

YMCA DRAGON BOAT TEAM CHALLENGE

The YMCA Dragon Boat Team Challenge is an event designed to build community spirit among corporations, civic groups and community organizations. The activities are designed to bring individuals together to achieve a single goal – **TO HAVE FUN!** They achieve this by becoming a team and working together as a synchronized unit. It's much more than "beating the other team." It's the camaraderie, visiting and playing with old friends, meeting new friends, working hard and feeling good about it. At the YMCA, **Everybody Plays & Everybody Wins!**

When: Your team will only participate in one 4 hour bracket.

Thursday, September 26, 2:00—6:00pm

Friday, September 27, 8:00am—Noon

Friday, September 27, 2:00 – 6:00pm

Saturday, September 28, 8:00am – Noon

Saturday, September 28, 2:00 – 6:00pm **High School Team Bracket**

Where: Northshore Park on Lake Woodlands

Who: Corporations, Civic Groups, Community Organizations, Schools, Churches etc . . .

Minimum Age is 18 years for Adult Teams: 9th-12th Grade for High School Teams

A team is composed of at least 20 members but we encourage at least 25 team members.

A team roster must include a minimum of five females. Each team must have a designated team captain.

Dragon Boat Races: The dragon boat races are the main event. Dragon boats are forty foot long, colorful dragon headed canoes weighing over 1800 pounds. Powered by a well coordinated team consisting of 18 paddlers, 1 drummer and 1 flag catcher. A trained steersman will be provided with each boat along with helpful info on how to hold the paddle, paddling tips and loading the boat.

Team Events: In addition to the dragon boat races, each team will participate in 3-4 other unique and fun events. We promise there is "Something for Everyone." Events could be Dodge Ball, Bouncy Ball Volleyball, Obstacle Course/Relay, Mind Games, Field Games . . . Each year we introduce a new event. Teams rotate from one event to the next, every 30 minutes.

Team Fee: \$ 1500 per team entry

High School /Non-Profit Groups: \$ 1000 per team

Rowing for a CAUSE Proceeds Benefit: The event benefits the YMCA Better Us Campaign which ensures that everyone has equal access to the resources and tools they need to learn, grow and thrive. The Y is committed to nurturing the potential of ALL kids, promoting healthy living and fostering a sense of social responsibility. With the dollars raised, the Y is able serve at risk youth, teens, families and seniors with very limited financial resources, by inviting these individuals to participate in Y program and activities at minimal or no charge. These programs include After School Enrichment, Summer Day Camp, Teen Camp, Teen Leadership, Swim Lessons, Youth Sports and much more.

Rowing for a CAUSE is more than just raising funds. It is about the life changing impact that the Y provides. The child who gains confidence and life saving skills in the water, the active older adult who is no longer isolated and is living a healthy and active lifestyle, the child who receives critical learning loss prevention programs and so many more!

The YMCA makes it so easy to participate! Just recruit your team members and enter.

The Y organizes and facilitates all team activities. The Y provides all equipment including a team tent, 10x20 space, cold water and cups. The Y provides professional staff, volunteers and safety/security agencies to create a positive, safe and fun environment. The Y ensures that everyone has the opportunity to participate regardless of their fitness level or athletic ability.

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