



2nd Annual “Stoke Your Stroke” Workshop

May 21 - 22, 2011

Lloyd Hall, Kelly and Waterworks Drive, #1 Boat House Row, Philadelphia, PA 19130

Presented by



Featuring

Introductory Paddling Clinic

An introduction to the sport of dragon boat racing including a brief history of how the sport has evolved Internationally and in North America; introduction to basic team organization, paddling technique, training methods and race preparation. The clinic will involve an active indoor morning workshop, at noon a lunch provided by session organizers, then afternoon on-water sessions including videotaping with subsequent review by professional coaching staff. **Time 9:00 am - 4:00 pm. Price: \$50.00**



Introductory Coaching Clinic

For new coaches who aspire to train local teams or who wish to work in the festival delivery industry. This clinic will provide an introduction to the basic elements of coaching novice to intermediate corporate and community teams. The clinic is suitable, but optional, for persons who wish to volunteer to coach teams registered for the Philadelphia International Dragon Boat Festival. Completion of the course will provide Level I accreditation to those who wish to work for Pan Am Dragon Boat at client festivals in the USA. Level I is a pre-requisite for those interested in participating in the Level II Coaching Clinic (*exemptions may apply for coaching with a documented history of intermediate level coaching*). **Time 9:00 am - 4:00 pm. Price: \$150.00**



Level II Coaching Clinic

This intensive two-day workshop is intended for experienced coaches who wish to enhance their skill set and knowledge of dragon boat sport-specific training methodology. Focus is on a scientific approach to building appropriate energy systems and paddling technique for competitive club or national team athletes. Instructors will provide both classroom and on-water instruction. Candidates without Level I accreditation may receive a prerequisite exemption based on coaching experience in the sport. **Time: Saturday, May 21st, 9:00 am - 3:00 pm AND Sunday, May 22nd, 10:00 am - 2:00 pm. Price: \$275.00**

For questions regarding the workshop please contact: info@panamdragonboat.com

Race Day is Saturday, October 1, 2011



[Click Here To Register](#)