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Dragon Boat Festival & Leadership Camp

January 22-25, 2025

Bulletin #3



DRAGONS WILL BE UNLEASHED FROM ALL OVER THE GLOBE!

Argentina, Australia, Austria, Belgium, Brazil, Columbia, Costa Rica, Canada, Denmark, France, Ireland, Germany, United States, and more!

Hotel Service Provider
Hotels must be booked through:



Support Contacts:

During business hours contact: Aaron@pellucidtravel.com

After business hours contact: info@pellucidtravel.com

Course Details



Nathan Benderson Park is a world-renowned paddling and aquatics facility that has hosted multiple past international and national events where hundreds of thousands of athletes and fans have experienced unforgettable competition. Over \$40 million has been invested into the facility's development, including 2,000-meter racing lanes and straight shorelines, coaching lanes, a wave-attenuator system, starting gates and a state-of-the-art finish tower.

The 550-acre park is in Sarasota County, situated on the County line with Manatee County just to the north. The region is south of Tampa on Florida's Gulf Coast. The area is well-known as a vacation destination, famous for award winning beaches such as Siesta Beach. The Park itself is located within a vibrant entertainment district called University Town Center, consisting of dozens of restaurants, hotels and an upscale shopping mall within walking distance from the race course.

Nathan Benderson Park
5851 Nathan Benderson Circle
Sarasota, FL 34235 USA



PFDS & PADDLES

PFDs (Life vests) are required. Both paddles and PFDs will be available on site. Waist PFDs are acceptable. Safety boats with experienced dragon boat officials will also be on the water.

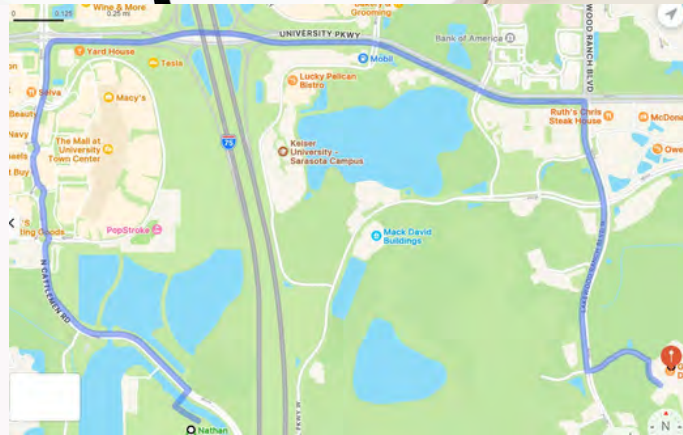


Wednesday, January 22, 6:00pm
Offsite – Opening Reception –
for Camp Attendees Only



GOLD COAST EAGLE
DISTRIBUTING

LOCATION: (OFF-SITE)
Gold Coast Eagle Distributing
7051 Wireless Court, Sarasota, Florida 34202



6:00pm – All registrants for the Leadership Camp will check in at the registration desk at the **off-site venue “Gold Coast Eagle Distributing”** for the reception and Leadership Conference with Dr. Don McKenzie. **Dinner & Drinks will be served.** After registering, attendees will sign the memory banners and pick up their On-water and Off-water clinic station assignments for Thursday morning.

- 6:30pm – Introduction to Leadership Clinic
- 7:00pm – Dr Don McKenzie
- 7:30pm – Review of Thursday’s Agenda

Prizes donated by.



Thursday, January 23

- 7:30am – Food trucks & vendors open
- 7:45am – all athlete briefing and welcome – Coach Bradley
- 8:00am – On-Water group reports to Large Tent for orientation by Coach Pat Bradley and Off-Water group reports to respective classrooms. Classrooms are all located on-site at NBP and will be announced at Wednesday’s reception. If you are unable to attend the Wed evening reception, the reception desk will be located under the NBP tower at 7:40am. You can pick up your station assignments there. Note that your badges will be color coded to determine who will start on the water and who will start with the Off-Water instruction in classrooms.
- 8:00 – 11:00 am – *Group A* – coaching | On-Water: *Group B* instruction and round tables Off-Water.
- 11:30 am – 12:30 pm – **Box Lunch provided**
- 12:30 – 4:00 pm – *Group B* – coaching On-Water; *Group A* – instruction and round tables Off-Water



PADDLERS - INSIDE + OUTSIDE THE VENUE

Some paddlers will be traveling and staying with their team leaders attending the camp portion of the event. There is a lot to do outside the venue grounds while your leaders are in sessions with the coaches and instructors on Jan 23rd. Fun activities are planned each evening!

THURS, JAN 23



Dining, Drinks & Dragons at UTC, 5-8pm

Your passport around **University Town Center Shopping Mall & Activities Center (UTC)** to enjoy cancer survivor support themed food specials, drinks & activities. Visit all stops and submit your team's map for a chance to win prizes. Concludes with a **Karaoke Party on the Green, with an Unleash the Dragons photo op!**



Private Shopping event at Dillard's, 7-9pm

Bra fittings, beauty consultations, mini facials and more!

FRI MORNING, JAN 24



Friday morning, all paddlers report to the venue by **8:00am** to meet up with the camp leaders and their fellow crew members for practice races & paddling activities. Food vendors will be on-site all day through opening ceremony

FRI EVENING, JAN 24



6:00pm - Opening ceremonies will be held before dusk, followed by a "Light Up The Lake" Walk around the beautiful lake



Friday, January 24



Coach Tim MacFarlane, our Organizer for Friday's practice day has been paddling and coaching dragon boaters for over 20 years in the Greater Toronto, Canada Area. Tim has officiated for Dragon Boat Canada, helped in the organization of Canada Day Regatta, launched a BCP team and founded the first Blind and Partially Sighted team in Toronto.

7:30 am - Food trucks & vendors open

7:40 am - **Captains** report to their space

7:45 - 8:00 am - **Paddlers** report to the NBP tower registration desk for boat assignments

8:00 - 9:00 am - **Captains and Coaches** meet their crews, seat their boats, and register team names with the officials

9:00 - 12:00 pm - **Teams** divide into groups with each group rotating through different practice times and activities. Activities will include a light practice on water which will include practicing turns and off water time to visit vendors, practice their team dance, get photos with Dr. McKenzie, make their team sign, etc. Athletes - Refer to your team captain for the practice schedule.



Supporters wishing to paddle will check-in with **Beth Turconi** anytime in the morning. Beth is President of Southern Regional Dragon Boat Association and an assistant coach at Nathan Benderson Park. Beth paddled with the Team USA Senior B Women in Thailand. She shares her enthusiasm and experience helping other paddlers achieve their dragon boat dreams.

(continued on the next page)



10:30am- 12:00 pm - “Caring for the Caregiver” - Supporters network meeting with Team Tony
(Location: Tower Classroom)

1:00 pm - Afternoon Races and Fun with Supporters

Fun races will include a 200m Relay Race. Pairs of teams will be partnered up, with Team 1 of each pair lined up at the finish line in odd-numbered lanes, and Team 2 of each pair lined up at the 200m mark in even-numbered lines. The race starts with Team 1s heading up the course to the 200m line, which when crossed permits their Team 2 partner teams to launch back to the finish line

Friday Evening, January 24

5:15pm - All Paddlers assemble in the upper parking lot at NBP for the Parade of Teams

5:30pm - Parade of Teams and Opening Ceremonies at NBP Finish Tower

Sponsored by:

CAROL TUCKER
DRIVEN BY STRENGTH, GUIDED BY EXPERIENCE

... YOU WILL BE SHOCKED

SCAN

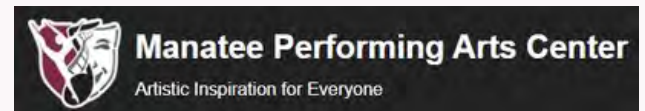
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COASTAL LUXURY PARTNERS



Suncoast Asian Cultural Association

6:00pm - Opening of ceremonies and dotting of eye of the dragon, followed by “Light Up the Lake” short walk. Family and friends are welcome to join. Team Tony bikes will lead with their lights. Light up necklaces and bracelets will be provided for all paddlers. Evening concludes at 7pm to enjoy vendors on site or meet your team members for dinner & shopping. ([Click here to see a map of the park & walking trail area](#))



Saturday - Racing (venue opens 6:30am)

7:20am - Warm Up with Club Pilates

7:30am - Food trucks & vendors open

8:00am - Saturday Races



The goal for the Saturday races is to give participants as much variety as possible within the day's racing. To that end, all crews will participate in:

- 500m race.
- 200m knockout race.
- 1km race over a 250m course.
- 500m race results will be used to seed crews into divisions of 4 crews for the 200m and 1km races.

12:00 pm - Flower Ceremony

4:00 pm - Closing Party and Beer Garden with DJ Justin Bentley
(Food included. Seating available)



*Thanks for voting for
our mascot's name.
"Smooch" says Paddles Up!*

Bring your Team Pins to Trade!
**Smooch will be happy to hold your
Team pins.**

