



Derwent Storms

Thank you for responding to our recent advertisement in the community papers. There are 3 x 1 hour sessions in this come and try program to be held at Motor Yacht Club of Tasmania, Ford Parade, Lindisfarne where Derwent Storms is located. Please arrive 15 minutes before each session is due to start.

Week 1 Saturday October 13, 10am: Introduction and safety briefing followed by some paddling basics, working through drills and building towards a few sprints.

Week 2 Saturday October 20, 10am: Review basics. Work on timing and technique, endurance, starts and racing.

Week 3 Saturday October 27, 10am: Technique and sprint work and a longer paddle to Geilston Bay or Bellerive.

Experience the feeling of being on the water with a team of like-minded people.

Dragon Boating is a water sport. Please wear suitable quick dry sporting clothing. Enclosed footwear is required (no boots). PFD and Paddle will be supplied, please bring a drink of water to take out into the boat. Whilst a basic level of fitness is desirable, it is a sport that you can aspire to improving your fitness and performing at a high level.

Please confirm your intention to attend via derwentstorms@gmail.com or phone Ali Mourant, Head Coach 0407 801 401 by Friday October 5.

