

Wilson High School Dragon Boat Team

Wilson High School has six spots available for 14 year olds (must be 14 by April 2) to join the Portland Rose Festival Dragon Boat Race Team as fully functioning team members. They are seeking students that can swim, are comfortable around water, mature, and want to fit in well with the high schoolers.

Dragon boats is officially starting April 2nd (that's the Tuesday after spring break) and practice will be on Tuesdays and Thursdays, 4:30-6pm, and Saturdays, 8:30-10am. Our races are June 8th and 9th.

What to wear

Wear sports clothes, preferably waterproof clothes. Shoes should be sneakers or sandals. If you have long hair please put it up in a ponytail before practice. Optional are sunglasses and hats but be aware that they could fall in the water.

note no flip flops Dress like you would for a spring hike, where you expect rain. Dress in multiple thin layers with the outer part being a shell is very good. You want loose jackets for your torso since you are doing a lot of paddling motion.

Phones

You may bring them with you if you have it in a plastic bag in your pocket, or you could keep it with you backpack. This is a good use for fanny packs, or windbreakers with that poncho zipped front pocket.

Backpacks/belongings

We will be sharing a locker on the dock where you can keep your things. This locker is where we have life jackets and paddles. There is not a lot of space and even though locked, other teams have access to this locker so if you decide to leave things in it try to do so infrequently, keep the items small and tightly packed and be cautious about leaving valuables in the shared locker. Plan your school days accordingly so you can come down prepared.

How to paddle

I suggest looking up a video on YouTube on how to paddle, it's hard to explain with words but we will go over it in the first practice. Here is a video playlist built up over prior Wilson Team years, showing what we do on the water, and the type of fun we have on race weekend. https://www.youtube.com/playlist?list=PLFPmhQY0Q8528oDtb-l9HfMrY_Uw2FLi9

note that paddling is different than rowing, make sure to look up "how dragon boat paddling works"

Fee

This year we will be keeping the fee at \$100 for the season. This covers renting the boat, sign-up for race weekend, clothes (windbreaker/gloves), and food for race weekend!

Positions on the boat

Caller-this is the person standing at the front of the boat that guides you through practice

Tiller- this is the person standing at the back of the boat steering the boat through the water

Flag catcher- this is the person that climbs the head of the dragon and catches the flag on race weekend, this will become more practiced later in the season

Timers- front and back timers are in the boat at all times. These are the people in the first row and people in the middle row. All paddlers look to these people to keep them in sync when paddling. We cross time which means that whichever side you're on, you look at the timer on the opposite side. We will explain this in the first practice.

note we are always looking for people to take on these leadership roles even if you want to only do it for one practice

Wavier

If your Robert Gray student wants to participate, contact Rob Bremmer, parent/advisor/volunteer coach, rob.bremmer@gmail.com, for more details and waiver access.

This information is only for those who are joining up -

For practice to run smoothly we would like you to have communication with our captains if you are not able to make practice. My phone number (Kelsey's) is 503-462-5682. Call if you can't make it and also if you are running late.

Rob Bremmer

Cell: 503-544-3339