

The background features a light beige color with horizontal lines. At the top, there are three stylized clouds in shades of light brown. A large, bright orange sun with radiating lines is positioned in the upper right. In the lower right, there are two green, triangular mountains with vertical line patterns and white bows around their peaks. A yellow dragon boat with a red hull and a yellow dragon head is shown on a teal water surface at the bottom right.

UCLA Dragonboat

Recruitment Cycle 2023-2024

Welcome to Info Session!

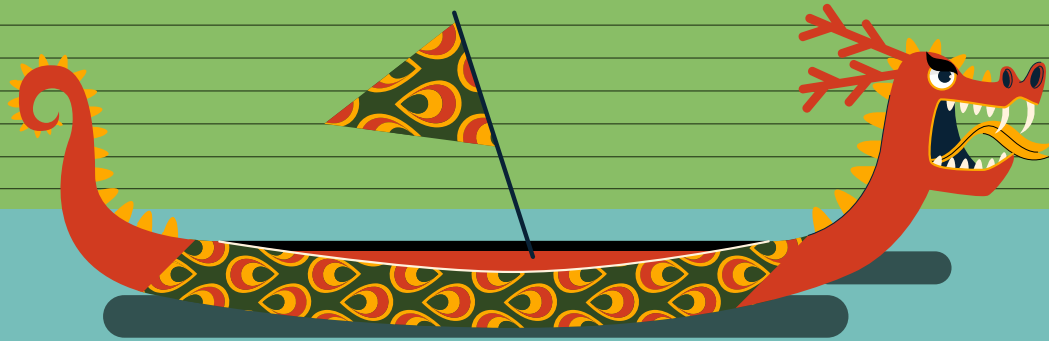


[https://tinyurl.com/
dbinterest](https://tinyurl.com/dbinterest)

PLEASE FILL THIS OUT THE INTEREST FORM IF YOU HAVEN'T DONE SO ALREADY!
WE SEND A LOT OF IMPORTANT INFO THROUGH EMAIL



Meet the 2023-2024 Cabinet





Cynthia Nguyen

President

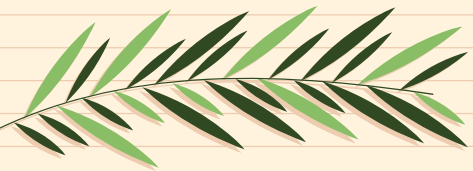
3rd Year, Computational Systems and Biology

Collecting/learning about fountain pens and vinyls,
playing video games

Joined because I love being on water and I wanted to
be part of a community

Fun fact: I've watched nearly 200 different TV shows





Xian Lun Zeng

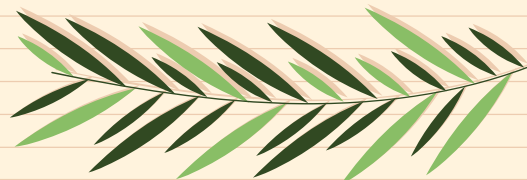
Vice President

4th year, Human Biology and Society major, Public Health minor

Running, drawing, cooking, and playing Minecraft

Joined because I wanted to find a family at UCLA

Fun fact: I love eating spicy food





Naomi Zhang

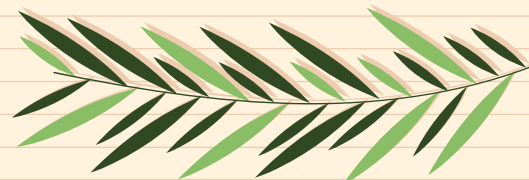
Social Chair

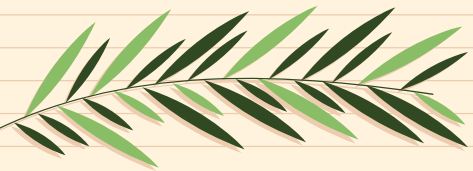
2nd Year, Public Affairs + DSE

Drawing, Being a Public Transportation Fiend

Joined to connect with my culture :0

Fun Fact: My dad claims I was named after an anime character...





Katie Lau

Treasurer

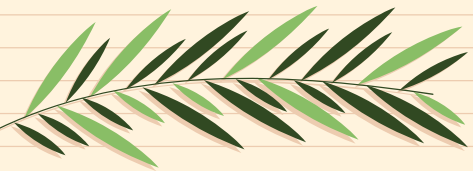
2nd Year, Ecology & Evolutionary Biology

Being in nature, baking, listening to LANY/Jeremy Zucker, exploring, rewatching movies

Joined to continue paddling & for close community – canoed/kayaked before

Fun Fact: A lady in a grocery store thought I was a firefighter





Kaelyn Fung

Director of External Affairs

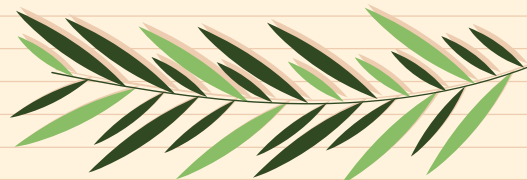


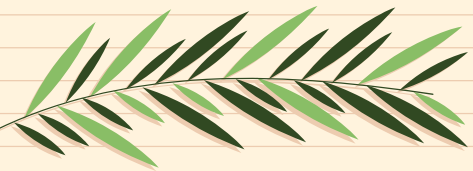
2nd year, Psychology + Asian American Studies

Thrifting, watching Jubilee Media vids, listening to/sharing new music, taking pics, coffee shops!

Joined to find an inclusive, cultural community + to stay active

Fun Fact: if you leave fruit in front of me I will consume it all (ex: a costco watermelon)





Eric Lu

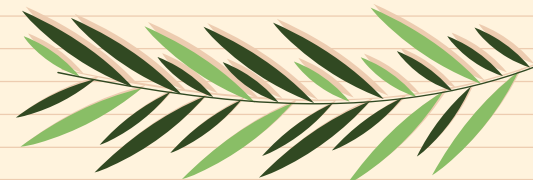
Director of Internal Affairs

2nd Year, Computer Science

Baking, Video Production, Sending Postcards

Joined to explore a new thing in college, found a
community

Fun Fact: I got attacked by a monkey one time





Brian Pham

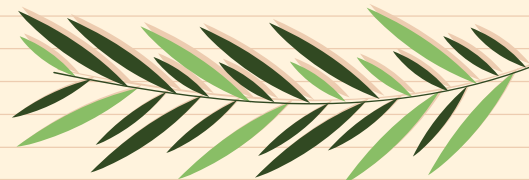
Blue Boat Coach

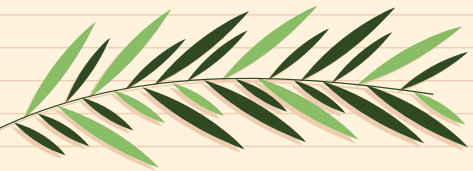
3rd Year Math/Econ Major

Love paddling, cooking, and swimming

Joined because I wanted to work out / stay competitive after high school

Fun Fact: Training to do a 35 mile race on a canoe solo





Oscar Tan

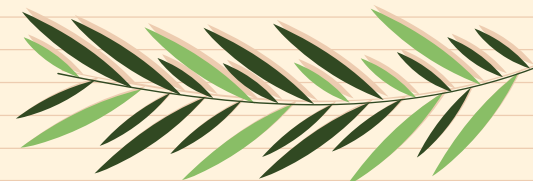
Gold Boat Coach

2nd year Physiological Science

Cars, Cooking, Anything Analog

Joined because I love the water, the community, and
staying active

Fun Fact: A bird pooped on me before this photo





Nathan Tjong

Land Coach

2nd Year Stats and Data Science/Psychology double major

Loves paddling, cars, working out and music

Joined because I wanted to be part of a community at UCLA and I wanted to stay fit

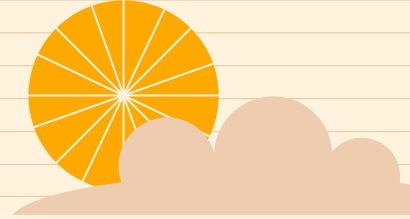
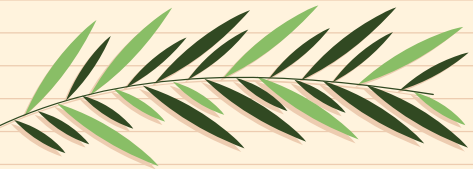
Fun Fact: I had to have surgery on my knee after tearing my meniscus





Ucla

DRAGON BOAT



What is Dragon Boat?

Competitive water sport

20 person canoe

20 paddlers

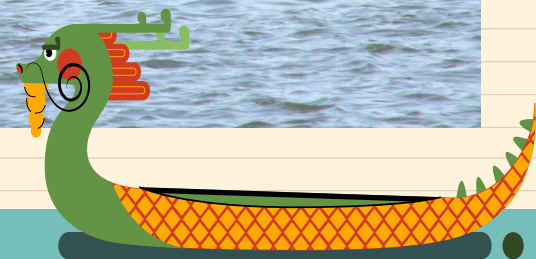
1 steers

1 drummer

Races

200m, 500m, 1000m

Mixed, Open, Womens,
Collegiate



The Team



About Us

- Student-run Club Sport
- 2 boats: Blue and Gold
- Co-Ed
- 50 Strong!
- Established in 2004

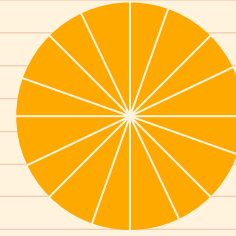




Races

- Fall Quarter**
College Cup - San Francisco, CA
- Winter Quarter**
AZDBA - Tempe, AZ
- Spring Quarter**
SCDBC Local Festival - Long Beach, CA
- Summer**
Concord Pacific Festival - Vancouver, BC
ICEA International - Long Beach, CA





Tuesday & Thursday | 7:00-8:30 PM | Drake stadium

Land Practice



- Focuses on fitness and conditioning
- Workouts include:
 - Stretches
 - Sprints
 - Calisthenics
 - Core Workouts
- Team-Oriented workouts
- Eat dinner at Covell afterwards with the team!

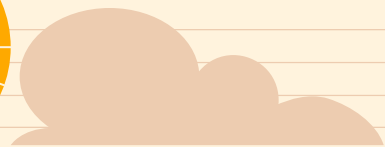
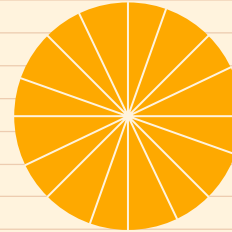


Monday & Wednesday | Time Varies | John Wooden Center

Gym

- Focus on getting stronger
:strong: :strong:
- Emphasis on compound lifts
- Workout with your gym buddy!





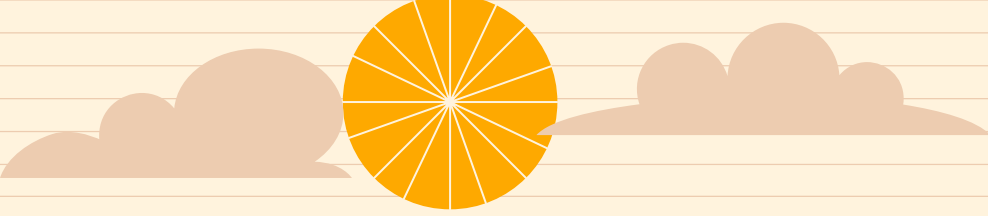
Wednesday | 5:00-6:30pm | Tongva Steps

Technique Workshop



- Focus on learning stroke and timing
- Less emphasis on conditioning
- Opportunity to get one-on-one coaching to improve your paddling!





Saturday & Sunday | 7:00 - 8:00 AM | Mother's Beach, Long Beach

Boat Practice

- Practice on the water as a team!
- Gear and carpool will be provided
- You **DO NOT** need to know how to swim





Socials!



- 4-6 events per quarter
- Bond with the team outside of practices!
- Socials include:



- Holiday celebrations
- Gym Groups
- Study Groups
- IM Sports Teams
- Mixers with other Dragon Boat teams



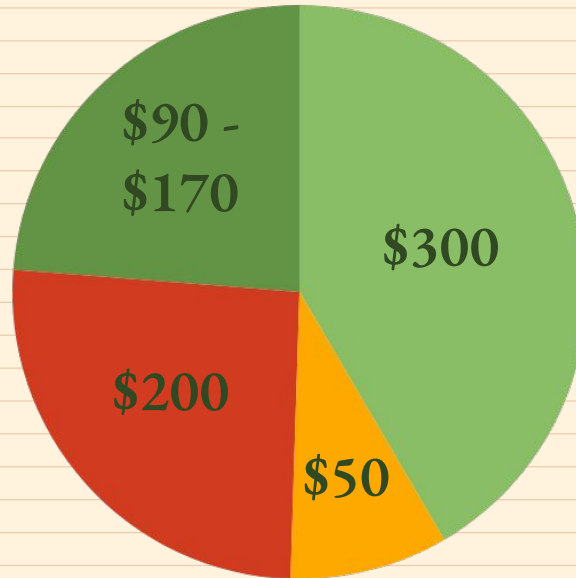
Annual Finances

Equipment

- PFDs (\$100 **new**, \$15/quarter **rental**)
- Paddle (\$70 **new**, \$15/quarter **rental**)

Team Socials

- Food, Materials, Admissions Fees



Annual Membership

- Transportation to practice
- Race Registration
- Race Food
- Insurance

UCLA Club Sports Dues

- Club Sports Gear
- Club Sports events





Tryouts

TRYOUT WEEK

MON 10/2

Info Session

LA Tennis Center
6PM

TUE 10/3

Land Tryouts

Drake Stadium
7PM

WED 10/4

Paddling Workshop

Tongva Steps
5PM

THUR 10/5

Land Tryouts

Drake Stadium
7PM

FRI 10/6

BBQ Social

Mesa Picnic Lawn
5PM

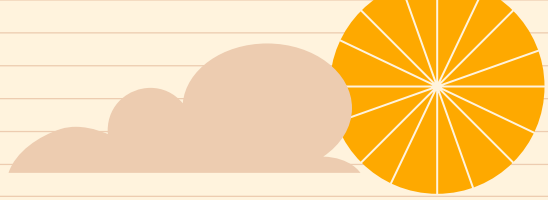
SAT 10/7 &

SUN 10/8

Boat Tryouts

TBD





What are we looking for?

- Motivation to work together and compete
- Commitment:
 - Willingness to learn and accept criticism
 - Teamwork and leadership
- No previous paddling or athletic experience necessary
- Injured? We can talk something out





What to bring

Land Tryouts

- Workout Clothing
- Running Shoes
- Water Bottle
- Bruincard
- Inhalers (if needed)

**Don't eat before land!

We will eat together afterwards as a team**



Boat Tryouts

- Workout Clothing (will get wet)
- Towel
- Flip Flops / Sandals
- Water Bottle
- Change of Clothes (strongly recommended)
- Sunscreen
- Inhalers (if needed)

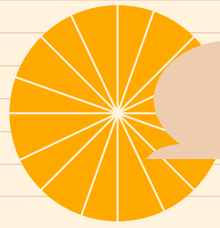


Tryout Waivers

tinyurl.com/dbwaiver2324

Due: Tue 10/3 at 7PM





See you on the water!

Contact us if you have any questions about tryouts!

dragonboat@ucla.edu
[dragonboat.github.io](https://github.com/dragonboat)



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