

Welcome to The Eh Team - 2012

Members of the False Creek Racing Canoe Club (FCRCC) Vancouver, British Columbia, Canada

The Eh Team consists of a group of dragon boat paddlers age 50 plus who practice dragon boating twice a week in False Creek during spring, summer and early fall. Throughout the season we compete in regattas selected by the team.

History

- "The Eh Team" is a Dragon Boat Racing Team, formed in the year 2000 for men and women 50 years of age and over, looking for a sport with a challenge.
- The team is comprised of paddlers, including a steersperson and a drummer. We hire a professional coach for training.
- Our team roster is currently over 35 paddlers, which allows us to accommodate multiple boat entries at regattas and allows for people on vacation etc. **We are currently recruiting new members.**
- We participate in regattas from May to September and although we are a senior's team, we compete against teams of all ages.
- Over the past 12 years, we have raced in Vancouver, including the Rio Tinto Alcan Festival. We have competed in other local regattas and have travelled out of town to compete in Victoria, Nanaimo, Whistler, Harrison Lake, Kelowna, Seattle and San Francisco.
- We have won numerous ribbons and medals, including a gold medal at the first annual Taiwanese Dragon Boat Festival in the mixed division and a gold medal in the Senior's race in Kelowna in 2010.
- After many seasons, the team agreed to become more competitive and with that goal in mind, each team member was encouraged to strive for their best fitness level.
- We are a fun team dedicated to the sport of dragon boat racing.

"We paddle for fun, but race to win"

Website

To obtain the latest information about our team and its activities, visit our website at the following address: <http://theehteamdragonboating.com/>

The website can also be located by searching under the key words, The Eh Team dragon boats. A member's only section is under development. Check the site for updates.

How to join or obtain further information about the team

Contact:

- Manager: Ann Wreford: annwreford@shaw.ca
- Assistant Manager: Peter Jones francesjones@shaw.ca
- Captain: Ken McGuire: kikkipooh@hotmail.com
- Women's Captain: Helen Hoskins rwhoskins2001@yahoo.com
- Tony Pawlett, Recruitment: tony_pawlett@telus.net
- Frances DeGrace: francesdegrace@telus.net

Our Members

Members are encouraged to write a short autobiography. The autobiography will be posted on the members section of the team website. Tell us something about yourself!

Buddy System

For the 2012 paddling season, we will continue with a Buddy System. All of our members are happy to welcome new paddlers - additionally a specific long-term member will act as a 'buddy' to each new paddler as you 'learn the ropes'.

Practices

- We are members of the False Creek Racing Canoe Club (FCRCC) located on Granville Island. Take some time to review their website to understand what privileges your Dragon boat membership at FCRCC includes: <http://www.fcrc.com/>
- We practice twice a week on False Creek on Wednesday & Friday mornings starting with a warm-up at 9:15. We are on the water from 9:45 until about 11:30, rain or shine.
- The dock we leave from in Alder Bay is adjacent to the Granville Island Community Centre.
- Team members are expected to appear for warm-up with equipment and be ready to go.
- Team members share the responsibility of bringing boats around to the docks from their storage location and to return them after each practice. They also help with the coach boat and motor, as required. Contact the team captains to be one of the 'early birds' arriving at 8:45
- Change rooms and washrooms are available in the community centre.
- After practice, members meet for coffee at the Granville Island Market.
- No team member or guest may go out on the water without first signing the FCRCC waiver.

Fees

The annual membership fee is \$ 300.00 with the season starting in the last week of February and continuing until the end of October. Fees are payable to "The Eh Team" and are submitted to the Treasurer by January 15th of each year. The Eh Team in turn pays fees to the False Creek Racing Canoe Club for the use of their boats and equipment. The Treasurer for the 2012 year is Frances DeGrace. She can be contacted at: francesdegrace@telus.net

Paperwork

Prior to getting into a boat, the following forms must be completed by all members AND guests:

- **FCRCC Membership Form** – This form can be obtained from the Eh Team website or from any Executive member. Return the completed form to the Assistant Manager.
- **The Eh Team Medical Emergency Form** – This form can be obtained from the Eh Team website or from any Executive member. Return the completed form to the Safety Officer or Team Managers. The Medical information is kept by the Safety Officer and is

confidential. (Note: Be sure to update any significant changes in your medical condition as required throughout the year)

- **Waivers:** You will need to complete a waiver for each Regatta entered (separate from the FCRCC waiver). It is your responsibility to ensure this is completed by the time indicated (usually the week before the regatta).
- **Identification:** Members are encouraged to carry identification including their Personal Health Number with them on the water.

Parking

Free parking passes for the two mornings of practice are included with your membership. Be sure to obtain a parking pass from The Eh Team Manager. To avoid being ticketed, the pass must be displayed on your dashboard if you park in one of the pay parking lots.

Equipment

Each paddler requires a dragon boat paddle, a personal flotation device (PFD), a water bottle and clothing appropriate to the weather. Paddles and PFD's are provided by the False Creek Racing Canoe Club (FCRCC). Most team members eventually get their own paddles and PFD's.

Suggested clothing for throughout the year

- Foot wear – Runners, sandals
- Head wear – A toque or ball cap
- Bottoms- winter/cold/rainy days – gym pants/exercise pants, water resistant
- Tops – winter/cold/rainy days – full sleeve T's, and water resistant outer wear.
- Paddle gloves are very helpful, if not required. Mountain Equipment Co-op carries them.
- Water bottle and water (non-plastic recommended).
- Layered clothing – we warm up quickly once paddling commences.

Other Gear

- You can use paddles from the club – you can order your own paddle through Tony Pawlett.
- Pockets, or neck rope or waist belt (to hold your car keys etc)
- Small piece of foam to be used as a seat cushion.
- Sunglasses and sun screen.

Team Uniforms

Team shirts and hats can be purchased to wear at regattas. If you do not have a team shirt, please wear the team colours, red and white shirt and black shorts/pants. See the Team Captain to purchase.

Regattas

The team decides which regattas they will attend. Currently, we have enough team members to enter a mixed team and a women's team. The table lists the team selected regattas for 2012. There will be further regatta selected for the remainder of the racing season.

DATE	REGATTA
April 28, 2012	Deep Cove
May 6, 2012	False Creek Racing Canoe Club Spring Regata
	Dragon Zone
May 28, 2012	False Creek Women's Regatta
June 15 – 17, 2012	Rio Tinto Alcan
August 17 – 19, 2012	Victoria Dragon Boat Festival

How to qualify for participation in a Regatta

Tier 1 Regattas are considered competitive races. Tier 1 is defined as a regatta that is 2 or more days in length or is designated as Tier 1 by the team. Being a competitive team, participants for all Tier 1 regattas will be based on using the best paddlers for that race. The criterion for qualification for paddling in a regatta for 2012 is as follows:

- Paddling strength and technique.
- Personal fitness.
- Paddler ability to maintain timing and blend with the team
- Attendance at team practices

Coaching

Coaching for 2012 will be provided by Pat Pawlett. The Executive sets up an annual contract with the coach that includes performance expectations, duties and payment methods.

Executive

An Annual General Meeting is held in the fall each year and the executive is elected at that time. All members are encouraged to consider standing for election: The 2010/2011 Executive is:

- Manager Ann Wreford
- Assistant Manager Peter Jones
- Captain Ken McGuire
- Women's Captain Helen Hoskins
- Secretary Frances Jones
- Treasurer Frances De Grace

Other Positions

- Equipment Manager Tony Pawlett
- Safety Officer(s) Bill Sharp
- Webmaster Ingvar Grimsmo
- Communications/website Sheryll Dale
- Fund Raising and Sponsorship TBA
- Recruitment Coordinator Tony Pawlett
- Social Coordinator Vi Woods

Meetings

The Eh Team has a limited number of meetings. Scheduled meetings consist of a pre-season meeting, generally held in February and the AGM held in October. There may also be short, informal meetings at each practice plus scheduled meetings, from time to time, for the coach to provide feedback to the team. The Executive meets throughout the year and provides members with the minutes from each scheduled meeting. Notification of meetings and any changes to the regular schedule will be sent to team members by e-mail and posted on The Eh Team website.

Recruitment

New membership is encouraged, especially men, as we would like to have enough members to enter a mixed, women's and men's team in some regattas. Newcomers can participate in two sessions before paying the membership fee.

Social Events

There is an annual wind-up party and a number of social events throughout the season.

School Events

As part of our community service efforts and team fundraising events, we have introduced hundreds of school-aged children to dragon boating. Many of these students were from ESL classes and had never been on the ocean before or in a dragon boat. It has been a most rewarding experience for our team and also for the students. Paddlers are asked to volunteer for taking out the school groups as this has been a major fund raising source for The Eh Team.

Team Awards – Laurel Osler Award

The Eh Team selects one or two members each year who consistently display the qualities of team spirit including: drive, determination, dedication, discipline, enthusiasm and competitiveness, above and beyond the ordinary. These are the qualities that we recognize as the exemplary team spirit of Laurel Osler. This award is presented at our year end party.