

Who Can Take Part

Dragon Boating is a recreational activity that anyone can take up. It is for community groups, youth organizations, corporate employees, families and individuals who can compete at different levels according to their goals or physical fitness. Anyone can do it, either simply for fun, or with more serious goals in mind. NO PREVIOUS EXPERIENCE is necessary! Young people, older people, men, women, stronger, weaker people, dragon boating is for everyone. That's what makes the sport so special. So come on and take the challenge and enjoy this new experience!



Cyprus Dragon Boat Association (CYDBA) www.noa.org.cy/db

The Cyprus Dragon Boat Association was formally constituted in 2009 as a non-governmental, non-profit organization. It meets regularly for the purposes of participating, developing, promoting and contributing to the sport of Dragon Boating Racing on an educational and technical level. Since 2009, the CYDBA has been successfully organizing the annual Limassol International Dragon Boat Races which take place in Autumn. In 2009, Races were held as part of the annual Limassol Sports Festival (Lemesia). Since then, the races are being organized exclusively by our association. Over the past years, crews from abroad (Russia, Dubai) and local teams (canoers, rowers, boy-scouts, military, schools, companies, clubs etc.) took part to make the races both competitive and very enjoyable!

The CYDBA currently maintains four fully-equipped dragon boats at the Famagusta Nautical Club in Limassol. Certified coaches may offer training to those who want to just try it out or to those who want to practice regularly. Everyone is welcome to join!

Dragon Boat Training and Contact Information

When: Weekends at 11am.

Location: Seafront by the Famagusta Nautical Club, Limassol.

Contact information:

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Website: Cyprus Dragon Boat Association www.noa.org.cy/db

Dragon Boat Related Web Links

International Dragon Boat Federation: www.idbf.org

European Dragon Boat Federation www.edbf.org



COMMENTS!!!

"It was my pleasure to help you out for the 3rd Cyprus International Dragon Boat Race. It was a great pleasure for me. As far as I can tell you from my experience you are absolutely on the right way. The race was well organized and I saw many many happy faces" **Felix Meier**
President of Swiss Dragon Boat Federation

"Crews from Russia (Russian Forwards) and Dubai (Dubai Sea Dragons with paddlers from 6 Countries on board) made the races truly 'international' and a British crew from the nearby Royal Air Force base at Akrotiki, added to the international flavour and brought a sense of humour to the event. Five local crews completed the pack, including a very strong crew from the Cyprus Canoe Federation (CCF), to make the racing, held within the breakwater on Limassol's central seafront, both competitive and very enjoyable, There was a great relaxed atmosphere throughout the weekend with the International Crews helping the local crews out with additional paddlers and giving them 'paddling tips'." **Mike Haslam**
IDBF Executive President



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History of Dragon Boat

Dragon Boating has its roots in Chinese tradition and culture. The event is said to have originated over 2000-years ago, from the actions of the great Chinese poet and philosopher, Qu Yuan, who committed suicide in the river Mei Lo, as a protest against the political corruption of the day. To commemorate this sacrifice the people began to organize Dragon Boat Races in his memory.

Each boat symbolizes a dragon, hence the name dragon boating. The Dragon has a very symbolic meaning for the Chinese. With its strength and power the Dragon rides the clouds in the sky and commands the wind, mist and rain. The boats have dragon heads for bows, and dragon tails for sterns. The paddles symbolically represent the claws.



Description of The Dragon Boat



In Dragon Boat Racing there are generally 18-20 paddlers per Standard size Dragon Boat and 8-10 paddlers in the Small boat, plus a drummer and a steerer (helm). The boats are raced in distance of 200, 500 or 1000 meters in sport racing, or up to even greater distances in traditional festivals. Not only are strength, endurance and skill important but teamwork and harmony of purpose. There is no other paddle sport in which 22 people work together to create a team result rewarded through the efforts of the whole crew, rather than a few individual performances.

A Standard-Size Boat



The Steerer



The Drummer



Competitive and Festival Racing

Dragon boat racing falls into two categories: **The Competitive racing** and **The Festival (Recreational) racing**. Competitive racing is done by highly trained, elite club and national teams. However, Festival racing has been developed for recreational training and racing championships or events, which gather a large number of people who just want to socialize, have fun and enjoy the many excitements the sport has to offer. A big factor contributing to dragon boating's popularity is the fact that a crew can very quickly become competitive, without prior knowledge of the sport itself or any other relative paddle sport. Many crews that take part in these recreational events come from community groups, company groups or other organizations, and they participate to achieve greater group unity, to sharpen their team spirit, or simply to get a better opportunity to socialize.

Competitive Racing



Festival Racing



