



Hello and a very warm welcome to Henley Dragons.

We are always on the look out for new members and hope that this brochure will give you some more information about who we are and what we do. We hope you find this information useful and look forward to seeing you soon.

## What is Dragon Boating?

Dragon Boating is an exciting sport that is taking the country by storm! If you are looking for a fun and challenging new sport then why not give it a go?

Although a minority sport at the moment, it is now one of the fastest growing water sports in the UK.

## About Henley Dragon Boat Club...

Henley Dragon Boat Club began in 1991 and some of the original founders are still members of the club today. We meet at the EYOT Centre in Henley, **every Thursday evening at 7pm and Sunday morning at 10am** all year with an additional extra session on a Tuesday night in summertime.

We have 4 brightly painted fibreglass boats decorated with a dragon's head and tail. The boats hold up to 10 or 20 paddlers sitting side-by-side. There is a helm who steers the boat and the paddlers are kept in time by drummer who beats a large drum.



## What We Do...

We train throughout the year, paddling on the river usually between Henley Lock and Temple Island.

As a club, we race nationally in the British Dragonboat Association (BDA) league. Henley has been ranked in the top 5 crews in the country for the last 3 years.

During the summer months, normal race distances are 250m (short race) and 500m (standard race). Additionally, Henley runs its own series of races in winter (7km).

Henley Dragons are also extensively represented at International level in the various Great Britain Dragon Boat squads.

**Off water, Henley Dragons are also very much a social club and meet in the Flower Pot Inn, Aston, after training on Thursday evenings and always hold lots of social events throughout the year.**

On a number of occasions, the club has also organised trips to compete at events overseas including Italy, Portugal and most recently, New Zealand.

## What Does the Club Provide?

Henley Dragons will provide you with comprehensive coaching and safety instruction. We have changing facilities, a gym, parking and all the equipment you need including a paddle, buoyancy aid and dragonboat. Additionally we have a fleet of O1s and O2s (kayaks with an outrigger).

## What Do I Need to Bring?

- A change of clothes for after training (and a towel) – you may get splashed!
- A water bottle is advisable too
- And money for the pub afterwards!
- A signed copy of the pre member safety briefing document (first session only)



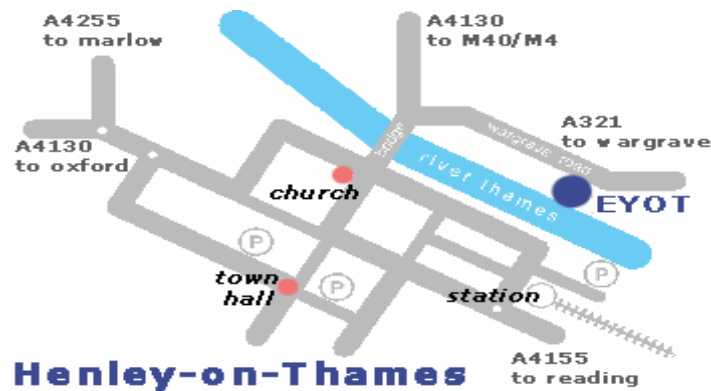
## What Should I Wear?

- Warm lightweight layers or sportswear (no denim or wool jumpers as these can weigh you down)
- Trainers
- And a hat and/or gloves for winter!

## What Does it Cost?

Absolutely **nothing** for your first **3** sessions! Then if you decide to continue, club membership costs **£65** for adults (with reduced fees for juniors – see membership form).

## Contact Details



[info@henleydragons.com](mailto:info@henleydragons.com)

[www.henleydragons.com](http://www.henleydragons.com)

Henley Dragon Boat Club  
The Eyot Centre  
Wargrave Road  
Henley-on-Thames  
RG9 3JD