



## USDBF Steering Course

### **What is this Course:**

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, but should not replace 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 course 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 learn the competencies to successfully pass the USDBF Steers certification.

### **How Do I Register:**

The course will held at Chicago Rowing Foundation Frances Mennone Boat House in Chicago IL.

- July 15-16.
- The course will start at 9 AM on Saturday July 15 and will conclude on Sunday July 16 by 2 PM.
- Cost for the course is \$300, meals are not included.

### **Payment and Registration Forms to be sent to:**

USDBF c/o Ms. Patsy Zizk  
123 Town Square Place #115  
Jersey City, NJ 07310

Certification will be awarded upon completion of the course as well as a completed practicum which includes successfully completing core competencies with video of these competencies.

### **Who will be Conducting the Training:**

Instructors:

- Liisa Reimann Rivera
- Joann Fegley
- Carole Pettijohn
- John McDermott



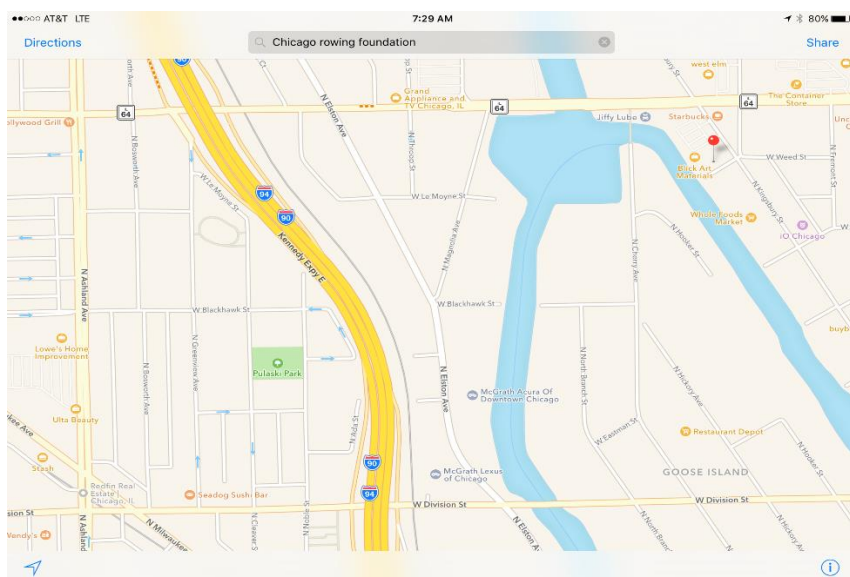
### **Where is the Training Being Held:**

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](http://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).



### **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