



## Welcome Paddlers!

ORLANDO, FL (November 24, 2009) – We have exciting news to share with ORC members. The ORC Board unanimously carried a motion to initiate a **Dragon Boat Program** at ORC. This is an important next step to continue building a dragon boat community in Central Florida. We would like to thank our friends at [Women Playing For T.I.M.E.](#) (WPFT) and [Orlando Health Foundation](#) (OHF) for arranging the lease of a dragon boat, so that existing dragon boat teams may continue their practices at their *new* home on Lake Fairview.

Dragon boats are the world's largest flat water racing canoes, propelled by a crew of 20 plus a coach and a steersperson. Dragon boat racing is among the fastest growing team water sports. Learning to paddle is less technical and is readily available to recreational paddlers, but do not underestimate the technique and fitness demands placed on competitive dragon boat crews. The sport is recognized for the camaraderie, strength and endurance fostered among participants, and it has become a very popular corporate and charitable sport. Links to more information about dragon boating are provided below.

The Board's endorsement to create a ORC Dragon Boat Program supports ORC's mission to promote the sport of rowing in the Central Florida community and to assist Masters rowers in maintaining a healthy lifestyle. Additionally, this program will support and strengthen the partnership between Orlando Rowing Club and [Women Playing For T.I.M.E.](#), whose mission is to defeat cancer as it affects women and their families in Central Florida. Women Playing For T.I.M.E. sponsored the first Central Florida Pink dragon boat racing team - [Warriors On Water](#) - and also paddled with ORC's first Dragon Boat team – scORCh - at the 2009 WDW [Orlando International Dragon Boat Festival](#).

The Dragon Boat Program will begin immediately. Over the next six months, members of the newly formed ORC Dragon Boat Committee will be working through details for developing schedules for practices, teaching clinics and establishing essential committees to support this exciting new sport. If you have an interest in joining a committee, please contact ORC member Toni Short, who has been designated to chair the Dragon Boat Committee. We do need volunteers to help establish this new program. Toni can be reached at [tonis@signaloutdoor.com](mailto:tonis@signaloutdoor.com).

Look for additional communications about ORC's Dragon Boat Program in the days and weeks ahead. In the meantime...Welcome Paddlers!

[Breast Cancer Survivors Tame the Dragon video by Growing Bolder](#)

[Disney International Dragon Boat Festival video by Orlando Health](#)

[Orlando International Dragon Boat Festival Photos](#)

[International Dragon Boat Federation](#)

[Dragon Boat Racing Primer](#)