

## 2010 Team Practice Schedule

Team:

Please submit with your registration form.

**A confirmation will be returned to the team manager.**

Each team is entitled to 2 free practices with their registration fee. Additional practices can be purchased for \$65 per practice (call:345-8467). In the table below select at least 2 preferred practice time slots and mark with a 1 (1 = preferred). Also select alternate practice time slots and mark with a 2 (2 = alternate), in the event all boats have already been scheduled.

Practice Times		15-May	16-May	17-May	18-May	19-May	20-May	21-May
Start	End	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
6:30 AM	7:30 AM							
7:45 AM	8:45 AM							
9:00 AM	10:00 AM							
10:15 AM	11:15 AM							
11:30 AM	12:30 PM							
12:45 PM	1:45 PM							
2:00 PM	3:00 PM							
3:15 PM	4:15 PM							
4:30 PM	5:30 PM							
5:45 PM	6:45 PM							
7:00 PM	8:00 PM							
8:15 PM	9:15 PM							

Practice Times		22-May	23-May	24-May	25-May	26-May	27-May	28-May
Start	End	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
6:30 AM	7:30 AM							
7:45 AM	8:45 AM							
9:00 AM	10:00 AM							
10:15 AM	11:15 AM							
11:30 AM	12:30 PM							
12:45 PM	1:45 PM							
2:00 PM	3:00 PM							
3:15 PM	4:15 PM							
4:30 PM	5:30 PM							
5:45 PM	6:45 PM							
7:00 PM	8:00 PM							
8:15 PM	9:15 PM							

**NOTE:** Please have your team meet at the Regional Paddlesport Centre, adjacent to the Mini-Putt site, at Boulevard Lake, at least 20 minutes before your scheduled practice, in order that we can equip each paddler with a Life jacket and a paddle. It will also allow us an opportunity to provide on-land instruction, in order to optimize your practice time on the water. All minors must have waivers signed by a parent or legal guradian before getting into a dragon boat. Copies of the attached waiver are available upon request, or can be signed by parents or guardians at the lake immediately before

**VERY IMPORTANT NOTE:** **Safety** is our primary concern. Unsafe behavior will not be tolerated. Coaches will exclude any paddlers from practice if they are deemed to be a safety risk to the rest of the team. We want everyone to have fun and enjoy the spirit of dragon boating.