



So you want to try out with the Fire Dragons?

What should you expect?

- ✚ Expect to get some excellent direction from our coach, Steve P., before practice begins. He will help you with the basics of paddling, and give you just a few things to keep in mind as you are keeping up with the rest of the paddlers.
- ✚ You'll probably have an experienced paddler sitting on the bench in front of you, and all you have to do is follow them as best you can. Don't worry if you splash! It's a water sport, after all! If you have an experienced paddler behind you, they will usually be full of help and encouragement.
- ✚ We practice for about an hour, switching sides several times throughout the practice. That way we don't build our muscles asymmetrically. We have periodic rest periods where our coach might provide some instruction, or make announcements. Take those opportunities to stay well-hydrated! There are sometimes long stretches of paddling during which you may get tired. When you're brand new, it's okay to rest every now and then. It takes time to build the endurance to paddle the whole time. We want you to do your best without getting hurt.

What should you wear?

- ✚ Water-resistant clothing—you don't need to look like the Gorton's fisherman, even if it's raining. Regardless, you can expect to get a little wet—it is a water sport after all! Gore-tex, breathable, wicking fabrics are ideal. Fleece can be pretty good too. Anything **without cotton** in it. If it's pretty cold outside, layering is good. You will generate some heat, and you'll be grateful to have an optional layer to remove.
- ✚ Footwear: Some people just wear old sneakers, or sandals. Expect your feet to get a little wet, so again, no cotton if you can avoid it! If you decide to stick with dragon boating, your coach and teammates can recommend quality gear.

What should you bring?

- ✚ A water bottle
- ✚ A small bag for keys, wallet etc. (some people bring Ziploc bags)
- ✚ \$ for parking meters

Parking Options:

- ✚ Many people park in the metered lot off Naito Parkway—heading south, take a left just past the intersection at SW Market Street. OR... Free parking is available on the street on the EAST side of the Hawthorne Bridge. It's maybe a 10 minute walk across, and very handy.

You really don't need:

- ✚ A personal flotation device – these are provided by Dragonsports at the dock
- ✚ A paddle – also provided, though rather clunky and heavy. If you end up continuing on with the team, you will gladly purchase your own lighter, more manageable paddle!
- ✚ A very full belly: Keep it light before practice. Limit yourself to some fruit or a fitness bar or something if it's been a few hours since you last ate. Much of dragonboating is about rotating your core, which is less comfortable on a full stomach!
- ✚ EXPERIENCE: With some diligence and heart, we can turn you into a skilled paddler with a strong and effective technique!

See you on the water!