



*IN CHINESE CULTURE THE GOLDEN DRAGON IS A SYMBOL OF  
GOOD FORTUNE, STRENGTH, PROTECTION, HARMONY*

# Welcome

## Virginia Kendrick – Club Manager

*Our mission: To promote dragon boating through fitness, team-building and competitive racing, all while upholding values of honesty, integrity, response and sportsmanship*

DRAGON BOAT RACES ARE  
NOT WON BY THE STRENGTH  
OF THE ARMS, BUT BY THE  
UNITY OF THE HEARTS -  
CHINESE PROVERB



# Types of Racing

Level 1 (Community Festival)	Level 2 (Sanctioned/Highly Competitive)
Cultural celebrations centered around traditional dragon boat races with more relaxed rules	Organized by the USDBF and IDBF with very specific rules and regulations set by the governing body* (Requires Team to provide <u>sweep and drummer</u> .)
Fun Festival atmosphere with Community involvement.	USDBF membership required (\$40/year/paddler)
Charitable in nature	Not fundraising. Organized for a high level of competition as preparation for USDBF/IDBF races.

*\*Note: IDBF – International Dragon Boat Federation  
USDBF – United States Dragon Boat Federation  
SRDBF – Southeast Regional Dragon Boat Federation*

# 2026 Race Schedule

*All races are tentative depending on level of interest and festival requirements*

FESTIVAL NAME	DATE	CITY	Level 1	Level 2
The Asian Festival DB Race	5/17/26	Columbus, OH	Yes	
Central Florida DB Challenge	5/23/26	Leesburg FL		Yes
Montgomery DB Festival	6/13/26	Montgomery, AL	Yes	
Cooper River DB Regatta	6/20/26	Philadelphia, NJ		Yes
Chicago International DB Festival	7/25/26	Chicago, IL	Yes	Yes
Richmond International DB Race	8/1/26	Richmond, VA		Yes
Johnson City DB Festival	8/1/26	Johnson City, TN	Yes	
Emory Valley Center DB Festival	8/15/26	Oakridge, TN	Yes	Yes
Atlanta Hong Kong Festival	9/12/26	Gainesville, GA		Yes
Peachtree City DB Festival	9/26/26	Peachtree City, GA	Yes	Yes
First Annual Women's DB Challenge	10/17/26	Leesburg, FL		Maybe
TELLICO HEAT INTRA-CLUB RACES	10/?/26	Tellico Village, TN	Yes	Yes
Lake Hernando DB Race (Sanctioned)	11/7/26	Hernando, FL		Yes

# Level 1 Community Festival Racer Expectations

Accountable

Commit to attending at least 2 race paddling sessions/week for 2 weeks prior to the race

Training

Training to race 200 and 250 meter races.

Attitude

Commit to focused training when in the boat, positivity, and supportive of teammates.

# 2026 Level 1 Race Schedule

DATE	FESTIVAL NAME	CITY	ST	10 Man	20 Man	Drive Time	Race Distance
5/17/26	The Asian Festival Dragon Boat Race	Columbus	OH		Y	5.5	250-300
6/13/2026	Montgomery Dragon Boat Festival	Montgomery	AL	Y	Y	5	200
7/25/2026	Chicago Int'l DBF	Busse Woods	IL		Y	8.5	2x200 2x500
8/1/2026	Johnson City DBF	Johnson City	TN		Y	2	200
8/15/2026	Emory Valley Center	Oakridge	TN	y	?	0.5	200
9/26/2026	Peachtree City Dragon Boat Festival	Peachtree City	GA		Y	4	200
10/?/2026	TELLICO HEAT INTRA-CLUB RACES	Loudon	TN		Y	0	220

# Level 2 Sanctioned/Highly Competitive Racer Expectations

Accountable

Commit to attending at least 2 race paddling sessions/week throughout the season with emphasis on the critical 4 weeks prior to a race.

Training

Training to race 200, 500 and 2000 meter races with potential goal of participating in the Club Crew Championship. (building toward 2027)

Attitude

Commit to focused training when in the boat, positivity, and supportive of teammates.

Racing Criteria

Meet Technical Ability, Fitness and Attendance requirements to compete.  
Team will be Assigned by Coaches

# 2026 Level 2 Race Schedule

DATE	FESTIVAL NAME	CITY	ST	10 Man	20 Man	Drive Time	Race Distance
5/23/2026	Central Florida DB Challenge	Leesburg	FL	Y		9	2x200, 1x400
6/20/2026	Cooper River Dragon Boat Regatta	Philadelphia	NJ		Y	10	200/500
7/25/2026	Chicago Int'l DBF	Busse Woods	IL		Y	8.5	2x200 2x500
8/1/2026	Richmond International	Richmond	VA		Y	8	3 X 500
8/15/2026	Emory Valley Center	Oakridge	TN	y		0.5	200
9/12/2026	Atlanta Hong Kong Festival	Gainesville (Lake Lanier)	GA	y	Y	3.5	250
9/26/2026	Peachtree City Dragon Boat Festival	Peachtree City	GA		Y	4	200
10/17/2026	First Annual Women's DB Challenge	Leesburg	FL	?	Y	9	
10/?/2026	TELLICO HEAT INTRA-CLUB RACES	Loudon	TN		Y	0	220
11/7/2026	Lake Hernando	Hernando	FL	Y	Y	9	300 Top 5 - 2k

# 2026 Anticipated Race Practice Schedule

April				May				June				July			
W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
				Level 1 Asian Festival Training-6/13				Level 1 Montgomery Training-6/13				Level 1 Johnson City Training-8/1			
				Level 2 Central Florida Training-5/23				Level 2 Cooper River Training-6/20				Level 2 Chicago Training-7/25 AND Richmond Training-8/2			

Aug				Sept				Oct				Nov			
W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
Level 1 Emory Valley Training-8/15						Level 1 Peachtree City Training-9/26									
				Level 2 Atlanta-Lake Lanier Training-9/12				Level 2 Women's Challenge Training-10/17				Level 2 Lake Hernando Training-11/7			

# SAMPLE Individual Race Schedule

*All races are tentative depending on level of interest and festival requirements*

FESTIVAL NAME	DATE	Level	Option	Example A	Example B	Example C	Example D
The Asian Festival DB Race	5/17/26	Level 1	Pick One		Yes		
Central Florida DB Challenge	5/23/26	Level 2		Yes		Yes	
Montgomery DB Festival	6/13/26	Level 1	Pick One		Yes	Yes	
Cooper River DB Regatta	6/20/26	Level 2		Yes			Yes
Chicago International DB Festival	7/25/26	Level 1/2	Open	Yes		Yes	
Richmond International DB Race	8/1/26	Level 2	Pick One	Yes		Yes	
Johnson City DB Festival	8/1/26	Level 1			Yes		Yes
Emory Valley Center DB Festival	8/15/26	Level 1/2	Open	Yes	Yes	Yes	Yes
Atlanta Hong Kong Festival	9/12/26	Level 2	One or Both	Yes			Yes
Peachtree City DB Festival	9/26/26	Level 1/2		Yes	Yes	Yes	
First Annual Women's DB Challenge	10/17/26	Level 2	One or Both	Yes			
TELLICO HEAT INTRA-CLUB RACES	10/?/26	Level 1/2		Yes	Yes	Yes	Yes
Lake Hernando DB Race (Sanctioned)	11/7/26	Level 2	Sanctioned	Yes		Yes	Yes

# CAPTAINS CALL!!!!

*All races are tentative depending on level of interest and festival requirements.  
We must have a captain for each festival or we may have to cancel the race*

FESTIVAL NAME	DATE	Level	Captain
The Asian Festival DB Race	5/17/26	Level 1	
Central Florida DB Challenge	5/23/26	Level 2	
Montgomery DB Festival	6/13/26	Level 1	
Cooper River DB Regatta	6/20/26	Level 2	
Chicago International DB Festival	7/25/26	Level 1/2	Julie Walters
Richmond International DB Race	8/1/26	Level 2	
Johnson City DB Festival	8/1/26	Level 1	Mary Ann McKittrick Tamisiea
Emory Valley Center DB Festival	8/15/26	Level 1/2	Jane Coggins
Atlanta Hong Kong Festival	9/12/26	Level 2	Donna Byers
Peachtree City DB Festival	9/26/26	Level 1/2	Deb Smith
First Annual Women's DB Challenge	10/17/26	Level 2	Julie Walters
TELLICO HEAT INTRA-CLUB RACES	10/?/26	Level 1/2	
Lake Hernando DB Race (Sanctioned)	11/7/26	Level 2	

# Use the Web Site

The image shows a two-step process of navigating a website. The top screenshot shows the 'Tellico Heat DBC' website with a 'Resources' dropdown menu open. An orange arrow points from the 'Get Ready to Race' option in the menu to the second screenshot. The second screenshot shows the 'Get Ready to Race | Tellico Heat' page, which features a large orange banner with the text 'Get Ready to Race' and a green button labeled 'Captain's Corner'. Below the banner is a photo of dragon boat racers and a group photo of the team.

<https://tellicoheat.com/racing-information/>

<https://tellicoheat.com/captain-corner-2026/>

# Key Things to Consider *Coaches*

- Level 1 racing teams will be assigned prior to the two-week training period but will change for each festival depending on the festival options and requirements.
- Level 2 racing team will primarily stay together with some rotation for those unable to attend specific races.
- If you aren't training for a race, you may attend a race practice at the level best suited to your ability as a substitute (with coach's approval) or attend a fitness paddle.
- **REST AND RECOVERY ARE CRITICAL!!!!**

# TENTATIVE Practice Times

*All races are tentative depending on level of interest and festival requirements*

Day	Time	Practice Group
Monday	9:00-10:00	Level 1 Racing
	10:15-11:45	Level 2 Racing
Tuesday	9:00-10:00	Intro/Level 1 Fitness
	10:15-11:45	Level 2 Fitness
	6:00-7:00	Fitness
Wednesday	9:00-10:00	Level 1 Racing
	10:15-11:45	Level 2 Racing
Thursday	8:30-10:00	Endurance
Friday	9:00-10:00	Intro/Level 1 Fitness
	10:15-11:45	Level 2 Fitness
Saturday	9:00-10:00	Level 1 Racing
	10:15-11:45	Level 2 Racing
	10:15-11:45	Level 2 Fitness



## Requirements for Sanctioned Events

- All team members must be a member of the USDBF

- All team members must provide registration proof when going through marshaling

- All teams must provide a drummer

- All teams must provide a sweep

- Drummer is responsible for communicating race committee flags to the sweep

- Sweep must keep the boat in the middle of the lane.

# Racer Group Feedback

- Thoughts on Number of racing opportunities
- Thoughts on variation of Racing opportunities
- Thoughts on Practice Schedule and times
- Thoughts on bringing in outside paddlers if insufficient members interested to fill a boat
- Thoughts on team assignment methodology for racing

# Remember...

- No Captain → No Compete
  - *We can't participate in festival without a captain*
  - *Captain's guide is available on THDBC website*
- No Pay → No Paddle
  - *Boat registration fees are due 4-6 weeks prior to the festival and there is no refund*
- No Show up → No Session
  - *We need at least half a boat full to take it out*
  - *Please show up if you sign up, find a sub or notify the coach/sweep in advance when possible*

*Fill out your interest survey and turn in to Jodie or Virginia*

# Questions?????



Paddle More  
Age Less!

