



Team Captain TIPS

The Canal Dock/New Haven Dragon Boat committee is very appreciative of the work of the Team Captains – this event could not happen without your commitment.

Canal Dock/New Haven Captain Duties - the condensed version

1. Recruit and register 16 to 20 paddlers, 1 drummer, and up to 3 alternates for your team.
2. Serve as leader and communicator for your team. Liaison with regatta & Race Officials
3. Collaborate on a team name, team cheer or song, team t-shirts and team tent.

Canal Dock / New Haven Dragon Boat Regatta Captain Duties - the expanded version

1) Recruit and register 16 to 20 paddlers, 1 drummer, and up to 3 alternates.

- a) Enlist a team of people to race on Regatta Day, June 3, 2017. You will want to sign up enthusiastic people who can commit to a full day of racing on Regatta Day as well as to the 60-minute practice session during the week prior to the Regatta.
- b) A full team consists of 20 paddlers and 1 drummer. You must have *at least* 16 paddlers. Everyone on the boat must be *at least* 12 years old (12-15 aged kids must sit next to parents or guardians). Of your paddlers, *at least* 6 should be women. You may register up to three additional alternate team members.
- c) Your drummer should be a lightweight person who is enthusiastic, fearless, and willing to dress it up as well as ham it up at the event.
- d) Email the registration form to manager@dragonboatregatta.canaldock.org
- e) Make payment of \$2,000 for registration by April 30th, 2017. Mail payment to:

Canal Dock Boathouse, Inc., PO Box 124, New Haven, CT 06501

- f) Once registered, build your paddler list, and have each member complete a waiver
- g) Signed waivers along with the Paddler List should be returned to the regatta manager, or brought to the practice session.
- h) Practice Sessions are held the week before the regatta
- i) 22Dragons will provide a professionally coached practice session, three (3) or more races, and the opportunity to compete for trophies and bragging rights

2) Serve as team leader, communicator, & liaison to Regatta and Race Officials.

- a) Poll your teammates to schedule a practice session
- b) Return the practice registration form to the regatta manager
- c) The practice session is a great team-building exercise; we strongly encourage everybody to participate. It's where your team can learn to paddle together, paddle faster and safer and have more fun!
- d) Distribute information about Dragon Boat Racing and the Regatta to team members to keep them excited and informed.
- e) You will distribute wrist bands to team members who have completed waivers
- f) Make sure your teammates know that the Canal Dock/New Haven Dragon Boat Regatta is a smoke-free and pet-free event, and that no grills (gas, charcoal, or electric) are permitted
- g) No alcohol is to be consumed by racers until they have completed all racing
- h) The Food Truck Festival running simultaneously on Long Wharf will have two Thomas Hooker Beer Stations where beer can be purchased
- i) You will be the main contact for your Team with Canal Dock and Race Officials. However, you can take a break from your leadership role when on the water, because 22Dragons will provide a steersperson/coach who will be in charge while your team is on the boat

3) Collaborate on a team name, team cheer or song, team tent and t-shirts

- a) Every team needs a team name; enter your team name on the Registration Form
- b) Every team needs a team cheer or song. Not your thing? The captain doesn't necessarily need to do everything; just need to find the right person who will have fun with it
- c) Your team will perform its cheers and songs on Regatta Day to vie for fun awards for enthusiasm, look, sound, and spirit. Teams often purchase T-Shirts ahead of time so that their team is easily identifiable and helps project team spirit
- d) Each team should bring a 10x10 pop-up canopy, blankets, and seating. (And decor! Don't forget those Spirit Awards!) This is where your team will relax and get psyched up for your races
- e) Team campsites/meeting places can be erected in the parking lot of the Long Wharf Pier Building

Be proud of your choice and effort to help build a stronger community in New Haven, one that is reinvigorating its interaction with its valuable waterfront. **We couldn't do it without you.**

Thank you.