
Auckland Regional Dragon Boat Championships



2023 Schools Information Pack

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About

Dragon boating is an ancient Chinese sport using long boats where paddlers sit side by side in 10 rows. Each boat is dressed in dragon heads and tails, mounted with a traditional drum the caller beats encouraging the team in time and a steerer at the rear. Colleges from all over Auckland with 500-750 students will race at Lake Pupuke over 200m and 500 m race course. It's an exciting high energy day filled with soulful fun, bonding, development and chants!

**Commitment:**

Term 1, 2x a week training, 1 day racing.
First day of training is after Waitangi Day, last day is Thursday 23 March.

Team size:

20-24 paddlers, 1x drummer, 1x steerer

Entry fee:

\$990 incl GST paid via College Sport

Race day:

Sunday 26th March, race day pack will be sent out early March.

Divisions:

Women, Mixed (minimum 8 women) & Open
NB minimum of 3 teams / division = grand final.

Who's who



Auckland Dragon Boat Committee

A dozen people passionate about dragon boating who run the sport in their spare time on behalf of all members. Your key people are:

- **Siobhan, School Liaison** for all things getting started & training related. Email: schools@adba.co.nz
- **Holly, Event Manager** for all things race day related. Email: events@adba.co.nz

Sweeps aka Steerers

Keeping the boat straight

Sweep keeps the boat straight and are trained / tested to ensure they are "aware of their environment and in control of their team". Some teachers/students have taken up this role which ensures the sustainability of the sport for the school. If you know of anyone who would like to try it out, let the School Liaison know and we'll get them trained. Alternatively if this is not an option, let the School Liaison know by mid January who will work with you to get you sorted.

Coaches

Anyone can coach

Anyone with a year or two's paddling experience can coach whether it is dragon boating, waka ama or SUP, they all relate.

Check out our [Knowledge Basket](#) for a wealth of information that will assist anyone taking up this role. If you don't have a coach, try reaching out to your network to see if anyone is keen.

Alternatively if this is not an option, let the School Liaison know by mid January who will work with you to get you sorted.

TIC/ Supervising Adult

Teacher in Charge

Most important person in College Dragon Boating.

You make it happen. You have the determination to have a team, you don't see barriers and you do everything to ensure minimum of 16 students get to each training on time, with the right gear and attitude. You ensure there is a supervision adult onsite during training that has the students NOK details in an event of an emergency.



Next Steps

If you're ready then follow Steps 1, 2 & 3.

If you want to have a chat first, we are here for you.

Email your school liaison on schools@adba.co.nz to organise a call to getting you started.

1

Enter

Complete the two (2) entry forms, confirm training days/times and ready the team for training.

2

Train

Ensure your team attends training.

3

Race

Make sure Sunday 26th March is marked in your calendars for Dragon Boat Racing.

Enter

Complete entry form

with College Sport

You will need to decide number of teams and divisions - Mixed, Girls or Open. This can be amended up until 1st March.

Click [here](#) to complete your entry details, gain principals' approval and for invoicing details (due end of March/April).

Book training

with Auckland Dragon Boating

You will need to decide training days and times. There are 2 timeslots each week day except Fridays, 4pm and 5pm. Allow 2hrs: 1hr on the water + 30mins prior & after to sort gear, load/unload the boat, allocate seats, warm up/cool down and coach briefing. Teams train 2x a week with one day between for recovery. Work with your coach to determine what day/time is preferred. **If you don't have a coach, pick the day/time that suits you or the TIC accompanying the students. Book it in, add a note in the comments section you need sweep/coach and once confirmed we'll work with you to get a coach.**

Click [here](#) to book a boat for your trainings and contact details for safety, training messages and event communications.

Ready your team

What to bring

Feel free to read our Safety Operating Procedures, in summary all participants must be able to swim 50 meters in an event of a capsize, must wear a life jacket (supplied) and will be briefed on capsize procedure. A support boat is on patrol during training, first aid kits are available in the storage area and all steers persons are maritime qualified. Supervision adult must have students Next of Kin details in event of an emergency.

Train

SOP
Life Jackets
Qualified Sweeps
Support Boat

Safety

We operate under the ADBA Safety Operating Procedures where all participants must be able to swim 50 meters in an event of a capsized, must wear a life jacket (supplied) and will be briefed on capsized procedure. Support boat is on patrol, first aid kits are available in storage areas and all steering persons are NZDBA qualified. The college must ensure supervising adult is in attendance during training with students Next of Kin details in event of an emergency.

Killarney

Westhaven

Training Venues

Killarney Park in Takapuna next to the Pumphouse Theatre. Click [here](#) for Killarney Park location.

Pier Z at Westhaven Marina next to the shower block. Click [here](#) for Westhaven location. Parking \$4 / hr to avoid \$65 ticket, free parking available Q Pier in white parks (5 min walk)

2 hours
Twice a Week

Training Time and Cancellations

Boats must be returned on the hour for the next team. Must have minimum 16 students to train, this will require good coordination from the College. ADBA will advise by midday via email if training is to be cancelled, likewise Colleges must advise ADBA by 1pm via email.

Equipment
Coaches
Sweeps
Supervising Adult

Resources

We supply boats and life jackets. If your school has paddles bring these to training, if not we have some club paddles. If you are committed to putting a team in but don't have a sweep/steerer or coach, contact us and we'll work on it for you. Colleges must have a supervising adult onsite during training with NOK details in case of an emergency.

Race

Race day starts before the crack of dawn, teams setup their 3x6 marquees on the lush lawns of Killarney Park. Coffee and food vendors are in place, MC controls the day, officials and volunteers on the ready. In the breaks the air is filled with team chat challenges (limited to 1 minute each). On a fine day entire families are spread out on picnic blankets whilst revealing in the races. On a wet day the field is alive with umbrellas and scream for their favourite team. Either way it is as exciting as the Melbourne Cup!

Team composition	Race distances	Race Day Info
Minimum of 16, maximum of 20 paddlers racing, 1x sweep and 1x drummer	3x 200 meters 3x 500 meters	Full Race pack will be sent start of March with full details.
A mixed crew must have a minimum of 8 female paddlers racing.		Sunday 26th March First race 8am Last race 4pm*
Maximum squad 26 including sweep & drummer & supervising adult		*give or take 1hr depending on weather and entry numbers.

Conclusion

Your students will learn "Followship is Leadership" a valuable lesson in a fun way. Hardest part for you, is wrangling dragons to training. We hope you choose dragon boating for your students.



Enter

\$990 including GST

Register to enter with [College Sport](#)



Train

Term 1 first day after Waitangi Day

Book training with [Auckland Dragon Boating](#)



Race

Sunday 26th March, 2023

Killarney Park, Takapuna

8am - 4pm

Email us on schools@adba.co.nz to schedule a call.

Reference

- [Capsize Procedure](#)
- [How to unload a Dragon Boat on to a trolley](#)
- [NZDBA Rules of Racing](#)
- [NZDBA Sweep Accreditation Guidelines](#)
- [Book Training](#)
- [Coaching Resources](#)

We thank you for your interest in the world's best sport and we know your students will remember it forever. Come join us, we're waiting!



Contacts

- College Sport Relationship Manager, Dean Flyger - dean@collegesport.co.nz
- College Sport Administrator, Alice Stevens - alice@collegesport.co.nz
- Auckland Dragon Boat Assn School Liaison, Siobhan - schools@adba.co.nz

