

April 2010

NATIONAL DRAGONBOAT CLUB

Where teamwork equals success

UPDATES:

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TEAM UNIFORMS

Coming soon:

Regatta season
Equipment care
Play, Live, Be Tobacco-Free



FIRST PRACTICES
APRIL 17

LAUNCH!
BRING YOUR
WORK GLOVES

LAUNCH APRIL 10, 2010 - 9AM SUNNYSIDE

Get your feet wet. Be the first on the water for 2010!

STEERING CLINIC

AS usual NDC will be offering a spring steering clinic for returning and prospective steerers. The clinic is designed to provide a steering and safety overview for anyone planning to steer at Sunnyside this year.

Sunday, May 9th 9:00AM-11:00AM

FREE to all member teams (two per team), Non-member price \$10. Register via email to info@nationaldragonboat.com with your team name, participant names and relevant experience.

CAPTAINS MEETING

THE 2010 NDC Captains Meeting will take place at Sunnyside Cafe on Thursday, April 22nd from 7-8PM. The is a great opportunity to meet other captains and coaches and review NDC's policies and new initiatives for Sunnyside this year. It's also an opportunity to share information and ask questions about the upcoming season. For anyone even curious about running or starting a team this event is your chance to test the waters.

LAUNCH!

WE'LL be launching the boats this Saturday April 10th at 9AM. There'll be plenty of tea, coffee and sugary goodies to keep us fueled, bring your mug! After we launch the boats there will be a dragonboat technique overview facilitated by our expert coaching staff. This is a great opportunity to learn the essentials of the stroke. If you're interested in being first on the water for the season or if you want to try-it-out then this is a great chance to come down to the beach and get your feet wet! Please RSVP to info@nationaldragonboat.com with your team name, and number of participants.

416-532-6979

www.nationaldragonboat.com

DBC ONLINE WAIVERS

NEW for members this year we'll be offering a streamlined waiver process. Within days, all membership team captains will be forwarded a login to the Dragonboat Canada website. Once captains register their member's email addresses, each individual team member will receive an online 2010 waiver.

NON-MEMBERS and teams choosing not use the online system must still complete a paper waiver form that can be completed in advance of your first practice.

Member or not, once you've had a chance to try this system out please let us know what you think, your feedback is important.

Harmonized Sales Tax

Starting July 1st NDC will be required to charge 13% HST on all NDC services as compared with the 5% GST we have traditionally charged. The list below outlines the process for the introduction of this new mandatory sales tax;

Phase 1 - Payments for any services in 2010 received in full before May 1, only 5% GST will apply.

Phase 2 - Payments received between May 1 and June 30, for services to be rendered in the same period, 5% GST applies.

Phase 3 - Payments received after July 1st the full 13% HST will apply, regardless of when the services was rendered.

Bottom line, PAY NOW AND SAVE!!!

LEADERSHIP TEAM BUILDING



SHARE the bond--Introduce your group to the exciting sport of dragonboat. NDC's LEADERSHIP TEAM BUILDING sessions highlight the similarities between champion dragonboat crews and champion organizations. The sessions focus on effective team communication skills and building an efficient and cohesive squad.

BRING YOUR TEAM TO LIFE in a team-building session with National Dragonboat Club!



DON'T MISS THE BOAT!

FIRST
PRACTICES
APRIL 17

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NEWS FROM FLORIDA!

A number of hard working groups of NDC athletes and coaches have just returned from the 2010 Florida Training Camp in Tampa and the reviews are in, lots of mileage, fun in the sun, and hard work!

Athletes from across Canada and the US participated in the highly technical program enduring 2-3 dragonboat practices per day totaling over 120 kilometres weekly, a weight training program at the local gym, and regular video review and analysis.

At the camp, participants had a chance to use the cutting-edge [Merlin Excalibur](#) digital data acquisition paddle and review their individual performance with the expert National Dragonboat Club coaching staff.

Other events included;

- *Thursday night Snack Down* - showcasing Tampa's home teams, *TECO* and *Blade Runners* against the visiting camp participants, guess who won;
- *Paddlefest 2010* - combining OC-6 outrigger, stand-up paddling (SUP), and dragonboat racing in a round-robin format followed by well deserved ice cold refreshments!
- György "KOLO" Kolonics Memorial Biathlon - 3Km in an OC-1, C-1 or K-1, 30 chin-ups and a 3Km run. Mass start, hard racing.

Many thanks to our host-partners [Paddlecore](#) and [Outrigger Performance Advantage](#) (OPA) for putting on such great camps. Plans for the 2011 Florida Training Camps are already coming together. More details, and pictures, will be posted on the website very soon at www.nationaldragonboat.com



MEMBERS WEB PAGE

CHECK out our growing list of member teams at www.nationaldragonboat.com/teams.html. A key component of our new website is our page dedicated to our member teams, here you'll find a listing of the teams as well as links to their organizations. Support our members!

All member teams are urged to submit a logo or emblem as well as a URL to us to help us promote your crew.

TEAM UNIFORMS



THIS season NDC has partnered with [Regatta Sport](#) to provide great deals on uniforms for all teams. Regatta Sport is the standard in high-quality dragonboat racing apparel worldwide. On top of the great prices offered, NDC member teams are entitled to an even better discount, for full details [DOWNLOAD THE FLYER](#).

NDC MEMBERSHIP	PLATINUM	GOLD	SILVER	BRONZE
-Deferred payment options -Recognition and Exposure -Discounts throughout the sport -Full access to NDC programs	Corporate Membership Completely inclusive season-long training. Begins at \$10,000	Community Racing 45% off Boat Bookings 10% off coaching \$1,550	Community Sport 25% off Boat Bookings 10% off coaching \$950	Community Recreation 10% off Boat Bookings 10% off coaching \$350

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NATIONAL DRAGONBOAT CLUB

2010 SEASON

**OTTAWA
DRAGON BOAT RACE
FESTIVAL 6.19-6.20**

**NATIONAL DRAGONBOAT CLUB
TORONTO
CUP 8.14**

**GWN
DRAGON BOAT CHALLENGE
9.11-9.12**

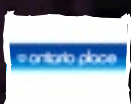
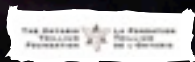
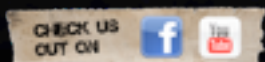
2010 MEMBERS

**MOUNT SINAI LIGHTNING NEW DRAGONS DRAGONS ABREAST I DRAGONS ABREAST II DRAGONS ABREAST III
GILDA'S DRAGONS MICHAEL POWER DR. NORMAN BETHUNE MARKVILLE SECONDARY**

Toronto Grace Health Centre The Blades Smoke on the Water Harbord CI Earl Haig Secondary RHHS Raiders

**Red Thread Dragons Team KRG Water Vipers FundSERV Toronto East General Hospital RONIN Warriors
Wild Chicks Elementary Teachers of Toronto I Elementary Teachers of Toronto II Elementary Teachers of Toronto III
MCCT Drag'n Angels Michael Power Teachers CATCH-22 Canadian Tire Kindred Spirits Father Redmond
Procter&Gamble I Procter&Gamble II TDCT TwinDragons Old Skul'd fUHNatics Iron Dragons WAHOOS!
Whiplash Windburn Aquaholics Osler Lady Dragons Spirit of Osler BMO Riptide**

HIGH-FIVE SEASON STARTS APRIL 17!



featuring
2009 RETURNING CHAMPIONS



OHDBC - Premier Women



ScotiaRougePiranhas - Premier Men - Premier Mixed



Christian Horizons
- Youth Spirit
Challenge

TITLE SPONSOR
still available !!!!

Nominate your
company !
Practice, race, party
and advertise !

TORONTO CUP

is back for
2010



plus DRAGON TUG EVENT

contested divisions

MENS/WOMENS/MIXED
YOUTH SPIRIT CHALLENGE

organized and hosted by

NATIONAL
DRAGONBOAT
CLUB

first ten entries earn
\$100 Discount +
tailwind

2000m races
included for top teams

NDC Members
\$100 Discount
+ the fastest lanes

minimum
3 RACES
for all teams

14.AUGUST
Marilyn Bell Park
TORONTO

WWW.NATIONALDRAGONBOAT.COM