



## Inlet Spring Regatta Teams of 2023

### [Abreast at Rocky Point](#)

Abreast at Rocky Point is part of the **Abreast In A Boat Society** is a group of 200 women from the Metro Vancouver area on the west coast of British Columbia, Canada, who have been diagnosed and treated for breast cancer. What began as a medical study in 1996, has grown to inspire the formation of well over 200 survivor teams worldwide. They have six home crews in the Metro Vancouver area based in Vancouver, Delta, Port Moody and Fort Langley. Abreast at Rocky Point is from Port Moody and competing today. They say, "In the dragon boat we paddle together, support each other, learn from one another, laugh together, enjoy competition, overcome fears, encourage each other, make new friends, take pride in our accomplishments, and break the silence of cancer."

### [Abreast in a Boat Fortitude](#)

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### [AI O Wetters](#)

The AI-O-Wetters are a semi-competitive group of women who love to paddle 'while having fun,' being a high priority! They say that their team is a wonderful example of how the dragonboat community came together to offer assistance two years ago, when they lost their paddling home in Pitt Meadows. They are pleased to have Rocky Point as their new paddling home.

### [Brier Fire](#)

A BIG WELCOME to Brier Fire, first-timers to the Inlet Spring Regatta. Team Brier Fire are amazing individuals from Louis Brier Home and Hospital in Vancouver. The mixed team is thrilled to be attending their first, Inlet Spring Regatta.

### [Butts in a Boat](#)

We are a group of men from Vancouver, Canada and the surrounding metropolitan area, who have had a prostate cancer diagnosis. This Dragon Boat team is the first crew in Canada made up entirely of Prostate Cancer survivors. Our mandate is to provide a healthy vehicle and environment for us to foster teamwork, camaraderie, physical fitness and prostate cancer awareness. We believe that there is life after diagnosis and demonstrate it through our active participation in the strenuous demands of dragon boat paddling. Fitness and exercise are shown to be of great value in the fight against cancer. We have fun and push the limits of our physical endurance and fight the good fight. If you have had a prostate cancer diagnosis, email [vince@schiralli.com](mailto:vince@schiralli.com) to join our crew.



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### Century Dragons

Century Dragons began in 2016 with a boat full of inexperienced, senior women determined to learn the sport. Hard work and fabulous coaching brought the team to win a couple of Bronze medals and finally a first place in the F division finals here last year. They are determined to improve on that record!

### **CROSSNA**

CROSSNA is an outdoor sports group mainly composed of first-generation Chinese immigrants. They hope that through their active participation, they can promote dragon boat sports among new immigrants, enhance their physical fitness, and cultivate team spirit in helping newcomers better integrate into Canadian communities.

### DH Swordfish

“Who's got heart? SWORDFISH!” That's right, Swordfish is part of the Dragon Hearts family of teams. They love to ridicule and make fun of each other -- which only makes them stronger. In races, they win some and they lose some... BUT, their team focus is impeccable.

### Dragon Divas

Draggin' Divas have been paddling together for over 12 years. They are a dedicated recreational team who started paddling on the Alouette River and now call Old Mill Boathouse paddling club their new home. The Divas say it's their fearless leader, Kate Zubich who motivates them to perform their best during practises and at races.

### **Dragon Ladies**

The Dragon Ladies first 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 Vancouver's False Creek, Dragon Ladies embrace each new season to solidify their tradition of teamwork, competitiveness, and building lasting friendships.

### 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. As a diverse group of paddlers, they are continually working to improve their paddling and fitness levels. They practice twice a week from March til October out of Alder Bay in False Creek, Vancouver. Momentum continually strives to build a supportive and cohesive team while sharing an exciting and challenging sport.

### FLCC Chicks Ahoy

Chicks Ahoy is a recreational women's team out of the Fort Langley Canoe Club who enjoys the team spirit in the boat and like to laugh a lot as they paddle hard. Many on the team have been paddling together for over 10 years.



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### [FLCC D-Fyance](#)

From the Fort Langley Canoe Club, D-Fyance is a team of ladies 70 plus who came together in 2017 to keep on paddling. Some were new to paddling and some were experienced paddlers. Our captain has been the driving force in creating a Senior D Division at the National level which happened in 2022 at the Nationals in Montreal. We are continuing to paddle and compete at local, national and international competitions.

### [FLCC FORTified](#)

FORTified is a mixed recreational 55+ Dragon Boat team in the Fort Langley Canoe Club that likes a good challenge. Started in 2008, Fortified is a group of dedicated men and women who enjoy the teamwork, hard work of training, the spirit of competition and the social aspects of having fun together. Their mission is to empower and FORTify each other with a healthy competitive spirit.

### [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 may only practice once a week but we will give you a race to remember!"

### [FLCC Iron Maidens](#)

The Iron Maidens were established in 2017 as a recreational women's team with a competitive spirit. They play hard and paddle hard, and train at Fort Langley Canoe Club!

### [FLCC Paddle Pushers](#)

The Fort Langley Canoe Club Paddle Pushers are a fun-loving competitive recreational ladies' team who work hard on the water and enjoy socializing after a big win. They range in age from in their 20s to 60s and feel fortunate to paddle on the Bedford Channel of the Fraser River in the quaint village of Fort Langley.

### [FLCC Race Crew](#)

The FLCC Race Crew are a second-year women's paddling team out of the Fort Langley Canoe Club, coached by Ben Lee with a mix of experienced and enthusiastic newbies. Several paddlers from the team went to Panama to compete in March of 2023. They are super excited to come back at the Inlet Spring Regatta!

### [FLCC Sundragons](#)

The Fort Langley Canoe Club Sundragons are a group of spirited, energetic, enthusiastic women who thrive on competition, disciplined training and social activities. The team has been paddling on the beautiful Fraser River since 2007.



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### [FLCC Titanium](#)

Titanium is a highly dedicated group of ladies from the Fort Langley Canoe Club driven and motivated by the desire to compete – and WIN – locally, nationally and internationally. They train year round on the beautiful Bedford Channel in the Fraser River. The team focuses on timing, technique and power. Cross training in the outrigger canoe builds cardio and endurance and complementary dry land gym workouts blend flexibility with strength specific to paddling.

### [FLCC WOW \(Women on the Water\)](#)

The WOW in team FLCC WOW stands for Women On Water and this recreational team is from the Fort Langley Canoe Club. They are a group of keen paddlers with various abilities and ages from the 40s to the 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 enjoy new friends.

### [Grandragons](#)

The False Creek Grandragons were the first mixed seniors dragon boat racing team formed in Canada and have set the standard in Seniors' Dragon boating for over 25 years. The Grandragons have taken a lead role in promoting senior's dragon boat racing on the West Coast of Canada and the U.S. The team has developed into a strong competitor at dragon boat festivals.

### **Harrison Wild**

Harrison Wild is a new mixed team from Harrison Hot Springs and member of the Fraser Valley Paddling Club. This is their first time attending the Inlet Spring Regatta.

### [Nothin' Dragon Masters \(HOST TEAM\)](#)

The Inlet Spring Regatta host team, Nothin' Dragon is an energetic group of men and women over 50 who strive to achieve excellence in physical fitness by participating in recreational and competitive dragon boating. The club has been in existence since 1998 which makes them 25 years old! They are a motivated group, enjoying an active lifestyle in a friendly, supportive team setting, and contributing to the community by sponsoring, encouraging, and mentoring youth programs. This group is a force that sees potential in every stroke of the paddle! Learn more at [nothindragonmaster.org](http://nothindragonmaster.org)

### [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 since then have competed in many different regattas, however this is their first Inlet Spring Regatta. Go Go Paddle Rangers, it's MORPHING TIME!



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### [RPDB Moody Brews](#)

The Rocky Point Dragon Boat Moody Brews are a mixed team of men and women who love to dragon boat. They are a hard-working team who loves to "Train Hard to Play Hard" and not always in that order.

### [RPDB Moody Dragons](#)

Rocky Point Dragon Boat Moody Dragons are a fun group of women who love everything about Dragon Boating. They say they spend just as much time together being "Active" off the water as they do paddling.

### [RPDB Pass the Buk](#)

Rocky Point Dragon Boat Pass the Buk are a group of women who tried dragon boating on a rainy Monday evening 7 years ago and have never stopped. Their philosophy is "Paddle for Fun, Race to WIN!" They train on Burrard Inlet.

### [RPDB Unified Ripped Tides](#)

Rocky Point Dragon Boat's Unified Ripped Tides is a new team from Ridge/Meadows area and trains here at Rocky Point. They said that this is their 1st dragon boat Regatta and they are looking forward to many more.

### [Seraphins](#)

The Seraphins women's team is part of Fraser Valley Paddling Club and started in 2011. These ladies has a lot of fun on and off the water. They train on Harrison Lake.

### [Seventh Wave](#)

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

### [Squamish DBA Chawanda](#)

The Squamish Dragon Boat Association's ladies team Chawanda have been plying the Howe Sound waters for over 14 years. They have always been a small but mighty force that loves to compete. They're a great mix of ladies: professionals, students, retirees, moms, and grandmas. Chawanda has a small core that have been together from the beginning and a great group that started to paddle with them over the pandemic. They're happy to see old friends at the Inlet Spring Regatta.



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### Sudden Impact One Paddle

Sudden Impact Paddling Club is located at beautiful Cultus Lake, BC, and is dedicated to promoting dragon boating and outrigger sports. They are about fitness, friendship, and fun, and they welcome paddlers of all ages and physical abilities.

### Thunder Stokers

Thunder Stokers have been dragon boating since 2002. They practice on beautiful Harrison Lake, home of the Harrison Hot Springs! Their members range in age from 40-something to 70-something! They live in Agassiz, Chilliwack, Harrison and Hope, BC. Thunder Stokers say, they love to compete but also love to have fun and be fit!

### Twisted Dragons

The Twisted Dragons, Richmond's only 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 team that enjoys racing.

### **Wave Crashers**

Wave Crashers are a women's recreational team from North Vancouver's beautiful Deep Cove. The team has been going strong for 23 years. They love the water and being out on it together. The Wave Crashers are about enjoying life and living it to the fullest through fitness and friendship, as reflected in our team cheer: "Paddle for Fun, Race to Win!"