

THE COOPER RIVER DRAGON BOAT TEAM

The Cooper River Dragon Boat Club has been paddling on the Cooper River since our founding in 2005. We are a women's dragon boat team dedicated to the continued growth of our member's minds, bodies and spirits.

By building camaraderie in a respectful and supportive environment, we are able to increase our own physical fitness levels and spiritual well being.

We welcome women of all ages, abilities and fitness levels and strive to encourage a passion for the ancient art of dragon boating.

By participating in local, community services we are a supportive influence on women in the southern New Jersey area.

COOPER RIVER DRAGON BOAT CLUB:

CORPORATE TEAM BUILDING PROGRAM

REACH US ONLINE

www.cooperriverdbc.org
info@cooperriverdbc.org

THE EXPERIENCE

TEAM BUILDING

- There are many benefits associated with dragon boating:
- Breaks down barriers between people
- Inspires positive communication as teammates
- Builds team spirit as members cheer each other on
- Encourages mental and physical health and well-being
- Fosters a collective feeling of pride and accomplishment
- Renews energy and creativity, boosting productivity
- Leverages accountability "through a one for all" mindset

SAMPLE AGENDA

- Briefing & Background
- Warm-up Exercises
- Hands-on "Air" Paddle Practice
- On-boat Paddling Practice
- 250 Meter Race(s) – number TBD based on event length and number of participants
- Optional: Tug-O-War (final contest between top 2 teams)

DRAGON BOATING

Dragon Boating provides the ultimate team building platform to boost morale while highlighting an individual's key abilities essential for success when functioning in a group environment. It is an exhilarating and addictive sport that requires communication, the majority of which not spoken, and highly synchronized team work to be successful.

Dragon Boat Team Building events are an exciting way of getting everyone working together, and motivating and integrating staff and volunteers for companies, organizations, associations, school activities and fundraising events.

WE PROVIDE

Experienced Coach(s) and Steersperson(s)

Our coaches are highly accomplished dragon boaters and will share all necessary knowledge of dragon boating and paddling techniques with every participant. Our steers are well-trained, experienced and know the condition of the Cooper River.

All necessary equipment

Standard dragon boat(s) each with dragon head, drummer chair, drum and steering oar. We provide paddles and PFDs (personal flotation devices) to all participants

Safety Arrangement

Your positive experience and safety are our priorities. There will be a chase boat to ensure the safety of every paddler. A safety plan will be reviewed with all participants, including the Buddy System. Waivers are required, along with

WHO IS THE COOPER RIVER DRAGON BOAT CLUB

The River Sirens Dragon Boat Team has been paddling on the Cooper River since their founding in 2005. We are a women's dragon boat team dedicated to the continued growth of our member's minds, bodies and spirits.

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ADDITIONAL EXPERIENCE

If your group would like some additional time after your Dragon Boat experience, the Cooper River Boat House provides an excellent opportunity for groups to have dinner and reflect on the day's activities or have a corporate dinner and/or meeting. For more information, contact Kristen Cass at the Cooper River Boat House at (856) 661-3184.