

SURVIVORSHIP DRAGON BOAT TEAM

MENTORSHIP HANDBOOK



Top: Gill, Heather, Coach Don, Liz, Penny, Lynne, Donna W,
Lois (mng), Minnette, Maureen W, Betty, Rosemary, Donna R
Middle: Maureen L, Dorthe, Margie, Cathi J, Dolores, Carol-Ann,
Barb D, Cathie L, Shirley
Front: Sharen D, Claire, Myrna, Barb L, Deb, Bev, Pati, Jennifer
Missing: Ann, Sandie, Linda, Sharon Ha. & Sharon Hi.

2019 EVENT CALENDAR

Jan, Feb, Mar--general meetings

April--begin paddling on Skaha Lake

May--1 ½ hr practices on Mon/Wed (Sat) all season

June--Penticton Sprint Festival

July--an out of town festival

Aug--Peach Fest Parade; an out of town festival

Sept--Penticton DB Festival and Fri Night Party for

visiting Breast Cancer Teams, 20 yr Reunion

paddling season ends

Oct, Nov--Fundraiser event; BC Awareness month;

last GM and Exec. Nominations

Dec--Team Christmas Party; Mary's Necklace Award

*Nov, Dec, Jan, Feb--Beer & Burger fundraisers at Lakeside Resort

Survivorship Executive 2019

President: Heather Griffiths

Vice President: Claire Waterman

Treasurer: Myrna Kushniruk

Secretary: Sharon Hallberg

Internal Communications Director: Pati deBroekert

External Communications Director: Liz Gray

Director at Large: Barb Laisi

Captains: Maureen Welsh

Betty Smyth

Your **Mentor** is _____

Contact them at ph. _____

Email _____

Your mentor will get to know you and greet you at each practice.

They will: * Introduce you to team members & Coach Don; you will not

necessarily sit in the boat with your mentor

*Make sure you are receiving emails and team info

*Check in with you to answer your questions

*Ensure you have signed a waiver, registration forms and
received the Team Handbook

*Fill you in on events and festivals

*Show you how to navigate Team Snap!

Once you have joined the team and paid your \$200 fee, your mentor

will ensure you have all the team Gear—paddle, life jacket,
paddle seat, race shirt and uniform when needed.

Team Information:

*First and foremost, we are here to help keep you strong and healthy.

*We have a website www.survivorshipteam.ca and you can also like
us on Facebook Survivorship Dragon Boat Team.

*We have two dragon boats, Survivorship and Survivorship Too, for
practices. They are housed in the boathouse on the NE end of
Skaha Lake in Penticton.

*There are many formal committees which you can volunteer to be
included in if interested, curious or have a special talent. Do get to know
the sport and techniques by attending TRY Dragon Boat sessions and/or
booking an appointment with coach Don to use the Paddle machine room (\$30

seasonal fee) at the Penticton Rec Complex. You can also participate in dry land training at the Penticton Racquet & Fitness Club during Jan, Feb and Mar.

*We participate in the community by providing the Oncology Dept of PRH with lozenges and docettes (pill containers).

*We participate in The Peach Fest Parade by marching in uniform with our Dragon boat; we volunteer at SOEC doing admittance on the Suite level

*Other things you can choose to support during BC Awareness month in October, are Run for the Cure, and decorating the Lakeside lobby.

When you join our team, we keep track of practices and attendance by utilizing Team Snap, a computer program where you check in to confirm attendance. This information is used to determine participation & seat placement at festivals.

We have been blessed with a primary sponsor in David Prystay of the Penticton Lakeside Resort. He has helped purchase most of our team equipment.

Every 4 years we try to attend the International Breast Cancer event held somewhere in the world. We have been to Vancouver BC, Brisbane Australia, Peterborough Ont, Sarasota Florida and in 2018, Florence Italy. We Fund raise to help attend festivals. Local festivals are the Sprints and Penticton festival and choices throughout the province.

This year is our 20th Anniversary. We are planning a Reunion event this fall and you are invited to attend.