

**TURBOCHARGE  
YOUR**

# **TEAMWORK**



**GOALS PERFORMANCE**  
**TACTICS DISCIPLINE**  
**PERFORMANCE STRATEGY**  
**COMMUNICATION TEAMWORK TRUST RISK**

# AWESOME TEAMS MADE HERE...



## FREMANTLE SWAN DRAGON BOAT CLUB

The oldest dragon boat club in Australia





JUST FOR  
**FUN**

OR



TAKE  
**NO**  
PRISONERS!

IDEAL  
FOR

# TEAM BUILDING



AND

# MANAGEMENT

AWAY  
DAYS





# FORMAT



8

## STEPS TO AWESOMENESS

The following 2.5 hour format should be the ideal team tune-up.

1

## SAFETY

Your safety is our priority when you're on the water. So we'll give you a run down of the do's and don'ts to keep you safe.

2

## SKILLS

We'll run through basic paddling techniques and coaching calls on land before we jump into the boat.

5

## BREAK

We'll take a trip ashore somewhere on the river for a 30 min break. Give you a chance to rest seek feedback and prepare for a final big effort.

4

## TEAMWORK

We'll get you paddling like a pro in no time. We'll take you on an hour long paddle focussing on techniques and team drills.

3

## WARM UP

We don't want any pulled muscles or back spasms, so we'll get your body warmed up with a few exercises before we head onto the water.

6

## RACING

On the return home, we will practice racing starts and finish off with 3x 200m courses against the clock to set your best time.

7

## WARM DOWN

Like all outstanding performers it's essential to perform the right recovery and know how your body will react to its new found awesomeness.

8

## PRESENTATIONS

We don't let your experience pass off without having some fun at your expense over a drink at the bar.

# PACKAGES



## INTRODUCTION

Whether you want to develop your 'team mojo' or just have some fun, we have the ideal team activity for those management away days or those infrequent team face to face meetings.

Dragon boat racing is the ultimate team synchronisation sport....and anyone can do it. So what are you waiting for? Awesomeness awaits.

## BASIC PACKAGE

Your ultimate team activity includes 2.5 hours of light paddling, training techniques and racing. More details of the format are included in the next page. We will include all the following as part of the basic package:

- All equipment; boat, paddles, life jackets, water, sunscreen.
- An accredited boat helm/sweep
- 2 FSDBC club paddlers ( to help you along)

## OPTIONS

A

### BBQ LUNCH

We are just as deadly with a set of tongs in hand as we are with a paddle. We can put on a mean BBQ Lunch to replace all that spent energy.

B

### VENUE HIRE

You'll want to put that new team dynamism straight to work. You can hire the Swan Yacht club facilities for your team meeting afterwards.

C

### AWARDS CEREMONY

Want your experience to be remembered? We can put on an awards ceremony to help you celebrate your team achievements.

# ORDER FORM

Give us an idea of what you are looking for in your experience by selecting from the options below.

Want something you don't see? Let us know.

Otherwise send your completed form to [vp@fsdbc.com](mailto:vp@fsdbc.com)

## PREFERENCES

**BASIC PACKAGE**

**\$45/HEAD**

☐

2.5 hours. 10 People min, 18 max per boat.

**NUMBERS**

Give us a rough idea of number of participants

**DATES**

Let us know your ideal dates

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**TIMES**

Let us know whether you prefer AM or PM for the activity.

**OPTION A : BBQ LUNCH**

**\$TBC**

☐

**OPTION B : VENUE HIRE**

**\$TBC**

☐

**OPTION C : AWARDS CEREMONY**

**\$TBC**

☐

Each event we do is always different so just let us know your initial interests and we will call you to discuss your ideas and preferences then give you a total price.

## CONTACT DETAILS

**NAME :** -----

**COMPANY :** -----

**EMAIL :** -----

**TEL :** -----



**WE WANT** **YOU**  
**..TO BE AWESOME**