

August 8
— 2026 —

Scottsboro

DRAGON BOAT Races



TEAM CAPTAIN'S GUIDE



2026 Scottsboro Dragon Boat Races Itinerary

Saturday, August 8

8:00 am	Team Captains check in at the Information Tent
8:15 am	Scottsboro High School Drummers
8:30 am	Opening Ceremony
9:00 am	1st Dragon Boat Race heats begin
10:30 am	Iron Paddle and Mayor's Cup Challenges
11:00 am *	Lunch Break
12:00 pm*	2nd Dragon Boat Race heats begin
1:45 pm*	Steersman Auction
2:30 pm*	Championship Finals begin
3:15 pm*	Awards Ceremony at The Docks Restaurant



**Times are subject to change.*

Forming Your Team

The ideal dragon boat team consists of 20 paddlers and 1 drummer, with a maximum of 25 team members. Each must have at least 8 female paddlers in each race. The minimum paddler age is 15 years old. Four members of the 25 on your team can serve as alternates. Unlike many sports with a myriad of rules, dragon boat racing has a very short learning curve. You can be in a boat paddling with your team after only 15 minutes of instruction.

The drummer is the person who sits in the very front of the boat, facing the paddlers, and acts as the rhythm keeper and hype person for their team. We encourage drummers to dress up in fun costumes. Ideally, the drummer should weigh less than 160 pounds. The drummer needs to attend all practices. He or she will assist in setting the timing for the team and can be an excellent source of motivation and inspiration during practices and on Race Day.



2025
Grand
Champion

Team:
Born in the
USA



Team Practices and Required Waivers

To participate as a paddler, the required liability waiver form must be completed before practice and/or race day. The link is: <https://waiver.smartwaiver.com/w/dso3ikujsqn3qxsmqybdw4/web/> or scan the QR Code below. Practices are provided Wednesday through Friday before the event to get paddlers acquainted with safety and paddling techniques. Teams should practice together to **sign up for a time slot go to:** <https://www.signupgenius.com/go/10C0B44ABA922A4FFC25-64647343-dragon#/>.

At your assigned time, meet at the boat docks located behind The Docks Restaurant. Practices take about 1.0 hours. Volunteers will be available for questions. Professional steersmen and life jackets are provided. Practice is not required, but is highly recommended for safety purposes. Once all teams have signed up for their first practice session, teams may schedule a second practice for \$50.00. Second practice sessions will be available on a first-come, first-served basis, depending on availability.

What to bring:

- Water bottles and water
- Sunscreen and/or bug spray
- Comfortable shoes that can get wet
- Comfortable clothing
- A Ziploc bag or dry bag to secure valuables in the boat
- Sunglasses and/or hat
- Towel (just in case)

What not to bring:

- Large items that will not fit in the boat

Online Waiver

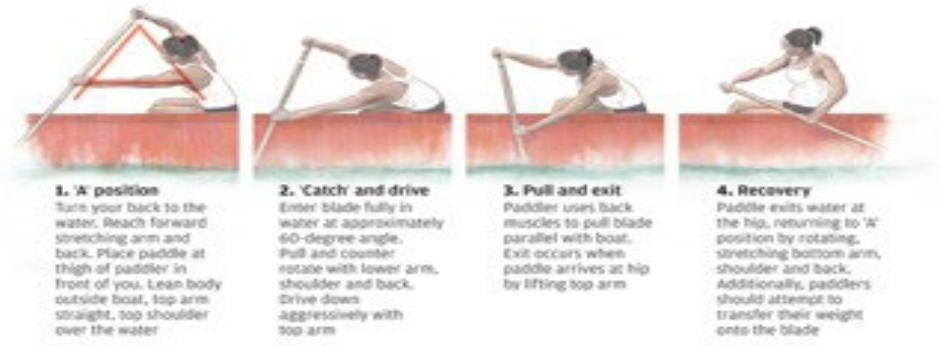


20 PADDLERS
(INCLUDING CAPTAIN)

1 DRUMMER
(LESS THAN 160lb)

1 STEERSMAN
(PROVIDED)

Paddling Technique



How to load your boat:

- Loaded from the center seat first
- The boat is divided into 3 groups: forward 6, middle 8 (engine room), and last 6 paddlers
- The “stroke” seats are the forward (bow) 2 paddlers, and they are who to watch for the stroke cadence
- The steersman will put the paddlers in the proper seating order in the final staging area, and is responsible for proper loading and weight distribution

You will see the drummer keeping the team in cadence. Listen to your drummer! The drummer may repeat the steersman's commands to ensure all paddlers heard and understood what was asked.

Dragon Boat Commands

- Attention in the Boat – To get paddlers' undivided attention
- Butts to the Rail – All paddlers position themselves against the outboard rail
- Paddles Up – Paddlers assume the paddling position (paddles raised above the water, bodies leaning forward in position to paddle); hold this position until the next command
- Take It Away – Signal to commence paddling
- Hold the Boat – Paddlers thrust their blades vertically into the water and dig in to bring the boat to a stop
- Stabilize the Boat – Paddles horizontal with flat blades resting on top of the water
- Back Paddle – Paddlers stroke in reverse to move the boat backwards
- Let It Run – Paddlers stop paddling with paddles out of the water
- Draw Strokes – Left and right draw strokes, front or back few seats only; paddlers on one side of the boat (steersman will specify) lean out and paddle sideways to move the boat sideways
- EMERGENCY – Per safety instructions, the front and rear pairs of paddlers put their paddles in the air and hold until told by the steersman

... Commands Continued

Race Day Note: The finish line buoys are merely a marker, and not the actual finish line. The actual finish line is determined by the Chief Official using a line of sight. Your steersman will tell you to “Let It Run” when the first half of the boat has crossed the finish line to ensure a proper finish. Do NOT stop paddling until your steersman says “Let It Run.”

Once all the boats are lined up, the start line facilitator will give the following commands:

- We have alignment
- Are you ready?!
- Attention please.
- Air horn means go!



Safety Information

There should be no/minimal talking once your team is in the boat. The drummer and steersperson must be able to communicate with the team and each other at all times, and all team members need to be able to hear the commands.

Everyone on the boat must wear a personal floatation device (PFD, or life jacket) during practice and on the race day, whenever on the water.

In an emergency, hold your paddle straight up in the air and wave it back and forth to draw attention to yourself.

Make certain that each team member knows who is sitting next to them in case the boat capsizes. Teammates will be responsible for each other's safety until rescue arrives.

STAY WITH THE BOAT!

Team Village

Team Village, located in the Lawn area behind The Docks Restaurant, is a space provided for your team to rest and relax between racing, as well as an opportunity to show team spirit. This allows teams to be closer to the action and activities. You may bring only one 10'x10' pop up tent for shade and amenities that make you feel comfortable. Electrical and water hookups are not provided. Presenting, Gold, Silver and Bronze Sponsors will have reserved tent spaces. Other tent spaces are provided on a first come, first served basis, starting Friday evening at 5:00 p.m.

What to bring:

- Towels
- Team t-shirts
- Comfortable clothing
- Team spirit items and/or signage
- Cooler for drinks and snacks (food and beverages are also available for purchase from The Docks Restaurant, Food Trucks and/or GTO)
- Sunscreen, Sunglasses and/or hat

What not to bring:

- Items requiring electricity or electrical hookups
- Alcohol (Carry-in alcohol is prohibited by City Ordinance in Goose Pond Resort. Please refrain from bringing alcohol. The Docks Restaurant will be providing bar service throughout the day on Saturday. You will need your ID in order to purchase alcohol. We reserve the right to cut off alcohol at any time and/or prohibit anyone from entering a boat who we believe is too inebriated to safely paddle on the river.)



Check-In

Check-in is required for all teams. Team Captains are expected to check their team in at 8:00am on Saturday at the Info Tent. Only team Captains should go to the Info Tent. Captains will receive final liability release forms, wristbands for each person racing, an info packet for the day, and a SWAG bag. Any team not checked in by 8:30 am will be considered to have dropped out of the race and will forfeit the right to race, along with their team's entry fee. Any issues should immediately be reported to the Event Manager. Team Captains **MUST** return their liability forms after they have been signed.



Opening Ceremonies

The Opening Ceremonies take place behind The Docks Restaurant, in front of the pier.

Race Day Schedule

The race day schedule is sometimes available before the race, but you will receive a final schedule the morning of the race. You must listen for your team's name to be called by the announcer to know when you need to marshal. Before the loading into the boat for your first race, you will be directed to the platform on the pier for your team photo, after which you will load into the boat. For your second round, you will go straight to the marshalling area. Each time you marshal, you will get your team in line and put on a life jacket. A Dynamic representative will then direct you to your boat. Do not go to the dock until a Dynamic representative collects you from the marshalling area. There will be approximately one hour to break for lunch around 11 am. There will be food for purchase on-site.

Race Results

Team times are posted by Dynamic representatives after your heat. You may also download the Dynamic app on your phone. The Dynamic Dragon Boat Racing mobile app for both Apple and Android devices is available for FREE in the app store. The app allows Dynamic to live stream race results, along with social media integration and real-time push notifications. With push notifications, we can post real-time marshaling (which teams are currently marshaling and which teams are next). Click on the race from View Races, then click the clock in the upper right to follow the race and get alerts. You can choose to receive alerts for your team once the race schedule has been posted. The top teams will proceed to the final round after lunch. To download the app, search "Dynamic Dragon Boat Racing" in the iTunes store, Apple store, Google Play, or visit www.racedragonboats.com/new-mobile-app.

Team Awards

In addition to race-day competition, teams will have the opportunity to earn special awards! Awards will be presented for: Best Drummer Costume, Best Team Tent, Best Team Spirit, Best Team Name, and Most \$ Raised.

Steersman Auction

The Steersman Auction is for the teams that advance to the final round. Going in order of best time, teams have the opportunity to bid on which professional steersman they would like to steer their boat in the final round. Some steersman may be bid on multiple times, depending on which heat a team races in (we will defer to Dynamic's call on this matter). Additionally, teams may sabotage opposing teams by bidding on that team's steersman, thereby sticking the opposing team with a perceived weaker steersman. Cash, check, or credit cards are acceptable methods of payment (invoicing is also an option).

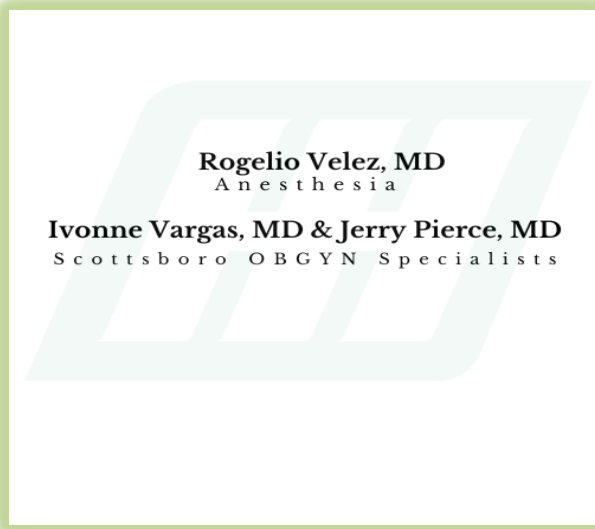
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We would also like to extend our thanks to: Alabama Farm Credit, Brent Miller, Captain D's Scottsboro, Dr. Clyde and Cindy Butler, Dr. Chris Green, Grace Methodist Church, High Country Toyota, Huntington Bank, Indorama Ventures Scottsboro, Judge Brent Benson, Maples Rug, Patches, People's Bank, TOC, TVA, VFW, Vulcan, and Wenzel Metal Spinning, Inc.

Many special thanks to the Scottsboro Dragon Boat Races Committee members.