



## FROM ACTIVE TO **FIT**

We're a unique club with country and city training hubs.

We offer 6 training sessions a week:  
3 on Shoalhaven River (Nowra), and  
3 on Blackwattle Bay (Sydney).

You choose!

## MEMBERSHIP **COSTS**

Club membership is \$135 per year.

In addition, you are required to become a Dragon Boats NSW (DBNSW) member, at a cost of \$135 per year. Included with this is a sporting injury cover (“insurance”) for paddlers, drummers and sweeps.

The two fees are paid at the same time when you register, plus there is a \$9.39 merchant handling fee.

Club membership p.a.:	\$135
DBNSW membership p.a.:	\$135
Merchant fee:	\$9.39
<b>TOTAL:</b>	<b>\$279.39</b>

## TRAINING **NOWRA**

Nowra has three training sessions per week:

- Monday afternoon: 5.30pm-6.30pm (arrive 5pm).
- Wednesday afternoon: 5.30pm-6.30pm (arrive 5pm).
- Saturday morning: 8.30am-10am (arrive 8am).

Add on +/-15 minutes to wash and stow the boat after sessions, and morning tea on Saturdays (add \$2 to the jar).

## TRAINING **METRO**

In Sydney, our Metro crew has three training sessions per week:

- Tuesday evening: 6.30pm-7.30pm (arrive 6pm).
- Thursday evening: 6.30pm-7.30pm (arrive 6pm).
- Saturday morning: 7am-8am (arrive 6.45am).

Post-training on Saturday mornings, we have breakfast together at a local café with great city views and good coffee.

## REGISTER **ONLINE**

Now that you've decided to join:

- Head to our website - <https://www.revolutionise.com.au/nowrawd/registration> - and select the *Returning Member* option.
- Add your details, select *Adult Membership DBNSW & Club*, read and confirm that you agree to the DBNSW's Terms of Registration.
- The payment page offers secure, online payment functionality where you can pay the annual fee.

## STACK TEAM **APP**

We use the Stack Team app to manage attendance at training and regattas, organise events and functions, and share important documents (e.g. capsize drills, etc.).

Once you've registered, you'll be emailed instructions on how to download and install the app on your mobile phone, and how to record your intention to attend a training session.

Download the  
**Stack Team app**  
to your mobile phone.



RSVPing via the app is important because we need to know *in advance* the number of attendees to ensure we have sufficient paddlers to run a session, and/or sufficient sweeps (steerers) if more than one boat is required.



We use the app's Chat functionality to communicate if a training session has been cancelled for reasons such as lightning, high wind, dangerous debris in the water, etc.

If you're training competitively, attending all 3 weekly sessions is strongly encouraged during the regatta season. Social paddlers can attend as few or as many sessions as suits your timetable.

## CLUB **COACHING**

We have a coach at each training session who will support and guide you.

## PADDLING **EXTRAS**

Once you've joined our club, some other costs you need to consider are:

- A paddle: approx. \$250 - \$400. (Club paddles are available to use but having your own will be lighter, properly-sized for you, and more comfortable to use.)
- A Personal Flotation Device (PFD): approx. \$50-\$250. Even after you pass your swim test, a PFD is required for paddles outside of daylight saving *at Nowra only*.
- To compete and race in a regatta, there's an entry fee which varies in price by regatta type.

## ON & OFF THE **WATER**

We are a community-oriented club. All our members are expected to carry out tasks that help sustain our club and our sport. From washing the boats and volunteering at regattas, through to helping with fundraising and recruiting activities, we are active on and off the water.