The Dragon Spirit and the Padder’s Oath

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The Dragon Spirit

“Play the game for the game’s sake; be modest in victory and generous in defeat.

The most important thing in dragon boating is not to win, but to take part, just as in life - it is not the triumph but the struggle.

Be true to your fellow paddler.

Paddle not for yourself but for your team.

Work hard. Be strong. Expect no reward and reward will come.”
The Dragon Spirit: Detailed Explanation

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Remember that paddlers dragon boat for different reasons. Some do it to participate, some to win, some to battle cancer, some to remember and respect
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Let's work together for a common goal: making dragon boating better for everyone, not just for your team / state.
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Train the body and the mind. Relax. Don’t put too much pressure on yourself to always. It will come when you don’t expect it.
The Paddler’s Oath

“On behalf of all paddlers, I promise to take part in this regatta showing mutual respect and abiding by the rules that govern, with the Dragon Spirit in heart and mind, for the glory of dragon boat and the honour of all teams.”
The Paddler’s Oath: Explained

“On behalf of all paddlers, I promise to take part in this regatta
• Showing mutual respect and abiding by the rules that govern,
• With the Dragon Spirit in heart and mind,
• For the glory of dragon boat and the honour of all teams.”

A paddler will represent all paddlers at a regatta.
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Refer to AusDBF Code of Conduct

Treat others with mutual respect
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Remember there are other teams out there and that we are a family, representing dragon boat in Australia and the World.