



# Tampa Bay Paddling Club Inc.

3022 Lake Ellen Drive Tampa, FL 33618



## ANNOUNCEMENT

The Tampa Bay Paddling Club is pleased to announce its midsummer Dragon Boat Camp on the weekend of August 14 & 15, 2010.

Experienced coaches with world class paddling experience will be booked based on demand for the camp.

The program for Saturday August 14 will consist of an introductory on shore session followed by a session on the water with video. Video review will follow, with another afternoon session on the water. The camp will also have a unique paddling ERG machine to be used for on shore instruction and use to improve technique.

For Sunday, teams or groups of people from teams can choose to have a team coaching session with a specific coach. Teams can choose from a number of sessions throughout the day, with each session lasting approximately 90 minutes with coaching directed toward the needs of the specific group on the water. Sessions will be booked on a first come/first serve basis

Snacks and refreshments will be served on both days. Participants supply their own lunch. The camp will supply all liquid refreshments.

The TBPC welcomes all Florida paddlers to participate and learn more about the sport, and better prepare for the upcoming races in Orlando and Tampa!

Details are as follows:

Location: Cruis-A-Cade, Tampa  
<http://www.cruisacade.com/>

Times:

Saturday	08.00am to ~ 04.00pm
Sunday	08.00am – 09.30am 09.30am – 11.00am 11.00am – 12.30pm 01.00pm – 02.30pm

Prices:

Saturday	TBPC Members:	\$ 30
	Non members	\$ 55
Sunday, per session	TBPC Members	\$ 100
	Non members	\$ 120

To register or for further information please email [augustcamp@tampabaypaddlingclub.com](mailto:augustcamp@tampabaypaddlingclub.com)