

# Hope in the Boat NY Capital Region

## *What are the expectations and qualifications of our team members?*

- You must be a breast cancer survivor.
- Payment of annual dues of \$100 (no one excluded for financial reasons) for returning members, \$125 for new members, includes team shirt.
- Experience paddling or competing ARE NOT necessary; however Dragon Boating can be strenuous, so commitment to a healthy life style and routine exercise is important to maintain an adequate level of fitness and prevent injury.
- Willingness to adhere to team values of courtesy, respect and responsibility.
- Participation in at least one evening practice per week between Mid -May and Mid-September (consideration given to extenuating circumstances and vacations). Practices are held on Monday & Thursday evenings at the Van Schaick Marina in Cohoes, New York.
- Participation at most monthly Team Meetings in the off-season which are held the 2<sup>nd</sup> Monday evening of the month. We meet at New Visions, 334 Krumkill Rd, in Slingerlands. Committee meetings begin at 6PM followed by general team meeting and a planned activity.
- Active Committee Participation focusing on fundraising, public awareness and outreach and boat maintenance.
- New members may borrow Personal Flotation Devices and paddles, but are expected to supply their own in due time.

### ***All team members are required to commit to the following safety guidelines***

- Prior to entering the boat, all individuals must participate in dry land training sessions.
- Mandatory participation in team safety training.
- Wearing a Personal Flotation Device (Coast Guard Approved Lifejacket) at all times when on the water.
- Willing to take directions from the Team Captain and Safety Officer at all times.
- Adhere to all safety guidelines outlined in the Membership Handbook.

Several times during the season our team participates in Dragon Boat festivals in other states and in Canada. These are uplifting, exciting and competitive events. ALL members are encouraged to attend at least one of these events according to their availability to do so; however it is not a required activity.

Contact information: [info@HopeintheBoat.org](mailto:info@HopeintheBoat.org)

You may also call Lu Allegretti-Freeman at (518) 765-2307 or Barbara Neiman at (518) 477-9580 for more information