

SYNERGY DRAGON BOAT RACING SERIES

Captain's Packet – Contents

Team Registration Form

Team Roster Form

Team Captain Check-Off List

Rate Sheet with payment instructions

SOAR Waiver (make a copy for each member of team)

Basic Commands

Starting Line Commands and the Race

How the Competition Works

Series Points Competition

Where is Everything

Rules

SYNERGY DRAGON BOAT RACING SERIES

Team Registration Form

Company/Organization/Sponsor:	Team Name:
Captain's Name:	Phone #:
Email:	Alt #:
Mailing Address:	

Event your team is entering (discounts if registering for more than one event at once) :

- Spring Into Dragon Boat Racing -- 16 April
- Fall for Dragon Boat Racing -- 10 September
- Series Finale – 19 November

Select your team's division:

- Corporate/Community (includes 2 practice sessions)
- Elite (no practices included).

Tell us a bit about your organization or team:

(i.e. About the group/company, what your team hopes to gain by participating, have you done dragon boating before etc..)

For more information contact:
 Will Murphy
 954-922-3388
 WillMurphy@SOARteam.com

Submit Payment & Forms to:
 Synergy Outdoor Adventure Resources, Inc.
 2040 Polk Street
 Hollywood, FL 33020

SYNERGY DRAGON BOAT RACING SERIES

Team Roster Form

For mixed elite and corporate/community divisions, the ratio is no more than 6 men and no fewer than 4 women paddling per boat. The drummer may be male or female and does not count toward those totals.

TEAM NAME: _____

- | | | |
|-----------|--------|----------------------------------|
| 1. _____ | M or F | ___ Waivers signed and submitted |
| 2. _____ | M or F | ___ Waivers signed and submitted |
| 3. _____ | M or F | ___ Waivers signed and submitted |
| 4. _____ | M or F | ___ Waivers signed and submitted |
| 5. _____ | M or F | ___ Waivers signed and submitted |
| 6. _____ | M or F | ___ Waivers signed and submitted |
| 7. _____ | M or F | ___ Waivers signed and submitted |
| 8. _____ | M or F | ___ Waivers signed and submitted |
| 9. _____ | M or F | ___ Waivers signed and submitted |
| 10. _____ | M or F | ___ Waivers signed and submitted |
| 11. _____ | M or F | ___ Waivers signed and submitted |
| 12. _____ | M or F | ___ Waivers signed and submitted |

Alternates:

- | | | |
|-----------|--------|----------------------------------|
| 13. _____ | M or F | ___ Waivers signed and submitted |
| 14. _____ | M or F | ___ Waivers signed and submitted |
| 15. _____ | M or F | ___ Waivers signed and submitted |

(Slot 1 is for team captain. Slots 11-15 are for alternate paddlers. Include your drummer, whether or not your drummer will be paddling.)

SYNERGY DRAGON BOAT RACING SERIES

Team Captain Check-Off List

The following items have been submitted to SOAR:

- Registration Form and Fee (See Rate Sheet)
- Team Roster & Profile
- SOAR waiver signed by every participant
- USACK waiver signed by every participant
- Clear copy of photo id for each team member

Pre-Race Check Off:

- Practices scheduled and confirmed (corporate/community teams)
- All participants know racing schedule, how to get there, parking
- Check Synergy Series on Facebook for any updates
- Post on Facebook telling other teams they are about to be crushed

Race Day Check Off:

- Set of copies of all waivers for race day (to remain with captain)
- Copy of photo id for each team member
- List of contact info for all team members
- Roster has enough members and complies with 6/4 ratio
- Team canopy tent

SYNERGY DRAGON BOAT RACING SERIES

Rate Sheet – Spring/Fall/Finale 2011

SPRING/FALL/FINALE	Elite/Community	Corporate
Received On or before 26 February/23 July/1 October (Super Early Bird)	\$300 per crew	\$400 per crew
Received On or before 19 March/13 August/22 October (Early Bird)	\$325 per crew	\$425 per crew
Received On or before 2 April/27 August/5 November (Regular)	\$350 per crew	\$450 per crew
Late Registration (If Permitted)	\$450 per crew	\$550 per crew (Practices <i>if</i> avail.)

Top three crews receive ten (10) medals. Additional medals available for additional fee.

Multi-crew discounts:

Three or more related crews consisting of no more than twenty-four (24) total paddlers (e.g. a team with a coed crew with its paddlers also on a related men's crew and a related women's crew) – \$150 off total fees for the combined crews.

Four or more related crews consisting of no more than twenty-six (26) total paddlers (e.g. a team with two coed crews and the same paddlers are on a related men's crew and a related women's crew) – fourth crew is free (Savings of at least \$300) This is instead of the three-crew discount.

Payments should be made to “SOAR” and delivered as follows:

Synergy Outdoor Adventure Resources, Inc.
2040 Polk Street
Hollywood, FL 33020

**SYNERGY OUTDOOR ADVENTURE RESOURCES
WAIVER, RELEASE FROM LIABILITY AND IMAGE RELEASE**

PLEASE READ CAREFULLY BEFORE SIGNING

I acknowledge that sporting events and activities of Synergy Outdoor Adventure Resources, Inc. (hereinafter SOAR) test physical and mental limits and carry the potential for death, serious injury, or property loss. With full knowledge of the activities involved, I HEREBY ASSUME THE RISKS OF PARTICIPATING IN A SOAR EVENT OR ACTIVITY.

In consideration of permission to participate in a SOAR activity (including but not limited to dragon boat training and racing and related activities) and other adequate and sufficient consideration, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns:

a) I WAIVE, RELEASE, AND DISCHARGE from any and all claims or liabilities for death or personal injury or damages of any kind, which arise out of or related to my participation in, or my traveling to and from the SOAR event, THE FOLLOWING PERSONS OR ENTITIES: Synergy Outdoor Adventure Resources, Inc. (SOAR); the Event Director; the Event Owner; Sponsors; Participants, Hosts/Land Owners, Coaches; Trainers; and the officers, directors, employees, volunteers, representatives, and agents of any of the above (collectively, the SOAR Entities); b) I AGREE NOT TO SUE any of the SOAR entities for any of the claims or liabilities I have waived, released or discharged herein: and c) I INDEMNIFY AND HOLD HARMLESS the SOAR entities from any claims made or liabilities assessed against them or any of them as a result of my actions except those resulting from the willful acts or gross negligence of any such SOAR entity.

==> I hereby authorize any licensed physician, emergency medical technician, hospital or other medical facility, or other personnel to treat me for the purpose of attempting to treat or relieve any injuries received by me arising out of or relating to the SOAR event. I authorize the performance of any procedures deemed medically advisable in attempting to treat or relieve any such injuries. I consent to the administration of anesthesia as deemed advisable. I understand that there is a possibility of complications and unforeseen consequences in any medical treatment, and I assume any such risk.

==> I also grant permission for the use of my name and or likeness related to my participation in any event conducted by SOAR. I also grant the use of my voice and any and all recorded and or filmed/video/photographed footage of me, and further waive all rights to any compensation, as a result of my name or likeness being used in any way.

_____ I AM OVER THE AGE OF EIGHTEEN (18) YEARS. I HAVE READ, UNDERSTOOD AND AGREE TO THE FOREGOING.

_____ I AM UNDER THE AGE OF EIGHTEEN (18) YEARS AND I HAVE READ THIS DOCUMENT. MY PARENT/GUARDIAN HAS ALSO READ AND COMPLETED THE SECTION BELOW.

PRINT NAME: _____ E-MAIL ADDRESS: _____

SIGNATURE: _____ DATE: _____

PARENTAL CONSENT

(If applicant is under 18 years of age, a parent or guardian must execute, in addition to the foregoing Waiver and Release, the following, for and on behalf of the minor.)

I, _____, the parent and natural guardian or legal guardian of _____ (hereinafter "the minor") hereby executes the foregoing Waiver and Release for and on behalf of the minor. I hereby bind myself, the minor and all other assigns to the terms of the Waiver and Release and authorization for medical treatment. I represent that I have legal capacity and authority to act for and on behalf of the minor named herein, and I agree to indemnify and hold harmless the SOAR Entities mentioned above for any claims or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the Waiver and Release and authorization.

PARENT/GUARDIAN SIGNATURE: _____ DATE _____

RELATIONSHIP TO MINOR: _____

SYNERGY DRAGON BOAT RACING SERIES

Basic Commands

Your steersperson will use the following commands to control the boat. It is important that you respond to those commands quickly and efficiently. Please keep conversation in the boat to a minimum so that everyone can hear the commands. . It is a mark of a well-disciplined crew that all hands respond to commands and they do so promptly. This helps with safety and looks cool.

“Back Paddle” – what it sounds like. Turn back over your outside shoulder with your paddle blade just above the water. On the command “Ho” put your blade in the water and rotate forward, pushing water toward the front of the boat. The boat will move backward. Isn’t physics cool? The sequence will be “Back Paddle. Set. Ho!”

“Let it Ride” – stop paddling and remove your paddle from the water, letting the boat glide. This is a very popular command at the end of the race. But wait for it.

“Take it Away” – start paddling when you hear “Ho!” A typical sequence is “Nice and Easy. Take it Away. Ho!”

“Set” – also **“Ready ready”** or **“Paddles Up”** Assume the ready-to-paddle (not the ready to be paddled) position. For most teams, this means leaning forward, the bottom arm (hand near the blade of the paddle) extended, the blade poised just over the water. When it is time to paddle, **“Ho”**

“Hold the boat” – “Hold water” or “Hold hard” Put the paddle blade in the water to stop the boat. You must respond to this command, and the others, quickly. “Hold Hard” usually means your crew is not acting fast enough to stop the boat. Insert the blade all the way into the water and push it forward to slow the boat more quickly. If you slack off and let the boat crash, expect a bill.

“Skeg” – similar to “Hold the boat” but turn the paddle 90 degrees so it faces you and put it in deep, past the hull. Helps slow the boat from being pushed sideways by a crosswind.

“Draw” – not an invitation to a gun fight. This means to turn to the side, place your paddle blade in the water so that it faces you and draw water underneath the boat, pulling the boat sideways. This is usually used to get the boat to the dock when you are next to it, or by the first row only to correct the angle of the boat. If the command is “Number one, draw left” then ONLY the paddler on the left side of row one will draw stroke. Do NOT lean out when using this stroke.

“Flare the boat” – also **“outriggers”** or **“steady the boat”**. Place the blade of your paddle just under the surface of the water and parallel to it (flat). Hold firmly. This makes the boat more stable.

Note that your drummer will be looking straight back at the steersperson, and can help to relay commands that not all paddlers hear.

SYNERGY DRAGON BOAT RACING SERIES

Starting Line Commands and The Race

The Starter will get your boat to the start line and lined up with the other boats by using these instructions. The Starter is speaking to your steersperson. Your steersperson will then issue commands to the crew to comply with what the Starter needs. You must be quiet and paying attention for this process to work. If your crew does not respond correctly, there will be delays and possibly penalties.

Getting to the Start Line

The Starter will usually get the boats roughly lined up with each other well behind the start line, then have them all move to the start line together. All the boats will stop before crossing the line. Accomplishing this is not easy and requires that paddlers respond quickly and correctly. You may hear the Starter say “Boat 1, bring it up.” If you are in Boat 1, your steersperson may say “Two strokes, nice and easy, set, Ho!” Your crew should then perform two strokes and then let the boat glide unless and until otherwise directed. To make fine adjustments to speed, your steersperson may ask that some, but not all paddlers speed or slow the boat.. For example, the steersperson may say “Row 5 only, two strokes, set, Ho!” Then only the 2 paddlers sitting in row 5 (the last row in a mini dragon boat) should execute two strokes.

At the Starting Line

Once the boats are lined up at the starting line, the Starter will call out:

“Are You Ready?” Or “One Minute to Start” Unless a steersperson or drummer waves an arm overhead to indicate the boat is not ready, the Starter will proceed to the next command:

“Attention Please” At this command, all paddlers should assume the ready-to-paddle position. You may use either a “wet” or “dry” start. In a wet start, paddle blades are inserted into the water prior to the start, but NO paddling occurs prior to the starting gun. Paddling prior to the start is grounds for a penalty. In a dry start the paddles are just above the water. Shortly after calling “Attention Please” the Starter will start the race:

Unless an official tells you that there will be a different signal, an Air Horn will sound to begin the race.

The race.

If there is a false start or the race is otherwise stopped, the race officials will sound three short blasts of the air horn or otherwise signal that the crews need to stop racing. In that event, all crews should stop paddling. Your steersperson will have you either let it ride or hold the boat (See commands).

Please note that the actual finish line is in the video being taped at the end of the race. It is near, but not necessarily exactly the same as, the line of the finish line buoys. Do not stop paddling until your steersperson tells you to. Dragon boat races are often decided by very small margins – stopping paddling a few strokes early could cost your team.

Also note that your drummer must begin to actively drum within the first ten (10) seconds of the race and continue to do so throughout the race.

After the Race

Once your race is over, it is ok to cheer, laugh, throw up or otherwise express your relief, joy, etc. in a safe manner that does not capsize the boat. However, you still need to listen for the commands of the steersperson. **On our race course at Quiet Waters, you will need to “hold the boat” very soon after crossing the finish line, so be ready to do so when your steersperson calls for it.** He or she needs to get you back to the dock so you can reach dry land and really celebrate, and so another crew can get to their race on time. Please be prepared to paddle back to the docks right after your race ends. Once at the dock, the Marshaling Officials will direct you in leaving the boat safely and quickly. You must exit the boat and leave the dock as soon as you can do so safely.

SYNERGY DRAGON BOAT RACING SERIES

How the Competition Works

This may be modified, and does not apply to marathon-style events:

250m

If you are in the corporate/community division, your team will race in two preliminary heats. Your times in those heats will be combined, and your team will be ranked against all of the teams in your division. Time permitting you will also be paddling in an exhibition, the distance and rules of which may vary. The exhibition does NOT affect the final standings. In the Elite division, you will have just one preliminary heat. The top three teams will be placed in the championship final, the fourth, fifth and sixth fastest in the first consolation final, seventh through ninth in the second consolation final, etc. Your team's final placement will be determined by how it finishes in its final. No team may finish higher than a team in a higher final. For example, if your team is in the championship final, and it finishes that final in 1:30 behind the other two teams in the championship final, and the winning team in the first consolation final finishes in 1:25, your team is still third, and the winner of the first consolation final is fourth, even though their final time was faster. Simple, right?

500m

Only elite division teams will be racing 500m at this regatta (except possibly in an exhibition). They will have one preliminary heat. They will then be placed in the championship final, first consolation final, etc. Their final placing will depend on how they place in the final. As with the 250m, a team may not be defeated by a team in a lower final.

Awards will be presented soon after all results have been finalized.

SYNERGY DRAGON BOAT RACING SERIES

Series Points Competition 2011

In addition to the competition to win at each event, there is a points competition to be the series winner within each class. The team with the most total points wins the series for its category. Points are awarded as follows:

Participation Points

A crew gets two points for each event at which it participated. Participation points all count toward a crew's total, no matter how many events the crew attends.

Competition Points

A crew gets one additional point for each team it defeats at a given festival. However, a team only keeps its two highest competition points awards, including any awards of zero points. For elite teams, if a marathon event only has one set of placings, then competition points are doubled for that event.

Example: Monster Paddlers is a coed community division team. It enters all three events. Monster gets six points for its participation (three events at two participation points each). At the Spring Into Dragon Boating event it finishes fourth of five teams in its division. That is worth one point. Undeterred, the team prepares and returns for Hot Summer Racing and finishes third of seven teams, for four points. And at the Series Finale, the team is synergized and finishes first of 10 teams, earning nine more points. The lowest competition point award is the one point Monster Paddlers received in the Spring race. So that point is thrown out. Therefore Monster Paddlers gets 22 points.

6	Showing up at 3 events for 2 points each
-	4 th of 5 in Spring Into Dragon Boating (one point is not included)
7	2 nd of 9 in Fall for Dragon Boat Racing
<u>9</u>	1 st of 10 in the Series Finale
22	TOTAL POINTS

For Elite teams, points are calculated separately for the 250m and 500m races, as above, then added together, so that there is a single series champion for each Elite class. An Elite team that attends all three events may keep its competition points in the 250m race for an event at which its 500m points are thrown out, and vice versa. As stated above, if a marathon event has elite teams competing in just one competition, then competition points for that event are doubled.

SYNERGY DRAGON BOAT RACING SERIES

Rules

1. All participants must check in prior to racing. Please try to bring your entire team to registration at one time with all IDs, copies of IDs, copies of proof of employment (for corporate division teams) and your completed roster. If you have not checked in, you are not going to be allowed to board the boat. (Registration will be in the Marshaling Area).
2. Cross-rostering is not permitted. No person may paddle in both the Elite and Corporate/Community Divisions. No person may paddle on more than one team in the same division. Paddling on either a men's or women's team and an Elite Mixed team *is* permitted. Tampering with, removing, altering or trying to defeat any measures designed to prevent cross-rostering, such as wrist bands, is not permitted.
3. ALL participants must wear (zipped and clipped) PFDs at all times when on the dock on in the boat. Do not step on the dock prior to getting your PFD on. Do NOT start to remove your PFD until you are off the dock and on dry land. (A PFD is a personal flotation device, some people refer to it as a "life vest" although it cannot be guaranteed to save your life.)
4. Please follow all directions of Race Officials. Please follow directions of volunteers, including those in the Marshaling Area.
5. Please arrive at the Marshaling Area ten (10) minutes prior to your scheduled heat. Please note that your boat must leave the dock approximately five (5) minutes before your scheduled heat to be certain of getting to the start line on time. Your team **MUST** be at the Marshaling Area prior to the boats being at the dock, or you will be subject to penalties, including being scratched from the race. Once the dock is clear of paddlers from the prior heat, marshaling officials will begin loading those crews who have assembled on time, those crews will depart for the start line, and if your crew is not at the start line when the other boats are, the starter will begin the race without you. We don't want to do that, so please be in marshaling well before the boats arrive at the dock.
6. Please have one representative (captain or the captain's designee) to communicate with marshaling area volunteers.

7. Please know beforehand where everyone will be sitting in the boat so that the crew weight will be well-balanced both from left to right and front to back. There are five (5) rows for paddlers in the boat. Each seats two paddlers – one on the left and one on the right. Row 3 is the widest and rows 1 and 5 the narrowest. Typically teams put their heaviest paddlers in row 3 and their lighter ones in rows 1 and 5. If your crew weight is too far out of balance, your steersperson will require that you rearrange your crew. The paddlers in Row 3 load into the boat first. They should be wearing PFDs prior to the preceding team leaving the boat. The rest of your crew can receive PFDs from the preceding team AFTER that team has left the dock and BEFORE your crew steps onto the dock (see rule 1). Rows 2 and 4 will load next and finally the drummer rows and 1. You may use your own Type III PFD as long as you check it in with us prior to racing. Inflatable PFDs are acceptable if they inflate automatically on immersion. Those that require user activation are not acceptable. You may also use your own IDBF-approved dragon boat paddle if you check it in with us prior to racing.
8. If you are not at the Marshaling Area on time, or not at the start line on time, a penalty may be assessed, or you may be scratched from the heat. We want you to be able to race in every one of your heats. Please keep track of your team members and your schedule.
9. Please sit down promptly when entering the boat. When your seatmate is on the bench, you should both slide all the way to the outside of the bench (“butts to the gunnels”). Your steersperson may ask some paddlers to slide an inch or so in to adjust the balance.
10. The steersperson is in charge of the boat. A steersperson we supply will not prevent you from implementing your own race tactics (provided they are safe and sportsmanlike), but follow the commands of the steersperson at all times. A list of the basic commands with their meanings is included in your registration packet.
11. Once all paddlers are in the boat, a volunteer will confirm that all paddlers are on your team and that you have the right number of each gender. Remember that your drummer may be of either gender and does not count toward the required ratios.
12. Mixed gender team may have no more than six (6) male paddlers. If a mixed team has only three (3) women in a heat, it must race with no more

- than five (5) men (i.e. no more than eight (8) paddlers). All teams must have at least eight (8) paddlers to race. Men's teams may have only male paddlers, women's teams may have only female paddlers. Corporate and community teams are mixed gender. (If enough corporate and community teams want to field single gender teams, we will add divisions for that.)
13. All teams must have a drummer, and the drummer must be registered to race. Drummers may drum for more than one team. If you do not have a drummer, we can probably provide one for you – the earlier you ask, the better.
 14. Treat the equipment gently. Please do not place the tip of the paddle on the ground or use it to push against the dock.
 15. There should be no intentional splashing.
 16. **Your crew, including the drummer and steersperson must comply with the directions of the umpire and starter. Failure to do so will be penalized and may result in the assessment of substantial time penalties and other penalties, including disqualification. If you want an advantage, train harder or smarter, don't try to game the system. Don't make us spoil the fun with penalties, please just play it straight.**
 17. Your drummer must begin to actively and loudly drum within ten (10) seconds of the start of the race and continue drumming loudly during the remainder of the race. (One or two pauses totaling ten seconds or less will not be penalized.)
 18. While in the boat, do not stand without the express prior permission of the steersperson.
 19. Do not intentionally rock the boat.
 20. For steerspeople, steering oars must remain in the water throughout the race, and the boat must remain in the center of its lane (no wake riding). (If you intend to use a steersperson other than the one we supply, you must advise us of this when you register, and your steersperson will need to be approved prior to race day. You assume all risk of using any particular steersperson.) Note that on our course there are yellow markers separating the center lane (lane 2) from the outer lanes (lanes 1 and 3, with lane 1 being nearest to the finish line tent and on the left when viewed from the starting line).

However, the only markers on the outside of lane 1 or 3 are larger red buoys at the 500m start, the 250m start and at the finish. Our lanes are very wide for safety and to be forgiving to less experienced steerspersons. Intentionally crowding the neighboring lane will be penalized and may result in disqualification.

21. You must race in the lane assigned. In two-boat heats, you will be assigned to lane 1 or lane 3. This is for safety and fairness. Please do not request to switch to lane 2 for a two-boat heat.
22. All team members who start a heat must be aboard at the finish.
23. All teams must return to the Marshaling Area promptly on the conclusion of their race.
24. Please do NOT approach the Finish Line tent or the officials there unnecessarily or in any event without their permission. They must not be disturbed immediately before, during or immediately after heats. If you need to speak to them, please ask another event volunteer to contact them for you.
25. There should be no unsportsmanlike conduct.
26. Protests may be registered with the head official, and in her absence, with another race official, and should be made as soon as practical.

Please make sure that ALL your paddlers are familiar with these rules and with the commands. Please strictly follow these rules. Failure to follow them can impair safety, slow down the event, and can result in disqualification and other penalties for your team. If you are unsure about any of the rules, please ask us at your earliest opportunity. We do not want to have to assess any penalties. The rules are here for your safety, for fairness and so that we can complete the racing in a timely way. Our goal is for everyone to have a good time, while making new friends in a great park!

SYNERGY DRAGON BOAT RACING SERIES

Where is everything?

Getting to the Park

The regatta takes place in Quiet Waters Park, 401 South Powerline Road, Deerfield Beach, FL.

From the north, take I-95 south to exit at Hillsboro Boulevard westbound. Turn left (south) on Powerline Road. The park entrance is on the right (west) side between Hillsboro Boulevard and S.W. 10th Street.

From the south, take I-95 north to exit at SW 10th Street and go west. At Powerline Road turn right (north). The park entrance is on the left (west) side of Powerline.

From U.S. 441 (State Road 7) go east on Hillsboro Boulevard. Turn right (south) on Powerline Road. The park entrance is on the right (west) side between Hillsboro Boulevard and S.W. 10th Street.

Getting in the Park

There is a small fee to enter the park. This is not included in your regatta entry fee.

Getting to the Event Within the Park

Turn right after you enter the park and follow the main road around to the Lakeside Marina. The Team Tent Area is east of the building at the Lakeside Marina, but ends ten (10) meters west of the Finish Line Tent. If you set up your tent further east, you may not hear announcements, including those calling your team to marshaling. If you drive up (carefully) to unload gear, you still must park your vehicle in the parking lot.

The Marshaling Area,

The Marshaling Area, where the docks are, is west of the building at the Lakeside Marina.

Restrooms

There are restrooms behind the Announcer's Tent. They are on the east side of the building.