

Team information pack 2026/2027 season



Welcome to Northern Phoenix Dragon boating. If you're an existing member it's great to have you back, if this is your first season with us, a very warm welcome!

This information pack provides you with all of the key information you need as we begin a new training and competing season. If there's anything you need to know that isn't here, the people to contact are detailed at the end of this pack.

Training

The summer training season generally runs from October until the end of March or early April.

We meet three times per week at Lake Rua on Wednesday evening and Sunday Morning and Kaiapo River on Monday evening.

This season we plan to use the Sunday morning session at Lake Rua to accommodate new paddlers wanting to try dragon boating, dedicated technique training with everyone being welcome to bring guests along to give it a go. The Monday and Wednesday evening sessions will be our main training sessions, reserved for club members. New members joining with less paddling experience (particularly when joining later in the season) may be asked to get up to speed on the Sunday sessions before joining the main Monday and Wednesday sessions.

We are generally out on the water for an hour to an hour and a half, this can vary for a number of reasons. Training is subject to weather conditions and paddler/sweep/coach availability. A message will be sent out via the facebook messenger group to give as much notice as possible should we need to cancel.

Members will be asked to confirm attendance before each session and are asked to contact the Team Manager privately if they cannot attend.



Key Information

**Season runs from
October to April**

**Training: Monday and
Wednesday 6.15pm**

**Training: Sunday
8.45am**

**Locations: Lake Rua or
Kaiapo River**

Expectations

We arrive at the boat compound around 6.15pm for evening sessions and 8.45am on a Sunday morning sessions.

Everyone is expected to help get the boat in and out of the water, the boats are heavy and many hands make light work. With this in mind, please wear suitable footwear such as trainers (you're happy to get wet) boat shoes or crocs.

Please keep chatter on the boat and during briefings to a minimum. While it's great to catch up, save conversations for when we're off the water. During training, only the coach, caller, sweep, or captain should be giving instructions. Respect the team, everyone's time, effort, and commitment. We're all in this together.



Regattas

Seats on the boat for regattas are limited and must be assigned in line with male and female ratio rules set by the NZDBA.

Seat allocation will be managed in line with the Northern Phoenix Training Policy (which can be found in the Resources area on our website).

Paddlers aged under 18 will not be allowed to participate in more than four races in any day.

Out of Town Regattas

Accommodation has been booked for South Islands and Nationals, some financial contributions may be required depending on success of fundraising and grant applications. Attendees should expect to contribute a minimum of \$50 per night for accommodation costs.

In previous years, we've had a great time staying together as a team, but you're welcome to arrange your own elsewhere if preferred.



Key Information

2026/27 Regatta Dates:

- Splash 'n' Dash - Sunday Oct 18th - Kerrs Reach
- Aoraki Open - Sunday November 29th - Lake Rua
- Ōtepoti 10s Festival (Steamer Basin) - Sunday January 24th - Dunedin
- Around the Bend - Sunday February 21st - Lake Rua
- South Island Championships - March 13th Lake Ruataniwha, Twizel
- NZDBA Nationals - April 2nd and 3rd Lake Ruataniwha, Twizel
- *Wellington Festival - Feb 28th and 29th - Attendance yet to be confirmed*

Training Gear List

We have paddles and life jackets available to use for training.

New paddlers may be asked to use Aoraki provided equipment until they attend their first regatta, at that point they will be assigned their own Northern Phoenix equipment.

What to Wear While Paddling:

- Quick-drying fabrics (polyester, nylon)
- Moisture-wicking base layers (e.g., merino wool)
- No denim or trackies, please wear either shorts or leggings (thermals welcome under shorts and tshirts)



Regatta Gear List

- Race shirt (equipment officer provides these)
- Black shorts or leggings
- Sunblock, sunglasses, and sun hat
- Warm layer for between races (hoodie, coat, or blanket)
- Thermals in case it turns cold
- Boat shoes or Crocs (not jandals)
- Chair or blanket to sit on
- Towel
- Drinking Water (fruit and additional water will be provided)
- Packed lunch and energy snacks
- Cutlery and serviettes
- Cash for food/drinks
- Dry clothes to wear home



Membership Fees

Adult membership fees are \$250 per year, with a year running from 1 September to 31 August.

Junior (under 18 years old on 1 September) fees are \$125 per year.

Membership fees cover the use of equipment (including boats that we hire from Aoraki Dragons), regatta entry fees and other associated club running costs. Additional fees may occur for some activity including travel accommodation for out of town regattas.

Payment plans are available on request, please speak to the club's Treasurer if you'd like to arrange this. Fundraising activity is arranged during the year to help you cover your fees and other club running costs.



Key Information

Annual membership
fees \$250

Under 18's \$125

Payment plans are
available

Communication

We use Facebook Messenger for internal team communication, the Team Manager will add you once you become a member. We also maintain public social media platforms.

When posting on any of these platforms, please remember you are representing the club. All posts must comply with our [Communications Policy](#). Content that breaches this may be removed.

Fundraising

We conduct fundraising activity to help with club running costs, including those associated with out of town regattas. We occasionally run fundraising events to enable members an opportunity to raise funds towards their own membership fees.

We aim to provide plenty of notice of fundraising activity, and we will tell you what the fundraising money will be used for.

Fundraising is an important team activity and we ask everybody to be involved as much as they can be.



Key Information

We'll add you to the messenger group once you sign up as a member.

Fundraising helps keep us running!

Feedback & Complaints

Feedback is always welcome, you can speak to a member of the committee at anytime, [contact us](#) through the website or send an email to northernphoenixdragonboating@gmail.com.

Complaints should be raised to a committee member who will guide you through the complaints process.



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Policies

Northern Phoenix has a set of its own policies, and follows those set out by the New Zealand Dragon Boat Associated (NZDBA). All of these can be navigated from [here](#).

We recommend you review the following key NZDBA policies:

[Code of Conduct](#)

[Rules of Racing](#)

[Lifejacket \(PFD\) Requirements](#)

All paddlers must wear a Personal Flotation Device (PFD) on the water. PFDs are provided by the club. If you prefer to use your own, please ensure it meets NZDBA standards and that you're aware of your responsibilities under the policy

[Anti-Doping Policy](#)

NZDBA adheres to the World Anti-Doping Code.

If you're taking any substances (including medication), check whether they are permitted.

Some medications require pre-approved exemptions, especially for national or international regattas.



People to Know!

Coaching & Team management



Coach

Sam is our coach and is responsible running our training sessions and getting us ready as a team for competing. Sam is your point of contact for any questions related to your own performance, that of the team, our training plan any anything else related to the technical aspects on the boat.



Team Manager

Lisa is our team manager and is responsible for all things logistics when it comes to training sessions, regattas and general behind the scenes team administration.



Governing Committee



President

Andy is the president of the club and responsible for overseeing the governance of the club.



Secretary

Nicole is the secretary of the club and responsible for running meetings, record keeping and club administration.



Treasurer

Heather is the treasurer of the club and responsible for maintaining financial records, paying the bills and monitoring financial performance.



Governing Committee



Team Strategy Officer

Nui works with the coach and team manager to ensure committee agreed policies and priorities are maintained within the team.



People Officer

Coralea is responsible for member wellbeing, recruitment and retention.



Fundraising Officer

Zul is responsible for organising team club fundraising activity.



Funding Officer

Shelley is responsible for managing the club's grant/funding applications.



Northern Phoenix Values



Our values are really important to us, they form the basis of everything we do.

Respect

Respect at Northern Phoenix means creating an environment where every person feels heard, recognised, valued, and genuinely welcome. It's about honouring each other's personalities, personal situations, and our wider community whānau.

Inclusive

Inclusive at Northern Phoenix means welcoming people of all backgrounds, ensuring everyone has the right to belong, contribute, and be heard. We value the range of experiences and abilities within our team, knowing our strength comes from that diversity, and we create space for open kōrero, transparent decision making and paddler satisfaction.

Support

Support at Northern Phoenix means backing each other on and off the water — offering technical guidance, social connection, and genuine care for teammates' mental, physical, and emotional wellbeing. We look out for one another, encourage each other, and prioritise the overall wellbeing of the team.

Enjoy

Enjoy at Northern Phoenix means wanting to be part of the team, looking forward to turning up, and genuinely enjoying the people we paddle with. When we're on the water, we create an environment where participation feels rewarding, fun, and something we all want to come back to.

Respect
Inclusive
Support
Enjoy