



American Dragon Boat Association Steering Clinic

What is this Clinic:

An experienced steer is an integral component of any dragon boat crew. S/he is responsible for crew safety on the water, and is critical to its success in competition. S/he must not only assume control of the boat, but also implement a clear communication plan with the drummer and paddlers.

A good steer will have knowledge of boat commands, effects of wind and water conditions, navigation protocols, First Aid training, and rules of racing. S/he may also be tasked with executing race strategy during competition, running training programs during practices, and providing feedback to paddlers. A steer may have multiple roles on a crew, including coach, manager, and/or captain.

Why Should I Attend:

With practice, a steer will hone their instincts of boat balance, and create an environment of confidence within the boat. S/he has ultimate control of the boat, and is solely responsible for its safe operation and for the safety of everyone on board. To accomplish this, the steer must use verbal cues and commands consistently, clearly, confidently, and loudly enough to be heard by everyone in the boat. The steer must project his/her voice with authority, and toward the front of the boat. Speaker systems can be helpful, particularly in windy conditions. It is imperative that the entire crew understands the concept of "one voice" — although others may participate in the instruction/training process at various times, depending on crew philosophy and function, the steer is in charge of the boat at all times.

This clinic will help new steers to feel more confident in their role in the boat, and will offer those who have been steering already a chance to hone the skills and further refine their competencies.

How Do I Register:

The Clinic will be held at Chicago Rowing Foundation (CRF) Frances Mennone Boat House in Chicago IL. This is a FREE Event.

- July 15 & 16 2017
- The clinic will start at 9 AM on Saturday July 15 and will conclude on Sunday July 16 by 2 PM.

To Register please send name, club name and contact info including email and phone to ADBA c/o Sue Miller 1624 Marjorie Circle Dubuque, IA 52002 dboatsue2@aol.com

The ADBA will issue a Certificate of Attendance upon completion of the clinic as well as a completed practicum which includes successfully completing core competencies with video of these competencies.

Who will be conducting the Training:

Instructor:

- John McDermott; Coach, Greater Chicago DBC, Team USA
- Content used with permission of co-authors:

- Liisa Reimann Rivera; National Coach, Team USA, Portland ME
- Joann Fegley; National Coach, Team USA, Philadelphia PA
- Carole Pettijohn; Coach, Nathan Benderson Park, Sarasota FL



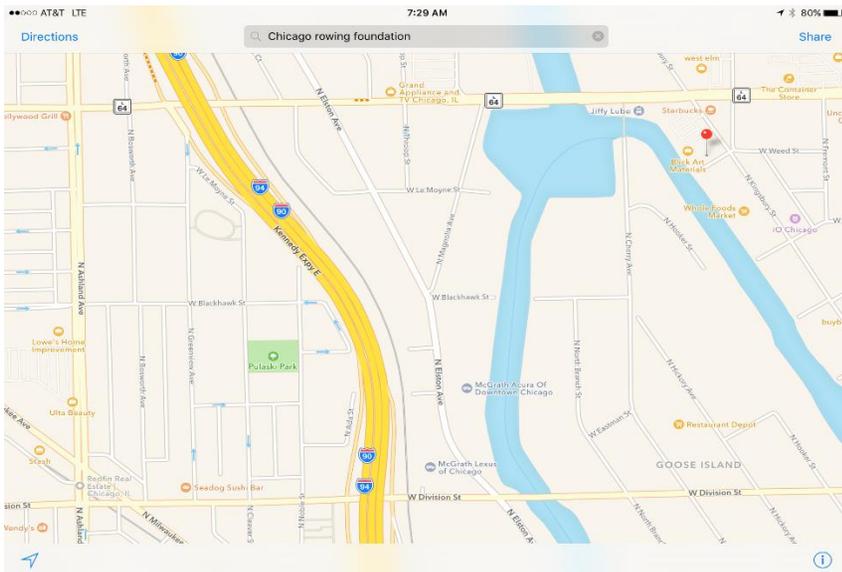
Where is the Training Being Held:

Situated in the heart of Chicago's Lincoln Park Neighborhood (near DePaul University), the training will take place on the Chicago River (near Goose Island) from the Chicago Rowing Foundation Frances Mennone Boat House and the Red Star Room within Whole Foods Market (off of Kingsbury Street)

Address: 1020 West Weed Street Chicago IL 60642

For more info: chicagorowingfoundation.org

As pictured below, red pin, marks the location of the Boat House as well you see the Whole Foods Market Nearby. Parking on Cherry Street on Goose Island is best (free all day parking on street).



American Dragon Boat Association (ADBA)
PO Box 477 Dubuque, IA, 52004 - 0477



Hotel / Accommodations Nearby:

For those traveling to Chicago, there are a number of hotels near DePaul University that provide easy access to the Boat House. The following is information on nearby hotels. Around the venue are any number of good restaurants, shopping, etc.

Within 1 mile of the venue:

The Sono Chicago (a B&B) 1428 N. Cleveland Ave 773-340-0076

City Scene (a B&B) 2101 N. Clifton Ave 773-549-1743

House of Two Urns (a B&B) 1239 Greenview Ave 773-235-1408

The Hollander (Hotel) 2022 W. North Ave 872-315-3080

PUBLIC Chicago (Hotel) 1301 N State Parkway 312-787-3700

Major Hotel Chains:

Westin Chicago River North 320 N. Dearborn St 312-744-1900

Hilton Garden Inn 10 E Grand Ave 312-595-0000

Holiday Inn 341 W. Kinzie St. 312-836-5000