



## Dragon Boat Training/Practice Schedule Form 2009 Season

Training at the Richmond Hill Canoe Club (Lake Wilcox) will commence April 1<sup>st</sup>, weather permitting and continue throughout the summer.

To book practice times, email your desired dates and times to [dragonboattraining@rhcc.on.ca](mailto:dragonboattraining@rhcc.on.ca) as soon as possible.

**A Richmond Hill Canoe Club representative will contact you to confirm practice times.**

Crew Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Fees:

- **\$90 per session/crew + insurance**
- **\$75 per session/crew for 10 or more sessions (prepaid) + insurance**

Note: Insurance for a crew is paid once and covers all subsequent practices, the fee is \$10 per crew member.

Steerspersons are available but will negotiate their own fees.

Practice Times:

Weekdays                      5:30pm, 6:30pm, 7:30pm

Weekends                      7:30am – 4:30pm

**Serving all of York Region**

Member Ontario Canoe Sprint Racing Affiliation and Canadian Canoe Association  
P.O. Box 2054, Station B, Richmond Hill, ON L4E 1A3; (905) 773-8284; [www.rhcc.on.ca](http://www.rhcc.on.ca)



## Requested dates and times 2009

Crew Name: \_\_\_\_\_

In the following fields indicate both date and time requested for each practice:

# 1: Date \_\_\_\_\_ Time \_\_\_\_\_

# 2: Date \_\_\_\_\_ Time \_\_\_\_\_

# 3: Date \_\_\_\_\_ Time \_\_\_\_\_

# 4: Date \_\_\_\_\_ Time \_\_\_\_\_

# 5: Date \_\_\_\_\_ Time \_\_\_\_\_

# 6: Date \_\_\_\_\_ Time \_\_\_\_\_

# 7: Date \_\_\_\_\_ Time \_\_\_\_\_

# 8: Date \_\_\_\_\_ Time \_\_\_\_\_

# 9: Date \_\_\_\_\_ Time \_\_\_\_\_

# 10: Date \_\_\_\_\_ Time \_\_\_\_\_

# 11: Date \_\_\_\_\_ Time \_\_\_\_\_

# 12: Date \_\_\_\_\_ Time \_\_\_\_\_

# 13: Date \_\_\_\_\_ Time \_\_\_\_\_

# 14: Date \_\_\_\_\_ Time \_\_\_\_\_

Please email [dragonboattraining@rhcc.on.ca](mailto:dragonboattraining@rhcc.on.ca) to book practices

**Serving all of York Region**

Member Ontario Canoe Sprint Racing Affiliation and Canadian Canoe Association  
P.O. Box 2054, Station B, Richmond Hill, ON L4E 1A3; (905) 773-8284; [www.rhcc.on.ca](http://www.rhcc.on.ca)