



LAKE JAMES

DRAGON BOAT FESTIVAL

TEAM CAPTAIN'S PACKAGE #1

We are only 9 days away from the big event!! Please be sure to pass this information along to your team members and comply with all deadlines.

For additional information and up-to-the date messages concerning the festival, go to the event website: www.lakejamesdragonboat.com/team-captains-information.html . If you cannot find answers to your questions on the website, feel free to call **High Five Dragon Boat** at 813-426-3544.

DEADLINES

- **All team registration Fees, Rosters and Waivers should be submitted NO LATER THAN MONDAY, October 8th.**
- Submit your roster early, if possible! You can edit/update your roster up until the Team Captain Check-In on Saturday.
- Captains will receive FINAL Roster/Waivers Update Wednesday morning.

PRACTICES

- The Team Captain Info page on the event website shows the latest practice information. <http://www.lakejamesdragonboat.com/team-captains-information.html>
- Each team (non-club) receives one practice slot. High Five Dragon Boat provides the boat, paddles, life vests, and coach/steersperson for your team.
- To schedule your practice, review the open practice slots on the Team Captain Info Page, and email your 1st and 2nd choices to Practice@HighFiveDragonBoat.com. You will receive an email once your time is confirmed.
- Practices will be located at
Paddy's Creek at Lake James State Park
2785 North Carolina 126
Nebo, NC
- For comfort, team members may want to bring:
 - A team dry bag for keys, wallets, etc. that can be left on land in one person's car or with a family member staying on land.
 - Comfortable shoes that you don't mind getting wet
 - Comfortable clothes that you don't mind getting wet
 - A Seat Pad for the boat -- an hour is a long time to sit on a little wooden bench and paddle. Garden kneeling pads from Walmart or Lowes work well
 - Bottle of water or sports drink-- bring it in the boat.
 - Change of clothes or a sweatshirt to wear afterwards if it's cool out -- being wet in cool air isn't fun.
 - Sunglasses for both sun protection and keeping the splashes out of your eyes
 - Sunblock

EVENT DAY

Please coordinate logistics with your team members. Your team members should arrive by 8:00 am *at the latest* to ensure your team will participate – RACES WILL NOT BE DELAYED FOR LATE-ARRIVING TEAMS. Allow ample time to unload your belongings, park and meet at your team tent. Bring your own chairs, tables and blankets.

TENTATIVE EVENT DAY SCHEDULE (subject to change)

7:15-8:15 am	Team Captain check in
8:15 am	MANDATORY Team Captains' meeting
8:30 am	Waking of the Dragon
8:40 am	Marshalling begins for Round 1
9:00 am	Round 1 Racing Begins
10:55 am	Marshalling begins for Round 2
11:15	Round 2 Racing Begins
12:00 pm	Lunch Break *
12:30 pm	Survivor Ceremony
12:40 pm	Marshalling begins
1:00 pm	Round 2 Racing Resumes
2:10 pm	Marshalling Begins for Championship Round
3:30 pm	Championship Round begins
4:30 pm	Awards Ceremony

**Food Trucks available during lunch break (starting at 11am)*

WHAT TO BRING

- Team tent or canopy
- Sunscreen
- Table(s)
- Towels
- Chairs
- Extra dry clothing
- Decorations
- Comfortable shoes
- Games (football, Frisbee, corn hole, etc.)
- Garbage Bag(s)

RACE SCHEDULE

The Race Schedule and additional information will be provided in TCP #2 next week. Remember, Teams must report to marshalling **20 minutes BEFORE** their scheduled race time. The Race Time indicated on the schedule is *when the starter's horn goes off to begin the heat*.

LOOK FOR YOUR TCP #2 NEXT WEEK WITH MORE INFORMATION!