



Inlet Spring Regatta Teams of 2024

[Abreast at Rocky Point](#)

Abreast at Rocky Point is part of the **Abreast In A Boat Society**, a group of 200 women from the Metro Vancouver area who are breast cancer survivors. As their name suggests, this team trains right here at Rocky Point Park, Port Moody.

[Abreast Deas Divas](#)

Deas Divas is a women's team from Ladner and are a part of the **Abreast In A Boat Society**, a group of 200 women from the Metro Vancouver area who are breast cancer survivors.

[Abreast in the City](#)

Abreast in the City is part of the **Abreast In A Boat Society**, a group of 200 women from the Metro Vancouver area who are breast cancer survivors.

[Abreast with Fortitude](#)

Abreast in a Boat Fortitude is part of the **Abreast In A Boat Society**, a group of 200 women from the Metro Vancouver area who are breast cancer survivors.

[AI O Wetters](#)

The AI-O-Wetters women's team is part of the Pitt Meadows Paddling Club practicing once per week right here at Rocky Point. We are a recreational team with a competitive spirit and a fun-loving attitude.

[Century Dragons](#)

The Century Dragons are a senior women's team from Century House in New Westminster. We started up in 2016 and have made many friends. We love being out on the water.

Draggin' Divas

The Draggin' Divas are an experienced all-women competitive team that paddle right here off the shores of Rocky Point Park. In 2024, they celebrate 15 years of paddling together and our core values of hard work, respect, teamwork, staying fit, and having fun remain unchanged. After a day of racing, you'll find us in the beer garden or out on the dance floor. Don't be fooled by our name, there is nothing draggin' with this team!"

Dragon Ladies

The Dragon Ladies debuted 37 years ago at Vancouver's Expo 86. Bringing together women from all walks of life, their longevity is attributed to the dedication of their veterans and is enriched by the enthusiasm of their newcomers. Paddling out of FCRCC in False Creek, Dragon Ladies embrace each new season to solidify their tradition of teamwork, competitiveness, and building lasting friendships.

FC Premier Mixed

The False Creek premier mixed team is excited to be here as they prepare for the World Club Championships in September in Italy. They are coached by **Kamini** (Kommanee) **Jain** and Andrea Dillon.

FC Premier Women 10

False Creek premier women's team is excited to be here and **permitted to race a 10-person crew** in preparation for the World Club Championships in September in Italy. Talk about girl-power! The premier women are coached by **Kamini** (Kommanee) **Jain** and Andrea Dillon.

FCRCC Momentum

Team Momentum is a women's recreational team from the False Creek Racing Canoe Club that has been around for over 20 years. With a broad age range of paddlers, we continually strive to improve our strength and our paddling skills. We are committed to enjoying paddling while creating a caring, supportive team of women!

[FLCC Chicks Ahoy](#)

Fort Langley Canoe Club's Chicks Ahoy is a recreational team of women who like to laugh together, but don't count them out, they also like to paddle hard!

[FLCC D-Fyance](#)

"Fort Langley Canoe Club, D-Fyance is a women's team of paddlers ranging in age from 69 to 84. Most of us were beginners when we started but discovered we loved the sport. We have been paddling for 6 years now and have enjoyed every minute. Their website says they are, "A unique, Senior "D" women's team with the gusto of kids!"

[FLCC Dragonflies](#)

The FLCC Dragonflies practice on the Bedford Channel of the Fraser River in Fort Langley Canoe Club. This year is the 10th anniversary of many of the paddlers on their women's team.

[FLCC FORTified](#)

FORTified is a 55+ team that has been paddling out of Fort Langley Canoe Club for over a dozen years. "We enjoy practices on the Fraser River, attending a number of regattas and most of all being together participating in a sport we love!"

[FLCC Fraser Spirit](#)

Fraser Spirit is a women's team from the Fort Langley Canoe Club who paddle on the beautiful waters of the Bedford Channel. Fraser Spirit says, "We work hard, try our best and enjoy our time together!"

[FLCC Furies](#)

The Furies are a women's dragon boat team established in 2022 from the Fort Langley Canoe Club. "For us, spirit is more important than skill. Our goal is to enjoy the company of motivated women who are looking to share amazing experiences, improve our skills, paddle together and power to the finish line as a team!"

[FLCC Paddle Pushers](#)

The Paddle Pushers are a women's team that paddles on the Fraser River with the Fort Langley Canoe Club. They say, "We work hard on the water and look forward to our team socials off the water. We love the vibe and energy at the Inlet Spring Regatta."

FLCC Race Crew

Race Crew is a third-year competitive women's dragon boat team that trains on the Bedford Channel of the Fraser River with the Fort Langley Canoe Club. We train hard, but in the end, the most important thing is our trust in one another – that's when we conquer the impossible. Paddling with purpose and passion is our mission!

FLCC River Dragons

The River Dragons are a recreational women's team from Fort Langley Canoe Club with experienced paddlers and athletes who enjoy paddling, working out, and embracing the great outdoors by being on the water. They value the meaning of the word TEAM, and love to laugh.

FLCC Sundragons

The Fort Langley Canoe Club Sundragons are a group of spirited, energetic, enthusiastic women who love dragon boating. Paddling since 2007, we inspire each other, we love being on the water and we enjoy the thrill of a race... AND we love the bling.

FLCC Titanium Masters

Paddling out of beautiful Fort Langley, we are a newly formed team hoping to be competitive in the developing Senior D division. Our goal is to compete in National and International events as this new Senior-D age class gains momentum and recognition. SrD is breaking new ground with many experienced older paddlers wanting to stay active and stay competitive. We are hoping other clubs will embrace this new age class!

FLCC WOW

The WOW in team FLCC WOW stands for Women On Water and this recreational team is from the Fort Langley Canoe Club. A keen group of paddlers with various abilities with ages from 50s to 70s. They train from April to mid-September and continue during the winter with a variety of dragon-boating and outrigger paddles. The team's focus is to improve fitness through paddling, to have fun, to enjoy team comradery and to enjoy new friends.

Fort Langley Iron Maidens

The Iron Maidens are an all-women dragon boat team established in 2017 and based out of Fort Langley. "We are a recreational team, with a competitive spirit. One boat, one heart, one goal!"

Grandragons

The Grandragons are a senior's mixed team training at Alder Bay on Granville Island, Vancouver. "We have been a team for over 25 years. We are a social group that work hard and enjoy a coffee together after training."

Harrison Wild

Harrison Wild is a [Fraser Valley Paddling Club](#) team from Harrison Hot Springs. They'll be showing off their wild side at their second showing at the Inlet Spring Regatta.

Mavens of Mayhem

This team tells us that they are a rag-tag bunch of paddlers from various parts of BC...From Kelowna to Port Moody, Vancouver, Victoria, Nanaimo and Comox we love to put a team together and race just for fun. As the team is different for every regatta, our first practice together is always out to the start line!

Paddle Rangers

The Paddle Rangers are a mixed recreation team out of Vancouver that likes to have fun and compete hard. The team started in 2015 and competed in many different regattas. This is their second Inlet Spring Regatta. Go Go Paddle Rangers, it's MORPHING TIME!

RPDB Moody Brews

The Rocky Point Dragon Boat Moody Brews are a team of men and women who love to dragon boat. Our motto is "Paddle Hard, Play Hard!" We meet and train every Wednesday evening for "On the Water" training, and "Dry Land" training afterwards at our favourite craft brewery across the road.

[RPDB Moody Dragons](#)

Rocky Point Dragon Boat's Moody Dragons are a hard-working and fun group of women who get together on Tuesday evenings to train for 2–3 races a year. They like to get together off the water for additional fun and fitness when we are not paddling.

[RPDB Moody Growlers](#)

The Moody Growlers of Rocky Point Dragon Boat are a new women's team of novice paddlers that have been training on these waters on Thursday evenings during the last few months. They are excited to be at their first Inlet Spring Regatta!

[RPDB Pass the Buk](#)

Rocky Point Dragon Boat's Pass the BUK came together as a group of women who were mildly acquainted with each other, and now are closely connected friends. Over the past several seasons they have developed a strong passion for the sport. They “Paddle for Fun! and Race to Win!”

Seattle Flying Dragons

The Seattle Flying Dragons is a mixed team that have come all the way from Washington State, home to Starbucks, Amazon, and Sasquatch! "We are so excited to paddle for the first time in the Inlet Spring Regatta!"

Seattle Flying Women

Welcome Seattle Flying Women who say, “We're women from the Seattle Flying Dragons and we're very happy to be racing at the Inlet Spring Regatta! We paddle at 2 locations, in downtown Seattle on South Lake Union, and in Kenmore on North Lake Union. We paddle all year long, and love the changing seasons. Thanks to Kenmore Air who support our team.”

[Seraphins](#)

The Seraphins women's team have been part of the Fraser Valley Paddling Club for 13 years and practice on Harrison Lake. These ladies have a lot of fun on and off the water and usually go to 5 to 6 regattas a year and work hard to bring home the bling.

Seventh Wave

Seventh Wave are a competitive bunch of women who have been training in North Vancouver's Deep Cove for 20 years. They support each other through adversity and celebrate triumphs, both on and off the water. We love our team!

SFU Shockwave

SFU Shockwave is a premier adult dragon boat team based from Simon Fraser University. The team exists to promote building bonds, being healthy and above all, sharing our passion for the sport.

SIPC One Paddle

The SIPC One Paddle team formed in 2022 and was made up of a combination of all Sudden Impact Paddling Club members who returned to paddling after the pandemic. As the club started building up again and membership grew, teams started forming into competitive, recreational and women's only. One Paddle was officially formed as SIPC's competitive team and has participated in many local and distant regattas.

Spirit of a Renegade

Spirit of a Renegade Or the acronym, SOAR formed back in 2005 and was the Fort Langley Canoe Club's first mixed competitive team. "We are a diverse group of all ages who practice hard and 'give it our all' at regattas. Every year we strive to increase our competitiveness and advancement at every regatta we attend."

STEMCELL

Team STEMCELL says they are a local corporate team representing STEMCELL Technologies. "We've dominated the biotechnology sector in Vancouver and we're looking to dominate on the water. We're known to be suspiciously good."

Thunder Stokers

Paddling since 2002, the Thunder Stokers have evolved as a mixed team that loves paddling together on beautiful Harrison Lake. The team varies in age and experience and always welcomes new paddlers! Stokers live in Agassiz, Chilliwack, Harrison and Hope, BC. They work hard on fitness, paddling technique, and to be competitive; but also prioritize having a good time together on and off the water.

Twisted Dragons

The Twisted Dragons, Richmond's only mixed senior dragon boat team, was formed in 2009 to compete in the 55+ BC Games. Their goal is to safely maintain their fitness and have some fun. Twisted Dragons are a recreational mixed team that enjoys racing.

Unified Ripped Tides

The Unified Ripped Tides team is the dragon boat branch of the Unified Training Centre in Maple Ridge. "We are a mixed group of strong individuals who formed in 2023 just to 'try it out' and discovered a passion for paddling. We take pride in giving our all and so thoroughly enjoyed the experiences and people we met last year that we just had to do it again!

Wave Crashers

The Wave Crashers are a women's recreational team from North Vancouver's beautiful Deep Cove. Their team believes in enjoying life and living it to the fullest through fitness and friendship.