Welcome
to Dragonheart Vermont
Our Mission

Dragonheart Vermont strives to strengthen and empower breast cancer survivors and supporters through the challenging sport of dragon boating, instilling in its members the values of teamwork, fitness and community giving.
We have non profit status

Dragonheart Vermont is a 501(c)3 corporation.

Being "501(c)(3)" means that a particular nonprofit organization has been approved by the Internal Revenue Service as a tax-exempt, charitable organization.

Dragonheart Vermont, a charitable organization, depends on charitable contributions from the public.
Dragonboat lingo

• Paddles up! or Ready, Ready! or Attention please!
• Take it Away, or And Go!
• Power 10 Now!
• Let it Ride!
• Hold!
• Back it down
• Left/Right side draw
Seating the boat

Drummer          Front          Engine Room          Rockets          Steersperson
Seating the boat

Drummer          Front                      Engine Room                Rockets            Steersperson
Seating the boat

Drummer | Front | Engine Room | Rockets | Steersperson
Seating the boat

Drummer          Front                      Engine Room                Rockets            Steersperson
Seating the boat

Drummer  Front  Engine Room  Rockets  Steersperson
Positions in the boat

Front of the boat

• The **front six paddlers** help set the pace and should be reserved for paddlers with good long paddling strokes.

• Smaller, but strong paddlers are needed here. Paddlers in rows 2 and 3 should work with the strokes to keep good timing.

• Front paddlers need to have long strokes and be quick on the exits.
Positions in the boat

The “Engine Room”

• The middle eight or the *Engine Room* is usually reserved for the heavier, stronger paddlers.

• These paddlers need to have the strength to dig deep into solid water to gain an effective, powerful stroke.
Positions in the boat

The “Rockets”

• The *Rockets* can be smaller people but still need to be strong.
• Rockets need more skill to paddle well, to get a good catch, and go deeper and longer.
Drummer

• In a race the **drummer** watches the **lead stroke** and relays that pace to the rest of the boat via the sounding of the drum.

• The drummer relays calls from the steersperson.

• The drummer is typically a smaller, lighter person with a big voice. The drummer does not set the pace but rather echoes it with the drum as he/she beats the drum in time to the lead stroke and shouts out encouragement to the team.
Paddling Gear

• OPTIONAL
  • Wicking/fast drying tops and bottoms
  • Biking or workout gloves (to prevent blisters)
  • Water shoes or water sandals
  • Water bottle
  • Sunscreen
  • Butt Pad*

• REQUIRED
  • PFD (personal flotation device)*
  • Paddle*

*We have these items to use, located in the shed

• GEEKING OUT THE GEAR
  • Energy Gel
  • Recovery drink
  • Water with electrolytes
  • “Glide”
  • Inflatable PFD (personal flotation device)-belt or horseshoe
  • Adjustable Paddle
  • Blade cover, guard, bag
  • Wax or grip tape
DHVT Teams

Men
- Sr B (50+): "Barge Boys"
- Sr B (50-59): "Green Mountain Girls"
- Sr C (60+): "Warriors"

Women
- Premier (18+): "Fire"
- Premier (18+): "Dragonflyers"
- Sr B (50-59): "Fifty Force"

Coed
- Sr B (50-59): "Quicksilver"

BCS:
- "Sisters"
- "Soul Sisters"

Recreational/Development
- "Catch 22"

There is a seat in the boat for EVERYONE!
The 2019 coaching staff

Competitive

Men
- Sr B (50+): "Barge Boys"

Women
- Premier (18+): "Fire"
- Sr B (50-59): "Green Mountain Girls"

Coed
- Premier (18+): "Dragonflyers"
- Sr B (50-59): "Fifty Force"
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- Sr C (60+): "Quicksilver"

Recreational/Development

BCS:
- BCS: "Sisters"
- BCS: "Soul Sisters"

"Catch 22"
## Practices

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Sisters Soul Sisters Fire GMGs Warriors Barge Boys</td>
<td>High Intensity “HIP” Drop In (monthly TBA)</td>
<td>Sisters Soul Sisters Fire GMGs Warriors Barge Boys</td>
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<td>Catch 22 Dragonflyers Fifty Force Quicksilver</td>
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<tr>
<td>5:30-7PM</td>
<td>HIP: 6:30AM 5:30-7PM</td>
<td>5:30-7PM</td>
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<td>5:30-7PM</td>
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Practices

Parking:
- Free parking at the Merrill Lynch lot (after 5PM)
- Pay parking at the waterfront lots

Practices:
- 5:30-7:00 Sign up on the DHVT Calendar so boat is properly seated

The Shed (secured at all times):
- Club paddles, butt pads and pfds for use
- Changing room and storage cubbies

Water Intake and Outtake* stations are available on site!
  (Bring your own water bottles, tp is provided.)  
*Standard porta-potty
<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Nina Atkinson</td>
<td>Executive Director</td>
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<tr>
<td>Linda Potvin</td>
<td>Chairperson</td>
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<tr>
<td>Penni Cross</td>
<td>Past President</td>
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<tr>
<td>Sonja Fuller</td>
<td>Treasurer</td>
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<tr>
<td>Pat King</td>
<td>Secretary</td>
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<tr>
<td>Irene Farrar</td>
<td>Member at Large</td>
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<td>Lynn Bryan</td>
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<td>Cathy Buck</td>
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<td>Stacie Griffiths</td>
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<td>Nikki Hayes</td>
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<td>John Lentine</td>
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<td>Sue Mack</td>
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<td>Sharon Morris</td>
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<td>Baki Nelson</td>
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<tr>
<td>Nancy Smith</td>
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Who is “behind the green curtain” at DHVT

- Michelle Miller
- Neal Hayes
- Steve Murphy
- Dave Bowles
- Steve Farrar
- Donna Butkus
- PJ Cardelli
- Nikki Hayes

- Brenda Howley
- Cassy McDonough
- Bruce Nelson
- Ann Marie Plank
- Lisa Stanton
- Shannon Cunniff
- Your Board Members
- *you*
Gear

New Paddles & Used Gear
DHVT website

Special Order Team Shirts
Linda Rhoads

New Butt Pads and PFDs
Any Board Member
Navigating our Website

(www.dragonheartvermont.org)

Click on My Account/Login link in the upper right corner
At the log in screen, choose the "forgot your password" option.
Then enter your email that you gave us to receive a Password Reset Request email.
HOW TO SIGN UP FOR AN EVENT

To get to the Team Calendar click on the 2nd black bar “Dragonheart Members”
Click on Go To Dragonheart Calendar

You can navigate to other months
Hover and click on the event

RSVP by creating “1”
To edit your RSVP

You have 1 RSVP for this Event. View your RSVPs.

RSVP: Going
Type: Going

Change to Not Going
Dragon boat reference guide

• http://paddlechica.com/

• https://www.dragonboat.sport/

• http://www.usdbf.org/