



# American Dragons (Singapore)

UEN: T13SS0049K

[www.americandragons.sg](http://www.americandragons.sg)

## **Venue:**

Kallang Riverside Park, Singapore. Near the Singapore National Stadium. See Figure 1.

## **Recommended Day / Time:**

Weekend mornings or weekday afternoons are the recommended times (others can be arranged). Typically the event lasts 2 to 4 hours depending on the event specifics and the needs of your organization.

## **Recommended number of Participants:**

Our boats each hold 18 paddling participants (and 2 of our event staff) and we own three boats. We can arrange to use 1-2 additional boats if required. We would recommend that your team consists of no less than 12 people, we can provide additional paddlers as needed to balance the numbers. See Figure 2.

## **How the event works:**

- a. Arrival, Orientation and Introductions
- b. Safety notice
- c. Briefing on the historical and modern history of dragon boating
- d. Land training
- e. Stretches and Warm-Ups,
- f. Water training in the boats
- g. After the training, the participants will race each other in a “best out of three” short distance race series. See Figure 2.

After the event, there are various options. Beer and a post-event meal can be added as optional extras. Awards such as medals or trophies can be arranged too, or hats for all participants. We will customize the event to meet your group's requirements.

**What the American Dragon Boat Team provides:**

- Two to Five Dragon Boats (depending on participant numbers)
- Paddles for all participants
- Life Vests for all participants
- Experienced event staff from the American Dragon Boat Team
- Experienced steersmen for all boats
- Orientation, Coaching and Training
- Water and 100 Plus Isotonic Drinks for during and after the event
- A fun and unique team building event

Additional/Optional: Catering, Beer, Medals, Hats, etc. (details to be discussed)

**Other:**

Dress in beach / boating wear, (including sunblock, sunglasses, & hat if desired plus shoes or sandals that can get wet). Paddlers may also bring a change of clothes for after the session. You will get wet, though not soaked.

Payment to: "American Dragons (Singapore)" via check/cheque, or in cash.  
An official receipt will be provided upon request.

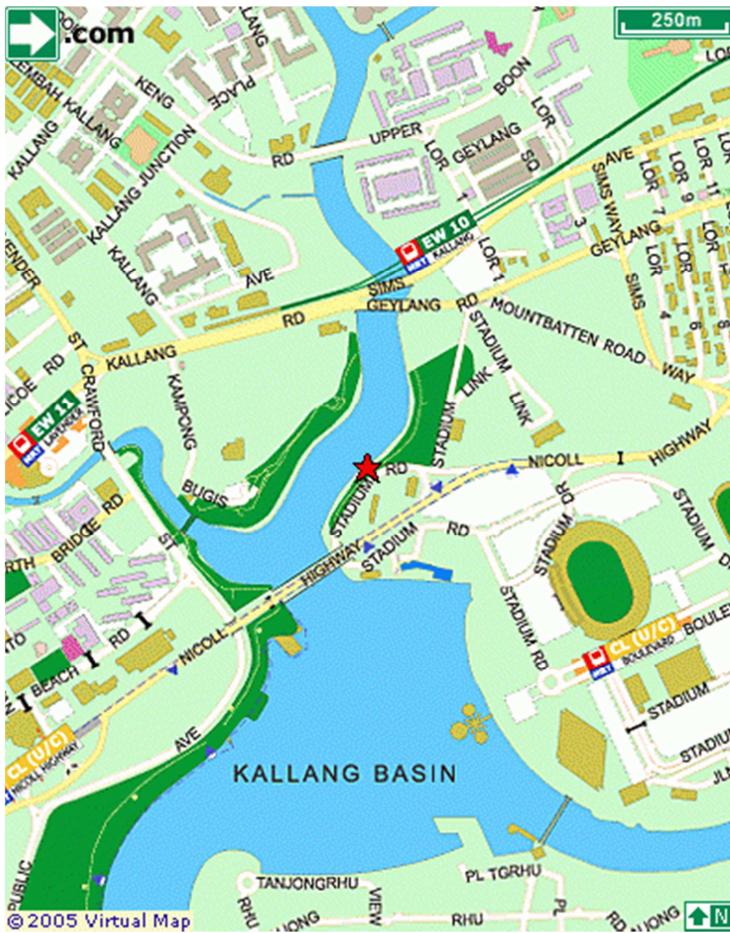


Figure 1: Event Location: Kallang Riverside Park



Figure 2: Dragon Boat Racing (note – drums / drummers will not be in use in this event)