



Team Captain TIPS

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

Captain Duties - 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.**

Captain Duties - 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 2, 2018. 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: jan@canaldock.org
 - e) Make payment of \$2,000 for registration by May 31, 2018. 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 a trophy, medals 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, paddle 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 10 x10 pop-up tent, 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.