

DRAGONS ABREAST CANBERRA SOCIAL & CORPORATE REGATTA



Dragons Abreast Canberra is turning 20

It's time to party... Like it's 1999!

The Event

Dragon Boat ACT (DBACT) supports Dragons Abreast Canberra by conducting this special regatta where you can experience the thrill of dragon boat racing while supporting Dragons Abreast in Canberra and across the country.

A full crew consists of 20 paddlers. Don't have 20? No worries! Register yourself or a small group and we'll match you up with other fun-loving fundraisers.

An excellent opportunity for corporate team building or just a great day out with your mates!

Bring the family!

It's a birthday party! Get into the party spirit! Enjoy the food, music, and games for young and old.

Party like it's 1999

We're turning 20 years old! Think back to a time when we were planning for Y2K, Pokemon, Furby and Troll Dolls were on every kids wish list, the Matrix franchise had just begun, Star Wars Episode 1 took over the world, Lenny Kravitz invited us to 'Fly Away' and Lauryn Hill makes history at the Grammy Awards winning 5 Grammys in one night.

Dress up in your favourite 90's gear. Choose a theme for your crew or just pull out that 90s band t-shirt and cargo shorts and join in the fun.

Details

When

Saturday 9th November 2019 7:00am – 2:00pm

Where

Beautiful Lake Burley Griffin Grevillea Park, Moreshead Drive

Entry Fees

Only \$50 per paddler

Early Bird Prices!!

Register before 31 August and pay only \$45!! Entry fee includes training

Funds raised from the event will allow Dragons Abreast Canberra and Dragons Abreast Australia to continue their work in promoting dragon boating to breast cancer survivors as a beneficial exercise. The event intends to celebrate wellness, fitness, fun and camaraderie for all regatta participants, breast cancer survivors and their supporters.





Your Team

A dragon boat crew consists of 22 people: 20 paddlers, 1 drummer and 1 sweep to steer the boat. DBACT will provide a drummer and an accredited sweep for your team.

Who Can Paddle

Anyone aged twelve years and over can participate. Dragon boating is a sport for the young and old however safety protocols do not permit us to take out children under the age of twelve.

Composite Crews

If you can't muster a full team of 20 paddlers, we'll match you up with other teams to make up a crew. You will be invited to train with your composite crew to get know each other. Some members of Dragons Abreast Canberra participated in a composite crew at the International Breast Cancer Paddling Commission event for breast cancer survivors in Florence, Italy in July 2018. It was great fun to get to know other people who love dragon boating!

Training

All registered paddlers are invited to up to three training sessions in the weeks prior to the event. Training sessions are included in your entry fee. Schedules for training sessions will be confirmed closer to the event.

Registration

Email dragonsabreastregatta@gmail.com to register your interest. Online Registration will be available soon.



Prizes!!

It's not all about the racing - you can be a winner on land too!

Top Fundraiser: How much can you raise?

Fashions on the Lake: Best Dressed Team

Noise Makers: Best War Cry

Let's Get Physical: Best Team Warm Up

Go-Team!: Most Organised Team

It's About Us: Best Team Bio

Home Sweet Home: Best Decorated Tent







Equipment and Clothing

The dragon boats, paddles, and life jackets are provided. Wear comfortable clothing (in your best 90s theme, of course!). Enclosed footwear is a mandatory safety requirement: old sneakers or boat shoes are ideal - no sandals, thongs, flip flops or bare feet.

Fundraising

This event is the primary fundraiser for Dragons Abreast Canberra. A proportion of the funds raised also goes to support Dragons Abreast Australia to promote dragon boating to breast cancer survivors and support their participation in this fantastic sport. Teams or individuals can make donations in addition to their registration fees. Check out the registration page for more details about how to donate.

Contacts

Check us out on Facebook

@DragonsAbreastCanberra or email
dragonsabreastregatta@gmail.com for
more information.

Celebration and Commemoration

On the day, you can leave a message of support or remembrance on a Pink Lady Silhouette in our BCNA Mini Field of Women. We will also hold a 'Flowers on the Water' ceremony. Flowers on the Water is a very special ceremony conducted by members of Dragons Abreast Australia to honour those who have, and are continuing to travel, the path of a breast cancer diagnosis, as well as remembering those who have lost their battle.

