABL Rocket Ship
- Queen City Motors
- JHU Dragon Boat
- DC Dragon Boat Club
- M & T Bank
- Carl Belt Group - Belt's Buccaneers
- Scarpelli YMCA - Dragon Slayers
- Total Impulse
- Timbrook Automotive - Timbrook Tritons
- City of Cumberland - Uncivil Servants
- North American Partners in Anesthesia - The Knockouts
- Rocky Gap Casino - Rambling Gamblers
- First Peoples CFCU - First Peoples Fire Breathers
- Allegany Radio - Allegany Radio Corp
- UPMC - The Lifesavers
- True You Thunder Dragons
- DSS - Seas the Day



Thank you to all of the sponsors, participants, and volunteers who help make this festival possible. We couldn't do it without you. Thank You!

-YMCA of Cumberland



Dragon Boat racing has made a splash in Western Maryland! This is your guide to leading your team on and off the water as you compete for the title of Grand Champion!

The Cumberland YMCA Dragons on the Lake Festival will take place on Saturday, September 23, 2023, at Rocky Gap State Park. The Y is partnering with Dynamic Dragon Boat Racing, LLC to provide dragon boats and professional race logistic services.

Our all day festival will allow each team, 2-4 races with plenty of spectator and festival action, music and a diverse selection of food and beverages. We encourage you to decorate your tent, show off your team T-shirts, bring food, make it a tailgate party with friends – and enjoy the experience. At practice, your team will get competitive strategies to use.



HISTORY

According to legend, dragon boat racing originated in China more than 2,300 years ago when the popular patriot and poet, Qu Yuan, felt disenfranchised by a corrupt government and drowned himself in the Mei Lo River. Upon learning of his death, people raced to the river in fishing boats and beat the water with their paddles to keep fish from Qu Yuan's body and ward off evil spirits. According to one theory surrounding this sport, the dragon is said to be the most venerated of the Chinese zodiac and symbolizes control over the water.

The popularity of dragon boat racing has exploded in North America and across the world with an estimated 50 million participants in 67 countries. There are about 175,000 participants in the U.S. and 150-plus recreational dragon boat clubs that practice regularly and compete in festivals and championships across the country and beyond. There are more than 100 dragon boat festivals in the U.S.

DONATIONS AND REGISTRATION

Paddlers competing in the race are asked to raise donations in support of our community organization. Each paddler can help achieve this goal by asking friends and family for small (or large) donations, which can add up quickly.

Registration is \$1,300 per team and can be paid for by a team sponsor or by individual contributions. We encourage all teams to set their team goal of raising \$2,000. The team that raises the most money will receive the Top Fundraising Team Award and will also have the opportunity to select their team tent location first at the following year's event.

Go to www.ymcadragonsonthelake.com to register a team. No experience is necessary to join in on the fun – in fact, we like to think there's a dragon boater in all of us! Once logged in, follow the prompts to register as a team captain or join a team. We encourage you to share your created fundraiser page link and gather support from your family and friends.

If you would rather submit your team via roster, please complete a Team Registration form and contact Shelly Minnigh at 301-777-9622 ext. 202 or Shelly@cumberlandymca.org to begin your process as the Team Captain. Team Captains are responsible for collecting and turning in all donations. Checks should be made payable to the Cumberland YMCA.

A team registration is not secured until full payment is received. The total registration fee must be paid in full by September 13, 2023.

Check your inbox for team captain email updates from dragonboats@cumberlandymca.org, particularly as race day nears.



DETAILS YOU WILL NEED....

THE TEAM

You may have a maximum of 25 team members. **Each team must have 8 female paddlers in each race.** The minimum paddler age is 15 years old. Teams race with 20 paddlers and a drummer. The steerer and boat will be provided by race management. Four members of the 25 on your team can serve as alternates. You can rotate your alternates between races should you like.

You must have a minimum of 16 paddlers to participate on race day. Your team may consist of fellow employees, friends, and family. You don't need experienced team members. Dragon Boat paddling is easy to learn; the techniques and logistical information you need are taught during practice.







Each team member is required to complete a waiver form before getting on a boat. These forms may be turned in at the Team Captain meeting or before your team practice.

The team captain will be in charge of managing the team's registration, ensure waivers are signed, and will be the key contact for festival communications. By default, the team member that registers for an event is considered to be the team captain. If captaincy needs to be changed, please contact dragonboats@cumberlandymca.org

Note: It is best to use a small person on your team as your drummer. For safety reasons, there is a weight limit for drummers (160 pounds). It is also ideal for this person to have a strong voice and good rhythm.

EACH TEAM WILL RECEIVE THE FOLLOWING....

-  10'x10' space reserved for your team area (tent and other supplies not provided)
-  Use of dragon boats and equipment
-  Life jacket/PFD (team members may use their own Coast Guard approved PFD)
-  One on-water practice prior to race day

PRACTICE SESSION

Each team will receive one practice session. Practice sessions will last 75 minutes. Practice times are on a first come, first served basis, with Event Sponsors receiving first selection times. Team Captains will be able to schedule their practice times after payment of the full registration fee has been received.

CAPTAIN'S MEETING

The Team Captain meeting for teams will be held at the Cumberland YMCA (601 Kelly Road). This meeting for teams is REQUIRED for the Team Captains or representative of your choosing. Important safety information will be discussed and your team's race schedule will be distributed.

FESTIVAL DAY

Your team should arrive at the festival early enough to allow you time to unload your belongings, park, and meet together before arriving at your teams designated area.

RACE FORMAT

Each team will race at least two times on race day - once in the morning and once in the afternoon. Depending on your race one time, your team may qualify for a semi-final and final race. You will get a race schedule at the mandatory Team Captain meeting showing what time your team races in the morning. The best times from the final race will determine Grand Champion, Silver, and Bronze winners.



TEAM CAPTAIN'S TO-DO LIST

BEFORE THE EVENT:

RECRUIT TEAM MEMBERS

Minimum of 16 paddlers (8 female), max of 24 paddlers and a drummer. Must be 15 or older by race date. Paddlers between the ages 15-17 must have guardian signature on waiver.

PAY YOUR REGISTRATION FEE BY SEPTEMBER 13, 2023

WATCH YOUR EMAIL

Watch for an email from dragonboats@cumberlandymca.org regarding the team practice schedule and sign-up. The schedule can be found on the Captain's Corner page of our website. Practice slots are limited so the earlier you respond with your preferred time, the more likely you will get your number one choice!

COMPLETE AN EVENT WAIVER

Each team member must have a signed event waiver prior to the practice session.

PLAN YOUR TEAM DECORATIONS, T-SHIRTS and/or UNIFORMS

This is optional, but remember there are prizes for teams with the most spirit - your tent, t-shirts, and smiles will be factored into our decision!

LIKE OUR DRAGON BOAT FESTIVAL FACEBOOK EVENT PAGE

TAKE IT UP A NOTCH!

Encourage your team to fundraise and compete in spirit!

EVENT DAY:

COORDINATE LOGISTICS

Your team members should arrive early enough on race day to set up tailgating spots and to sign in at the Registration Table. Allow ample time to unload your belongings, park, and meet together at your team tent as races will not be held for late teams.

FIND YOUR DESIGNATED TEAM TENT AREA. Look for your team sign on the lawn and refer to the event program to find your team's area. Each team may erect one 10' x 10' tent in their team's area.









HAVE A BLAST!

After the event, clean up your team tent area, and recycle all recyclables!








EVENT DAY PREP LIST

WHAT TO BRING TO THE FESTIVAL:







-  10x10 tent for your team
-  Table(s) & Chairs
-  Decorations
-  Games (footballs, corn hole, etc.)
-  Garbage bag
-  Towels
-  Extra set of clothes
-  Comfortable shoes
-  Food & Drinks (Lots of water)
-  Sunscreen and Bug spray

Per festival permit - Do not bring outside alcoholic beverages. Adult beverage vendors will be available. Coolers will be checked prior to entry.

WHAT TO WEAR TO THE FESTIVAL:

-  Comfortable shorts & shirts
-  Sport sandals or water shoes
-  Personal flotation device (optional)
-  Hat/visor
-  Sunscreen

WHAT WILL BE PROVIDED:

-  Team gathering space
-  Dragon boats
-  Paddles
-  Life jacket/PFD
-  On-site vendors with food & beverage available for purchase
-  Fun events throughout the day!!



RULES AND REGULATIONS



OFFICIAL RACE RULES:

The officials follow US Dragon Boat Federation (USDBF) race rules. Please refer to <http://www.usdbf.com/> for the full list of rules. The bottom line is good sportsmanship and safety.

RACE REGULATIONS:

- Each team is required to have a drummer. A 0.5 second penalty will be given to a team without a drummer.
- Each team is required to have 8 female paddlers.
- A 3 second penalty will be given for each female the team is short and fills with a male. If the team leaves the missing female spot open, the team will not receive the penalty.
- Wake riding, crossing lanes (if it impedes or endangers others), and general misconduct on land or in the water will also result in penalties.
- Paddlers must be 15 years of age or older.
- Drummer must weigh less than 160 pounds for safety reasons.
- Please make arrangements with guest paddlers before arriving.
- Their names and signatures must be on your waiver / team roster before the first race of the day.
- Costumes are great as long as they do not compromise your personal safety, the safety of the crew, or the safety of others.

Life jackets will be provided for each team, but you are welcome to bring your own Coast Guard (USCG) or U.S. Marine Listed (USML) approved vests, if preferred.

HAVE FUN! PLEASE REMEMBER THIS IS A FAMILY EVENT!



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