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# An Introduction to NBP Paddling

Hello Future Paddler, Thanks for your interest in the NBP Paddling Program!  
Here is some information to help you learn about us.

## WHO WE ARE

### Our mission

NBP Paddling Program attempts to meet the needs for our members whether for fun, for exercise, for competitiveness, or all of the above; we have what you want.

Within our program, we also have teams for Breast Cancer Survivors ([Survivors In Sync](#)), All Cancer Survivors, and Military Veterans. In addition to our competitive NBP Dragons women, men, and mixed teams of all age brackets.

### Getting Started with Dragon Boat 101

**EVERY** paddler, no matter what their experience level, starts with Dragon Boat 101.

- This allows for a solid learning of basic skills for new paddlers.
- Allows for Beginner paddlers to learn our expectations and language for the stroke and drills.
- Allows coaches an opportunity to assess the level of Beginner paddlers.
- Ensures quality practices for Advanced paddlers

Coach and Paddler will stay in contact to deem when it is time for the paddler to move to an Intermediate level practice, and so on to Competitive level practices.

ALL Members, at all levels, can attend Strength Training, Erg Training, Stretching, Team Meetings, etc.

### DB 101 Practice Times

Dragon Boat 101 Sessions are currently at  
8:30-9:30am on Saturdays and  
4:30pm-5:30pm Wednesdays

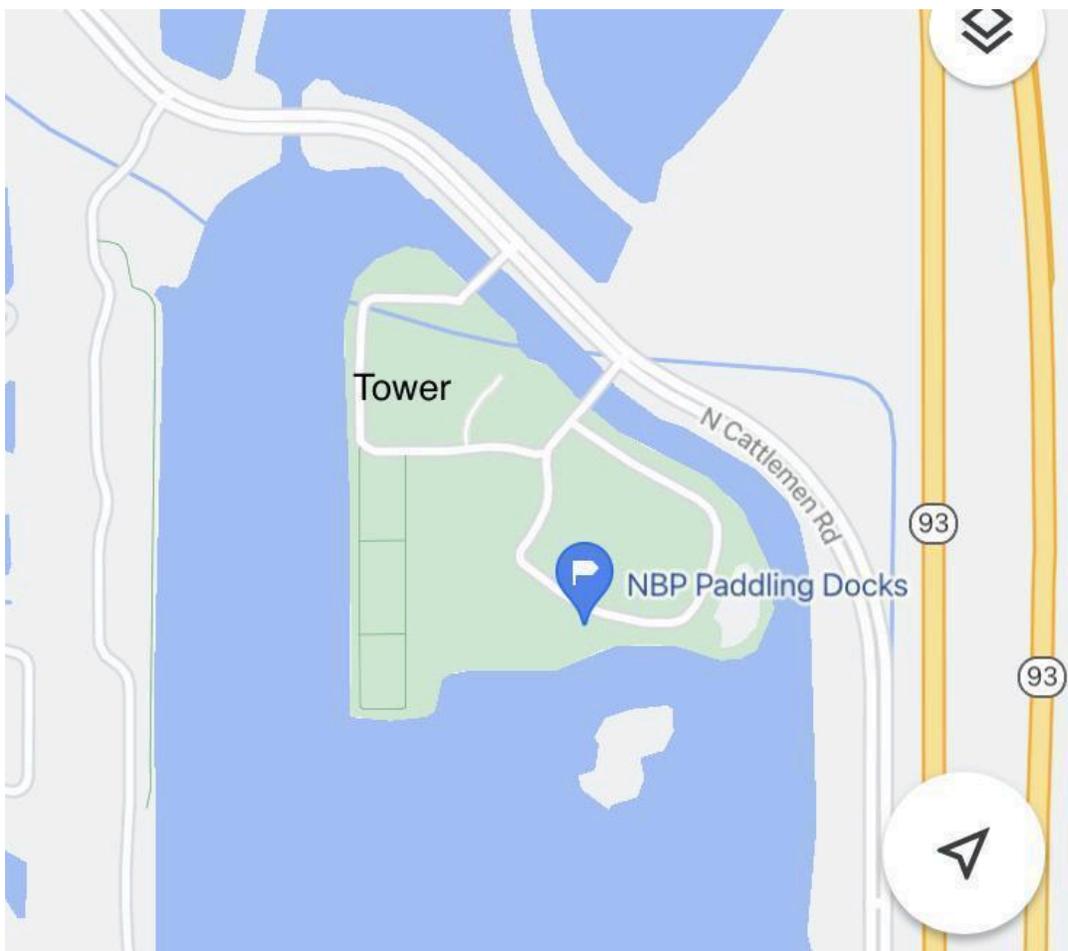
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PLEASE ARRIVE AT LEAST 20 MINUTES PRIOR TO START TIME IN ORDER TO GET EQUIPPED WITH PADDLE AND PFD.

Note: our regular team practice times are prior to 101 on Saturdays and after 101 on Wednesdays, as well as Monday evenings.

## Practice Location

Meet at the Dragon Boat Docks located at the south east corner of Regatta Island near the small boat racks. <https://goo.gl/maps/QPC42Fw6ejhXU1Bx5>



## What you will need for your First Practice

If you haven't already done so, please fill in our New Paddler form: <https://forms.gle/3PCkCHn493uBXMW66>

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This will help us stay in contact with you and learn more about your interest.

We are a growing program with opportunities for those seeking recreational or competitive level training.

- Please print and fill out the General Waiver and bring it with you to your first practice.

[https://drive.google.com/file/d/1oMSNhywHtVU8KLU-UqZTJBb43\\_kwLpAj/view?usp=drivesdk](https://drive.google.com/file/d/1oMSNhywHtVU8KLU-UqZTJBb43_kwLpAj/view?usp=drivesdk)

- Wear water wicking clothes, water shoes or tennis shoes, sunscreen and bring water. All other equipment will be provided.
- In addition, Please let us know when you would like to attend your first practices so we can reserve your spot. Angela Long [along@nathanbendersonpark.org](mailto:along@nathanbendersonpark.org)

## Becoming an NBP Paddling Member

After Your First **Free** Trial Practice, you will need to sign up for Dragon Boat 101 to be registered with the Team. For New Paddlers, DB 101 typically is 4 weeks of 101 practices if you come regularly. You can come to as many DB 101 practices a week as you like. Although there is no attendance requirement, we encourage consistency for progress.

If you are an experienced paddler, you will still register through DB 101 as described below. However, you will most likely advance quickly to our regular practices.

## Costs of Dragon Boat 101

The cost for Dragon Boat 101 is \$99 and that is for your first month of orientation of dragon boat paddling. After that, if you choose to continue, you will sign up for a monthly membership. There are price discounts depending on your length of commitment.

## How to Sign up for Dragon Boat 101

Step 1- Register at this link

[https://nathanbendersonpark.org/dragon-boat-101/?\\_gl=1\\*ytjgi\\*\\_ga\\*NTkzMTkzMjA5LjE3MzEzNDA4NDU.\\*\\_ga\\_8GYHNMJRYV\\*MTczMTM0MDg0MC4xLjEuMTczMTM0MDg2My4zNy4wLjA.\\*\\_gcl\\_au\\*MTQyODQzNjYyMy4xNzZxMzQwODQx#!event-list](https://nathanbendersonpark.org/dragon-boat-101/?_gl=1*ytjgi*_ga*NTkzMTkzMjA5LjE3MzEzNDA4NDU.*_ga_8GYHNMJRYV*MTczMTM0MDg0MC4xLjEuMTczMTM0MDg2My4zNy4wLjA.*_gcl_au*MTQyODQzNjYyMy4xNzZxMzQwODQx#!event-list)

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Note: Although Dragon Boat 101 sessions are listed as monthly registrations for accounting purposes, these sessions are ONGOING. You do not need to wait for a specific start date; there is no designated start or end time period. You can join at any time.

Step 2- Once registered, I'll receive a notification. Within a day or so I'll then manually add you to our Teamsnap platform for schedule information and communication.

If you have any questions please contact me, Angela Long at [along@nathanbendersonpark.org](mailto:along@nathanbendersonpark.org)

We look forward to seeing you on the water!

Paddles Up,

Angela Long

**Head Paddling Coach**

**Nathan Benderson Park**