



OAKLAND RENEGADES

www.oaklandrenegades.org

Overview

The Oakland Renegades Dragon Boat Club was born April 1st, 2009. Our goal is to promote the sport of dragon boat racing, provide paddling opportunities to the community, compete at the many races during the year, and to have as much fun as possible doing it!

Basic Commands on the Boat

Paddles Up	<p>Term used to prepare the team to start paddling.</p> <p>Paddlers raise their paddles in front of them in the ready position with the paddle blade an inch above water, and wait for the 'Take it Away' command to start paddling.</p>
Take it Away	<p>Command used to start paddling during practice or warm up.</p>
Let it Ride	<p>Command given to stop paddling and rest the paddle on gunwale (the top rim of the boat). The boat will continue to glide after the paddling stops.</p>
Back Paddle	<p>Motion used by paddlers to move the boat backwards. The back stroke is initiated by reaching slightly behind and pushing the paddle blade forward, in sync.</p>
Brace (Brace the Boat)	<p>Command given to stabilize the boat in rough conditions or when people are moving on the boat.</p>
Draw (Right Draw or Left Draw)	<p>Command given to move the boat sideways. Paddlers extend their paddle over the water perpendicular to the boat. On command, the paddlers draw the water under the boat.</p>
Hold or Hold the Boat	<p>Command used to stop the boat. Paddlers drag their paddle blades through the water creating resistance and slowing the boat.</p>
Hold Hard	<p>Command used to quickly stop the boat. Instead of dragging the paddles through the water like the hold command, the paddlers apply force against the paddle pushing it forward to make the boat stop.</p>

Race Calls



Paddlers, Are You Ready?	All paddlers bury their blades forward in the Reach position. Paddlers must be totally focused and boat must be quiet.
Attention Please!	Command issued by the race starter before the race horn. Paddlers hold their breath and keep holding in that position until the horn is heard.
Horn Sound or 'Go'	Paddle your ass off. But stay in time!
Rate Up (Up Up Up)	Command for the paddlers to increase the speed/tempo of their stroke. (Typically shorter strokes)
Power 10 (20, 30, etc.)	A call for power, typically to call the paddlers to lengthen and deepen their reach. Power 10 also gets paddlers back in sync with more power.
Leg Drive	A call by the drummer or the steersperson for the racers to boost their leg power.
Timing	'Timing' is often heard when paddler synchronization is off. Paddlers need to look up to regain timing. Out-of-sync paddling or 'bad timing' simply slows the boat down.
Finish (Finish it Now!)	This is the call for paddlers to give everything they've got to reach the finish line!



Roles on the Boat

Drummer	Drummer - For festivals, when the dragon boat is in full regalia, the drummer sits in a chair at the front and uses a large drum to relay the stroke timing to the rest of the boat. The drummer works with the Steerer (aka tiller) to manage the boat and its crew, and is essential for safety because they are the only person that can easily see behind the boat.
Rows 1-3 Timing Box	The first pair (Stokers, aka Pacers) in rows 1, set the timing for the rest of the boat, and rows 2 and 3 pick it up and carry it for the rest of the boat to follow. People in these seats tend to be shorter, lighter, and have the excellent sense of timing that is required to keep the crew together.
Rows 4-7 Engine Room	Very often referred to as the "engine room." Taller, stronger, larger paddlers are generally put here, as they generate the raw power that is necessary for speed. They must be able to keep the timing tight for those in the back that might not be able to see the stokers.
Rows 8-10 Jets/Rockets	Also sometimes referred to as the "rockets." In a developing crew, newer paddlers are sometimes put here because it's a place to learn timing and technique without interfering with the rest of the boat. However, for experienced crews, it is a highly technical seat. Those here must have the skill and experience to dig deep beyond the rushing surface water to still water below and "lift" the boat when extra speed and power is needed, particularly at the end of a race.
Steerer ▾	This person steers the boat using a large oar at the back, and works closely with the Drummer/caller to manage the boat and crew communication. The steersperson is responsible for the safety of the boat, and therefore their instructions overrides all others from the caller or coach.

Resources

Dragon Boat Net: The Paddlers Site

<https://dragonboatnet.com/insights>

Mastering Dragon Boat Technique: A Comprehensive Guide to Speed, Power, and Precision

<https://dragonboat.house/blogs/training/dragon-boat-technique>