

Burloak Dragonboat Program Overview

What is Dragonboat?

Dragonboat is a 10-seat boat which holds 20 people. It is made up of 10 right sided paddlers and 10 left sided paddlers. It is the ultimate team sport, if you do not work together, you will not move very quickly.

What to expect when you get to the club?

Paddlers should arrive 10-15 minutes before their practice time and meet under the Green Tent on the right side of the clubhouse near the water. They may gather there and meet with their team captains and coach to get organized for their session.

How long is each session?

Each session is 1-hour. While we do our best to get you on the water for the full hour, it does take time to load the boats and exchange life-jackets and paddles. Therefore, it is best to arrive a few minutes early to be organized in your team to go down to the dock in an orderly fashion. Your coach may also have just finished a session and you must meet him/her on the dock.

What do I wear?

I always suggest dressing for any outdoor activity (weather permitting), the closest form of activity to Dragonboating would be outdoor running. Expect to get a bit wet and bring a change of clothes for after. There are only 2 single use washroom facilities, so it is not a bad idea to bring a towel to change at your car. Footwear; running shoes (you don't mind getting wet), sandals or barefoot.

What does a practice entail?

At Burloak, we are fortunate to have many Provincial, National and Olympic level athletes. Your coach will tailor each session to your needs; typically, this consists of a warm up (on water), technical drills and a workout of some kind to help your team work together and get a sweat on.

Any other questions, please don't hesitate to get in touch with our Dragonboat Coordinator:
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