



TEAM CAPTAIN GUIDE

RACE DAY ★ MAY 10, 2025

POINT MALLARD BEACH ★ DECATUR, ALABAMA



PRESENTED BY
'TORAY'



Dragon Boat racing is making a splash again in North Alabama. This is your guide to leading your team on and off the water. You get the chance to give back to your community and bond with your team while competing for the title of Grand Champion!

*The Decatur Morgan Hospital Foundation Dragon Boat Race & Festival will be **Saturday, May 10, 2025**, at Point Mallard Aquatic Center Beach. It will feature competitive racing, cultural activities, entertainment and lots of fun! You can decorate your tent, show off your team t-shirts, bring food, make it a tailgate party with friends – enjoy the experience. At practice, your team will learn competitive strategies. Raising money for the thousands treated at Decatur Morgan Hospital makes it that much more of a special event.*

Also, team captain updates will keep you informed throughout the process, particularly as race day nears. The email updates will come from foundation@dmhnet.org.

HISTORY

According to legend, Dragon Boat racing originated in China more than 2,300 years ago when the popular patriot and poet, Qu Yuan, felt disenfranchised by a corrupt government and drowned himself in the Mei Lo River. Upon learning of his death, people raced to the river in fishing boats and beat the water with their paddles to keep fish from Qu Yuan's body and ward off evil spirits. According to one theory surrounding this sport, the dragon is said to be the most venerated of the Chinese zodiac and symbolizes control over the water.

The popularity of Dragon Boat Racing has exploded in North America and across the world with an estimated 50 million participants in 67 countries. There are about 175,000 participants in the U.S. and 150-plus recreational dragon boat clubs that practice regularly and compete in festivals and championships across the country and beyond. There are more than 100 dragon boat festivals in the U.S.

DONATIONS

Paddlers competing in the Decatur Morgan Hospital Foundation Dragon Boat Race & Festival are asked to raise donations in support of our community hospital. Proceeds will be used to purchase new diagnostic and life saving equipment at Decatur Morgan Hospital. Each paddler can help achieve this goal by asking friends and family for small (or large) donations, which can add up quickly. This money is vital to help the hospital treat the more than 75,000 patients annually who need its services, regardless of their ability to pay.

We encourage all teams to set their team goal of raising \$2,500. The team that raises the most money will receive the Top Fundraising Team Award and will also have the opportunity to select their team tent location first at the following year's event. Each paddler raising \$100 in donations or \$2,500 per team will receive an event t-shirt. We appreciate your efforts and for your contribution to the healthcare of our community.

Team Captains are responsible for collecting and turning in all donations. Checks should be made out to Decatur Morgan Hospital Foundation. Online donations can be made on the Foundation website at decaturmorganfoundation.org/dragon-boat. Click on the Support Your Team button to make a donation. Be sure to enter your team name on the form in order to get credit for the donation.

DETAILS YOU NEED...

THE TEAM

You may have a maximum of 25 team members. Each team must have 8 female paddlers in each race. The minimum age is 15. Teams race with 20 paddlers and a drummer. The steerer and boat will be provided by race management. Four members of the 25 on your team can serve as alternates. You can rotate your alternates between races should you like. You must have a minimum of 16 paddlers to participate on race day. Your team may consist of fellow employees, friends and family. You don't need experienced team members. Dragon Boat paddling is easy to learn; the techniques and logistical information you need are taught during practice.

Note: It is best to use a small person on your team as your drummer. For safety reasons, there is a weight limit for drummers (180 pounds). It is also ideal for this person to have a strong voice and good rhythm.

EACH TEAM WILL RECEIVE THE FOLLOWING:

- ★ Each team will have a 10'x10' space reserved for your team area (tent and other supplies not provided)
- ★ Use of Dragon Boats & Equipment
- ★ Life jacket/PFD (team members may use their own Coast Guard approved PFD)
- ★ One on-water practice prior to race day
- ★ Sponsoring company and team name will be posted on the event web site
- ★ Sponsoring company and team name announcements throughout the race

PRACTICE SESSION

Each team may request one practice session. Practice sessions will be 75 minutes. Practice times are on a first come, first serve basis. Team Captains will again be able to schedule their practice session on-line at SignUpGenius.com. We will email Team Captains the SignUpGenius.com invitation to begin this process. You may only sign-up for one session and we will only email the Team Captain. Once every team has signed up for a practice session, we will allow teams to schedule additional practices at \$50 per session.

WHAT TO WEAR TO PRACTICE:

- ★ There is a good chance you will get a little wet while paddling. Comfortable shorts and dri-fit shirts are most convenient
- ★ Sport sandals, or water shoes are recommended.
- ★ Life vest will be provided, but you may wear your own U.S. Coast Guard approved life vest should you like.
- ★ Hat or visor to keep the sun out of your eyes
- ★ You may bring water to drink on the boat.

NEW TEAM CAPTAINS

The Foundation Staff encourages new team captains to contact the Foundation office at any time for additional information.

TEAM REGISTRATION

Team registration fees are \$1,500. Please complete a Team Registration form and return to the Foundation office with payment. Each team member is required to complete a waiver form or use E-Waiver System before getting on a boat. These forms may be turned in at the Team Captain meeting or before your team practice. You are not required to complete a roster form, but waivers are mandatory.

FESTIVAL DAY

Your team should arrive at the festival early enough to allow you time to unload your belongings, park and meet together before arriving at your team designated area. Teams are encouraged to unload items at the venue Friday afternoon beginning at 3PM before the event. Security will be on-site overnight before the event.

RACE FORMAT

Each team will race at least two times on race day - once in the morning and once in the afternoon. Depending on your race time, your team may qualify for a semi-final and final race. You will receive a race schedule by email showing what time your team races in the morning. The best times from the final race will determine Grand Champion, Silver & Bronze winners.

WHAT TO BRING

Each team will have a 10'x10' space reserved for your team area. You can bring a 10'x10' tent, chairs, tables, decorations, food, non-alcoholic beverages, games, sunscreen, hat, garbage bags, towels, comfortable shoes, etc.

TENT SITE SELECTION PROCESS

The information below outlines the tent site selection process for Sponsor Teams and Non-Sponsor Teams.

SPONSOR TEAM TENT SITE SELECTION PROCESS

Tent sites for sponsors and their teams will be in the premier area close to the VIP Tent, stage area, team marshalling, restrooms and concessions.

- ★ *First pick goes to the Presenting Sponsor.*
- ★ *The remaining order of sponsor site selection will then be based on the value of sponsorship plus any additional money raised, provided it is received in the Foundation by 4:00 PM Friday, May 2nd. When there is more than one sponsor at the same level of sponsorship, the order will be determined by the number of years sponsoring this event and the date the sponsorship fee was received.*

NON-SPONSOR TEAM TENT SITE SELECTION PROCESS

Tent sites will be selected on-line with SignUpGenius.com.

The order of selection will be based on the following:

- ★ *First pick is given to the Top Fund Raising Team from the previous year.*
- ★ *Second pick is given to the Grand Champions from the previous year.*
- ★ *Site selection will then go to the teams based on this year's fund raising efforts. The amount of money raised including the \$1,500 team entry fee received in the Foundation office by 4:00 PM Friday, May 2nd will determine the order of site selection. When there is a tie for total money raised above the team entry fee, the order will be determined by the team with the most years of participation and the date the entry fee was received.*
- ★ *All of the remaining teams will then simultaneously receive an invitation from SignUpGenius.com to select their team tent site from the sites remaining.*

Once the tent site selection process is completed, we will provide all Team Captains and Sponsor contacts with the locations selected, along with a location map prior to the event. Sites will be marked prior to set-up time 3:00 PM on Friday, May 9th and will allow for an orderly set-up process. Please take advantage of this and inform your teammates.

CONTACTS

Decatur Morgan Hospital Foundation
256.973.2187
foundation@dmhnet.org
DecaturMorganFoundation.org

RACE DAY

SATURDAY, MAY 10, 2025
9AM-4PM

Dotting of the Dragon's Eye Ceremony
8:30AM

Point Mallard Aquatic Center Beach