imagine...

... a sunny August weekend on the National Harbor with 80 people paddling like mad in four colorful 45-foot-long boats to the loud beat of a drum, while thousands of spectators cheer them on. That’s dragon boating. And if you can imagine yourself paddling in rhythm with the team, cutting through the water toward the finish line, then join UMUC’s dragon boat team, the Virtual Dragons.

This year the Virtual Dragons—a legend in their own time—will again compete with other teams for top honors in the National Harbor Dragon Boat Regatta, and at several other regional dragon boat festivals. As a team member, you can participate in just one of the festivals—or more—depending upon your own availability for the scheduled race days. We’ve taken gold medals home in the past—let’s do it again this season!

become one of the virtual dragons

JOIN US AS A PADDLER... VOLUNTEER... or SUPPORTER

To join the UMUC dragon boat team, fill out the inquiry form at www.umuc.edu/virtualdragons

For more information, visit www.umuc.edu/virtualdragons or e-mail virtualdragons@umuc.edu

PADDLE UP!

join the virtual dragons

BE PART OF AN EXCITING UMUC TRADITION
WHO ARE THE VIRTUAL DRAGONS?
The University of Maryland University College (UMUC) Virtual Dragons—UMUC’s Dragon Boat Team—comprises paddlers from UMUC staff, the student body, faculty, alumni, and friends. Sponsored by the Office of Diversity Initiatives, the team represents the diverse composition of the UMUC community across the globe and welcomes the opportunity to interact with our fellow dragon boaters on an annual basis. The Virtual Dragons team embodies the spirit of UMUC through their dedication, commitment, and enthusiasm to compete, learn, and share in this rich tradition.

WHAT IS DRAGON BOATING?
Dragon boating is an enjoyable and refreshing workout in the open air and on the open water. It is a team sport with a dash of culture and a great competitive spirit, sure to bring out the athlete in you.

WHAT DOES IT REQUIRE?
Being part of the team requires a time commitment of approximately two hours a week for practices, starting in April. As you are one of 20 paddlers in a boat, every movement you make helps decide the outcome of the race. We work with you on conditioning techniques and overall fitness. You’ll learn proper muscle and body movements and power strategies to enhance your contribution to your team.

WHAT WILL I GET OUT OF IT?
As a member of the Virtual Dragons, you’ll have fun while developing a sense of team camaraderie. You’ll help bring attention to UMUC as thousands of spectators watch and cheer for us in the competition. And, of course, dragon boating is one of the best sports for strengthening the back muscles, shoulders, arms, and thighs.

WHEN AND WHERE ARE PRACTICES?
Exact times and dates of practices will be announced. Training sessions last about two hours, rain or shine.

PRACTICE LOCATION
The DC Dragon Boat Club will provide training sessions at the Gangplank Marina, 600 Water Street SW, Washington, DC 20024. The marina is accessible by Metro via the Waterfront–SEU station and by DC Circulator bus via the Waterfront Route.

WHAT SHOULD I BRING TO PRACTICE?
Dress in light workout clothes that will keep you reasonably warm, and be prepared to get wet—this is a water sport! A cap and a pair of wraparound sunglasses will help keep splashing water out of your eyes. Wear water shoes or old sneakers because your feet will get wet in the boat. Bring towels, extra dry clothing to change into after practice, and a small bottle of water. Avoid eating at least two full hours before training.

HOW DO I SIGN UP?
Go to www.umuc.edu/virtualdragons and complete the inquiry form. You will be required to sign a waiver prior to training.