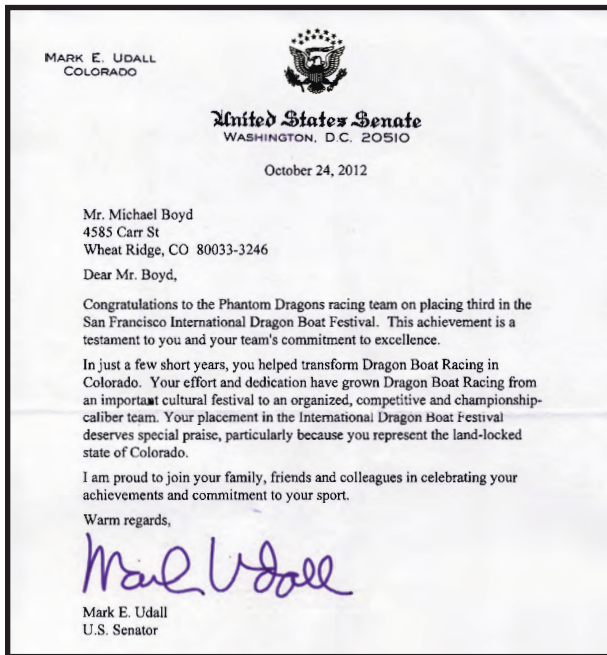


Team History - Who are the Phantom Dragons?

For many years, dragon boating in Colorado was a one-weekend-per-year activity, its focal point being 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.

The Phantom Dragons team includes several of the founding fathers of DRACO, and comprises a diverse group of fun, competitive, water-loving dragon boaters of all ages and ability levels. The team has 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! The Phantom Dragons have since raced in such venues as Arizona, San Diego, and San Francisco, and compete in a minimum of three 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 to train teams to compete in local, national and international races. Our crew includes seasoned paddlers with over 10 years of racing experience, and several who 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. The team has among its ranks nearly all of the certified dragon boat coaches in the entire State of Colorado. In addition, the Phantom Dragons has access to a relative wealth of training equipment, including two 10-man dragon boats, three outrigger canoes (an OC-2 and two OC-1s), 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), the **Phantom Dragons** generally practice Saturday mornings and Tuesday and Thursday evenings. Practices are held on Lake Arbor in Arvada (a northwest suburb of Denver), in two recently-acquired 10-man dragon boats (dragon "mini's"). Team members are given opportunities to supplement their training with additional, individual practice, one-on-one coaching sessions and/or periodic time trials using three outrigger canoes.

Over the winter, the team practices every Saturday morning at the Wheat Ridge Recreation Center using a training platform we built that simulates dragon boat paddling in a swimming pool (see <http://tinyurl.com/DragonBoatSim>). We hold additional cross-training practices at the same facility on Tuesday evenings.

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



Michael-J.-Boyd--(Captain-Bligh)

Team Captain / DBC Level II Certified Coach

Team USA / IDBF World Championships 2015

MJB@MJBoyd.biz / (303) 917-3113

[facebook.com/groups/EatOurMist](https://www.facebook.com/groups/EatOurMist)

PhantomDragons.org

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 in the summer; 2x/week in the winter)
- **Seasoned Paddlers & Trained Sterns**
(experience in local and national/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.