



The Institute is recruiting new members for its **Dragon Boat Team** for the “Dragon Boat Festival in 2013”.

### **Release pressure with joy, get fitness and build network.**

You neither have to be a good swimmer nor possess a well-built body to join the Dragon Boat Team. We are looking for members who are committed and have a strong team spirit to form the team. Professional coach will be engaged to train you to become a good paddler. The newly joined members, same as existing paddlers, will be subject to a selection process undertaken by the coach and the convenor if they wish to represent the Institute in open races. The criteria for selection include paddling skills, team spirit and co-operation with team members.

### **Our achievements**

On the New Year Day in 2012, our team broke the Guinness World Record of 24 hr Dragon Boat Marathon Relay by achieving a new distance of 227km.

The Dragon Boat Team participates in a number of races each year. In 2012, we were the champion of the Gold Cup at the CPA Cup – 63rd National Day Celebration Dragon Boat Invitational Race. We are going to participate at the Lamma Island race, Stanley Warm-up and Stanley Tuen Ng race in 2013.

**Dragon Boat Interest Group** will start its training from 3<sup>rd</sup> March 2013 on every Sunday until mid December. The training will start at 9:00 am at Sai Sha Wan, Sai Kung for 2.5 hour. Starting on 11 April, an additional Wednesday evening practice will be scheduled to take place at Sai Kung, from 7:30 pm until 9:30 pm in preparation for races.

If you are interested to be a paddler, please contact the convenor, Camille, at [camille\\_dodson@yahoo.com.hk](mailto:camille_dodson@yahoo.com.hk). Both new and experienced paddlers are warmly welcome to join our team. For new paddlers, we offer one month **free** trial before you commit yourself. The training fee for each paddler is \$200 each year.



## DBIG Dragon Boat Training & Race Schedule

**(March – June 2013)**

Date	Week	From	To	Venue	Event
3-Mar-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
10-Mar-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
17-Mar-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
24-Mar-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
31-Mar-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
7-Apr-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
10-Apr-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
14-Apr-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
17-Apr-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
21-Apr-13	Sun	9:30 AM	12:00 PM	Stanley Main Beach	Training
24-Apr-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
28-Apr-13	Sun	9:30 AM	12:00 PM	Stanley Main Beach	Training
1-May-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
5-May-13	Sun	Whole Day		Lamma Island - Yue She Wan	Dragon Boat Race
8-May-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
12-May-13	Sun	9:30 AM	12:00 PM	Stanley Main Beach	Training
15-May-13	Wed	7:30 PM	9:00 PM	Sai Kung	Night Training
19-May-13	Sun	9:30 AM	12:00 PM	Stanley Main Beach	Training
22-May-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
25-May-13	Sat	Whole Day		Stanley Main Beach	Stanley Warm Up Race
29-May-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
2-Jun-13	Sun	9:30 AM	12:00 PM	Stanley Main Beach	Training
5-Jun-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
9-Jun-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
12-Jun-13	Wed	Whole Day		Stanley Main Beach	Stanley Tuen Ng Race
16-Jun-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training
19-Jun-13	Wed	7:30 PM	9:30 PM	Sai Kung	Night Training
22-Jun-13	Sat	Whole Day		Tsim Sha Tsui Promenade	HK Int'l DB Race
23-Jun-13	Sun	Whole Day		Tsim Sha Tsui Promenade	HK Int'l DB Race
30-Jun-13	Sun	9:00 AM	11:30 AM	Sai Kung	Training

Day training	Night training	Races
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