

KIDS Spring Newsletter 2026



"AWAKEN THE DRAGON - A NEW SEASON IS ABOUT TO BEGIN!"



Let's Kick off the Season - Together!

Our General Meeting + Potluck is just around the corner-and it's one you won't want to miss!

April 7 at 6 PM at the Kamloops Sports Council Building.

Catch up with your Dragon Boat crew after the off-season, meet new faces, and get back into the team spirit. We will hear from coaches, steers and organizers about what's ahead this season.- from practises and races to festivals, fundraising, and team gear.

Potluck & Door Prizes - Bring something delicious to share, and if you have a door prize, bring that along too! Homemade, hilarious, regifted for edible-are all welcome. **Good food, great people, and a season to look forward to - see you there!**

PS: please bring a plate, your cutlery, and a drink



GIVE IT A TRY!
 NO EXPERIENCE NECESSARY



Dragon boating is about fun, fitness & festivals! Try a new sport this spring! Join us for a FREE session. All gear provided.

TUESDAY, APRIL 28	SATURDAY, MAY 2
Session #1: 4:30 - 6 pm	Session #1: 8 - 9:30 am
Session #2: 6 - 7:30 pm	Session #2: 9:30 - 11am

At the Dragon Boat Compound, Pioneer Park Boat Launch, 45 7th Ave

Details in the Kamloops Spring & Summer 2026 Activity Guide
kamloops.ca/register * Registration OPENS March 10!



ADULTS 50 YEARS & OLDER

Important Dates:

April 7 - 6 PM General Meeting and Potluck.

April 11- Boat Flipping at the compound Please come out and help, all three teams are giving a hand

April 14 - First practice of the year!

April 28 - Give it a Try. 4:30 PM to 6 PM and 6 PM to 7:30 PM

May 2 - Give it a Try. 8 AM to 9:30 AM and 9:30 AM to 11 AM.



Clothing April 2026

- Clothing should be loose/stretchable for movement, denim is not recommended
- It can be chilly in the Spring so wearing layers, which includes a light jacket and long pants, is a good idea. Please remember that you will be wearing a PDF and that will provide warmth
- Your clothing and footwear will get wet, so quick dry fabric is best and if you have neoprene gloves and/or socks, they work well
- Do not wear flip flops, supportive footwear with grip is the best
- We recommend that you wear a hat, sunglasses and sunscreen
- Bring a regular sized non-metallic filled water bottle that will accompany you in the boat

TeamSnap



Our TeamCommunication Hub

Stay in sync on and off the water!

As we head into the new season, please remember that **TeamSnap** is our primary source of team information. Schedule updates, changes and important announcements will all be posted there. We kindly ask everyone to check **TeamSnap** regularly. Ensure notifications are turned on so you don't miss any updates. And please mark your information about practices, festivals, etc., as this will help us keep our team organized and connected.



Team Snap

Possible 2026 Dragon Boat Festivals

- June 13/14 - Okanagan Super Sprints, Penticton
- June 20 - Shuswap Dragon Boat festival, Salmon Arm
- July 11 - Kelowna Dragon Boat festival
- July 18 - Vernon Dragon Boat festival
- August 8 - Kamloops Dragon Boat festival
- September 12/13 - Penticton Dragon Boat festival
- September 19 - Osoyoos Dragon Boat festival
- **PLEASE put your availability in Team Snap**

-SOURCE



“Fun Times in the Off Season”

Even when we're off the water, our crew knows how to stay active and connected!

The curling event was a fantastic success - full of laughs, great shots, and plenty of team spirit. A big thank you to Terry for organizing such a fun day. As an added bonus, the event raised \$200 towards our new boat.-an amazing contribution. Thank you to everyone who came out and supported!

Some stepped into the ring for a boxing session organized by Christine Lee. It was a fun and energetic workout that brought out everyone's competitive side-thank you Christine, for putting it together.

Then there was gym sessions that helped keep some strong and ready for the season ahead. Thanks to Andrew for getting things started, and to Peg for stepping in and keeping the momentum going.

We are so lucky to have such a dedicated enthusiastic group!

