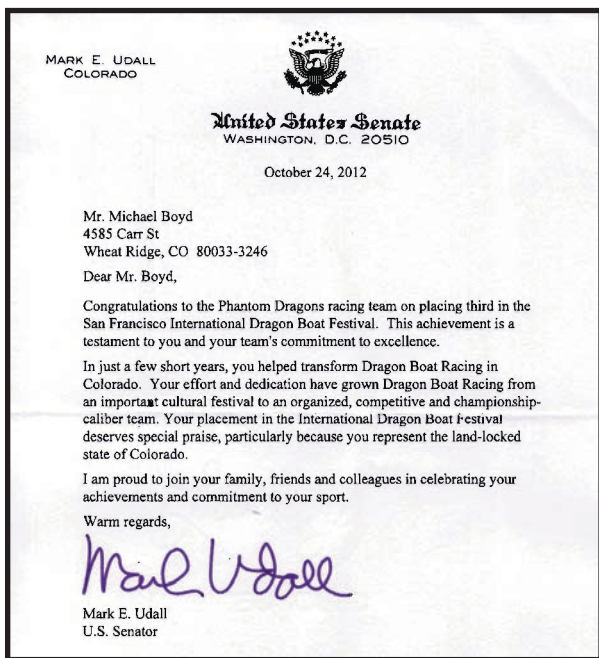


History - Who is DRACO?

For many years, dragon boating in Colorado was a one-weekend-per-year activity, centered around the annual Colorado Dragon Boat Festival in July. There were no boats anywhere in Colorado - they were hauled in from Iowa solely for that event. Registered teams were allowed 45 minutes to practice the day before the festival, and then raced the following day. That all changed in 2007, when a group of local dragon boat enthusiasts formed a racing association (now known as the Dragonboat Racing Association of Colorado, or DRACO), to facilitate dragon boating in the area on a year-round basis.

DRACO, and its affiliate Phantom Dragons team, include several of the original founding fathers of our organization, and comprise a diverse group of fun, competitive, water-loving dragon boaters of all ages and ability levels. DRACO paddlers have been racing around the U.S. since 2009, beginning with the inaugural Rose Regatta in Las Vegas. That event marked an important milestone, being the first time a Colorado dragon boat team competed anywhere outside of the Denver area! Since then, our paddlers have raced in such venues as Arizona, San Diego, San Francisco, Florida, Canada and Thailand, and compete at least four major events each season.

Recognition of Achievement



Phantom Dragons is an affiliate of the
Dragonboat Racing Association of Colorado
(a designated IRC 501(c)(3) Non-Profit Corporation)



Here's Your Chance!

Are you a competitive athlete looking for a new challenge - or maybe just someone trying to find a fun, new activity to try this summer? Well, here's an opportunity you won't want to pass up! The *Phantom Dragons* want to introduce you to the exciting sport of Dragon Boat Racing, one of the fastest growing water sports in the world!

Phantom Dragons is one of the region's top dragon boat race teams. Our goal is to promote dragon boat racing in Colorado, and we have trained athletes to compete in local, national and international races. Our crew includes seasoned paddlers with over 10 years of racing experience, many of whom have attended multiple week-long dragon boat training camps in Florida.

Phantom Dragons is the only local team with a certified coaching staff. Head Coach Michael Boyd holds Dragon Boat Canada Level II (Competitive Team) certification, and additional team members have completed Level I courses. We have among our ranks most of the certified dragon boat coaches in the State of Colorado. In addition, we have access to a relative wealth of training equipment, including four dragon boats, three outrigger canoes, and a pool simulator for winter training. We train hard, but we also make sure everyone stays safe and has FUN!

Training Schedule

During the summer (roughly April through October), we generally hold practices on Saturday mornings and Tuesday and Thursday evenings. Practices are held on Sloan's Lake in Denver in our 10- and 20-paddler dragon boats. Team members are given opportunities to supplement their training with additional, individual practice, one-on-one coaching sessions and/or periodic time trials using outrigger canoes (an OC-2 and two OC-1s).

Over the winter, we practice every Saturday morning and Monday and Wednesday evenings at the Wheat Ridge Recreation Center, using a training platform we built that simulates dragon boat paddling in a swimming pool (video clips showing some of our simulator practices can be seen at www.facebook.com/groups/EatOurMist).

Come join us for a free, introductory practice session! We look forward to paddling with you soon!

Experience the Thrill of Dragon Boat Racing!!!



We Offer:

- Professionally Trained Coaches
- Year-around Practice Sessions
- Events for All Ages / Ability Levels
- Training in Dragon Boats, Outrigger Canoes, and a custom-designed Pool Simulator
- Opportunities to Compete in Local, National and International Events
- Connection to a fun, fit, active group who enjoy the sport and culture of dragon boating

PHANTOM DRAGONS

Colorado's Premier Dragon Boat Race Team

Michael J. Boyd (Captain Bligh)

Team Captain / DBC Level II Certified Coach

**Team USA / IDBF World Championships / 2015 & 2019
Gold Medalist - 2019 Dragon Boat World Championships**

DRACO@DragonboatCO.com / (303) 917-3113

DragonboatCO.com

Why Dragon Boat Racing?

Physical Health & Fitness:

- Increased Cardiovascular Fitness
- Strength Training of Primary Muscle Groups
- Suitable for All Ages and Ability Levels
- Low Injury Potential
(non weight-bearing exercise)
- Improved Weight Control, Agility, Coordination
Endurance, Flexibility, Speed and Strength
- Decreased Risk of Disease
(Heart Disease, Stroke, Diabetes, Osteoporosis, etc.)
- Lessens Impact of Chronic Conditions
(Arthritis and Cognitive Decline)

Psychological Benefits:

- Reduction in Stress Levels
- Improved Confidence and Self-Esteem
- Increased Energy
- Improved Mood and Body Image
- Individual Feeling of Accomplishment
- Camaraderie and Sense of Belonging to a Team
- Safe Environment to Learn about Competition



What Makes Us Different!

- **Professionally Trained Coaches**
(Head Coach - Dragon Boat Canada Level II Certified)
- **Regular Practice Sessions Year-Around**
(3x/week, summer and winter)
- **Seasoned Paddlers & Trained Sterns**
(experience in local, national and international events)
- **Use of Advanced Technology in Training**
 - GPS Tracking/Analysis of Practice Sessions
 - Videotaping/Coaching Review of Practices
 - Use HIIT; Tabata; other Advanced Training Methodologies
- **Non-Profit Organization** - our mission is to promote the sport and culture of Dragon Boat Racing
- **Inclusionary Environment** - everyone is encouraged to participate, regardless of age, ability, financial resources, political/religious affiliation, sexual orientation, etc.