

Introduction to CROSSNA Dragon Boat Team

The CROSSNA Dragon Boat Team, established in 2018, was founded by eight outdoor enthusiasts who were originally members of the Fire Dragon Team. All eight of these founding members were part of the North American Outdoor Sports Society (CROSSNA). In the beginning, dragon boat racing was a completely unfamiliar concept to us. It was in 2016, through the introduction of a senior outdoor sports organizer within CROSSNA, that eight CROSSNA members joined the Sower's Friend Dragon Boat Team. This team operated under a charitable organization, and its members not only paddled but also engaged in various charity fundraising activities. Subsequently, the Sower's Friend Dragon Boat Team was renamed the Fire Dragon Team.

As we delved into the training and competitions with the Fire Dragon Team, we soon discovered that dragon boat racing was an excellent form of outdoor sport. Interestingly, in Canada, dragon boat racing enjoyed widespread popularity and maintained a high level of competition. However, we observed that this sport was relatively unknown among Chinese immigrants like us, who hailed from the birthplace of dragon boat sports and were barely involved in the sport. Given the substantial number of outdoor sports enthusiasts and a solid foundation for group activities within CROSSNA, we began to ponder why we couldn't establish our own dragon boat team under the CROSSNA banner to promote the sport among Chinese immigrants. Thus, under the guidance of the dragon boat management team, the CROSSNA Dragon Boat Team was officially established in 2018.

In 2019, just the second year the CROSSNA dragon boat team formed we achieved a significant milestone by winning the gold medal in the F division at the Vessi 500M race held in Vancouver in June. Shortly thereafter, at the Harrison Lake dragon boat competition, the team secured first place in the Mixed Team C division.

The three years of the COVID-19 pandemic significantly impacted the team's training and competitions. However, post-pandemic, the CROSSNA Dragon Boat Team swiftly resumed comprehensive training. In 2022, the team participated in three competitions, without clinching any medals, but the members' training enthusiasm remained unwavering. In 2023, the dragon boat management team initiated a comprehensive overhaul of training and competitions. This involved intensifying training, refining training methodologies, focusing on individual skill development, and motivating members to actively participate and support training and competition events. The team introduced additional coaching sessions with dedicated video analysis, enhancing the training experience. Every Thursday evening, team members gathered to review training videos, identify issues, suggest improvements, and find solutions.

Team-building activities were also organized to boost team cohesion. Through these efforts, team members' enthusiasm soared, individual skill levels significantly improved, and the overall quality of the dragon boat team saw a remarkable boost.

As of 2023, the CROSSNA Dragon Boat Team has participated in a total of six competitions, each resulting in substantial achievements and a total of six medals won.

As previously mentioned, the CROSSNA Dragon Boat Team primarily comprises immigrants from mainland China, with a few members from other ethnic backgrounds. The team enlisted former Canadian national team member Brendon Anderson as the head coach. Through years of dedicated training, the team's overall technical proficiency has dramatically improved. From being relatively unknown, the CROSSNA Dragon Boat Team is now widely recognized and ranks among the top 25 dragon boat teams out of hundreds in the Greater Vancouver area.

The dragon boat management team is poised to elevate the CROSSNA Dragon Boat Team to a higher level in the upcoming year of 2024. The new objective is to break into the top 20 in the Greater Vancouver area, establish stability in Division C, and strive for promotion to Division B, ultimately aiming to qualify for the Concord Pacific Dragon Boat Festival's 2000-meter race.

The mission of the CROSSNA Dragon Boat Team is grounded in mutual assistance, friendship, inclusivity, fitness, and the preservation of Chinese dragon boat culture. The team also actively promotes dragon boat racing, encourages and facilitates the participation of Chinese immigrants in local community activities, and seeks integration into mainstream Canadian society, all while prioritizing teamwork above all else.

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