



**PAN AM/USDBF CERTIFIED  
LEVEL 1 COACH COURSE  
JUNE 22-23, 2024**



The popularity of this introductory dragon boat coaching course has grown considerably both in live presentations and now with distance education via ZOOM.

**TO REGISTER copy & paste:**

[LEVEL I Coach Course- June 22 & 23, 2024 online Zoom | Pan Am Dragon Boat](#)

**LEARN** the essential skills & knowledge to lead your novice or intermediate dragon boat team to the next level with this 1.5-day course

**COURSE CONTENT INCLUDES:**

- Effective coaching techniques
- Ethics in dragon boating
- Safety
- Stroke mechanics
- Technical drills
- Practice planning
- Race planning
- Seasonal planning
- Boat balance
- Manuals provided



**Course Instructors:** Pat & Liz Bradley are among the top paddlers and coaches in North America with multiple GOLD medals having led National teams from both Canada and the USA to World Championships. The Bradley's have developed a stimulating on-line delivery that provides aspiring coaches with a valuable 'tool kit' of basic dragon boat coaching skills and knowledge.

**DATE:** JUNE 22-23, 2024 inclusive

**TIME:** 9:00 pm - 4:30 pm/half day June 23

**FORMAT:** ZOOM online

**COST:** \$275.00 USD (includes USDBF coach certificate)