



JOIN US! CAPITAL CITY DRAGONS

YOUTH DRAGON BOAT PADDLING TEAM



Capital City Dragons is recruiting!

What: Have fun, compete against other youth teams and adults in local and regional competitions. Some of our paddlers even competed for Team USA at the world level!

Learn teamwork, sportsmanship, leadership, and form new friendships with teen across the DC metro area and beyond!

Who: Teens of all genders ages 12 to 18. No experience required!

When: Sunday mornings and Wednesday evenings (contact the Head Coach for exact times)

Where: Anacostia Community Boathouse
1900 M Street SE, Washington, DC 20003

No experience required! Try out a practice at no cost!

Contact Head Coach James Dunbar at youth@ncawpa.org for more info!

Frequently Asked Questions

Q. What is dragon boating?

A. Often called the "ultimate team sport", dragon boating is a sprint paddle sport in a long, 20-person canoe with a drummer in front and a steersperson in the back. That's 22 people working together to make the boat go fast! One of the fastest-growing water sports in the world, races can bring hundreds to thousands of athletes!

Q. Do I need to know how to swim?

A. No need! All youth paddlers wear personal flotation devices (PFDs) at all times when on the water.

Q. What equipment do I need?

A. None! Our club provides the PFDs, paddles, and the boat. All you need to bring is yourself, a water bottle, and some clothes you don't mind getting wet.

Q. Can I try out a practice?

A. Absolutely! Email Head Coach James to schedule a time to come out to one of our practices!



Check out our website!

WWW.NCAWPA.ORG



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youth@ncawpa.org

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