



# The Dragon Spirit and the Padder's Oath

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# The Dragon Spirit

**“Play the game for the games sake; be modest in victory and generous in defeat.**

**The most important thing in dragon boating is not to win, but to take part, just as in life - it is not the triumph but the struggle.**

**Be true to your fellow paddler.**

**Paddle not for yourself but for your team.**

**Work hard. Be strong. Expect no reward and reward will come.”**



# The Dragon Spirit: Detailed Explanation

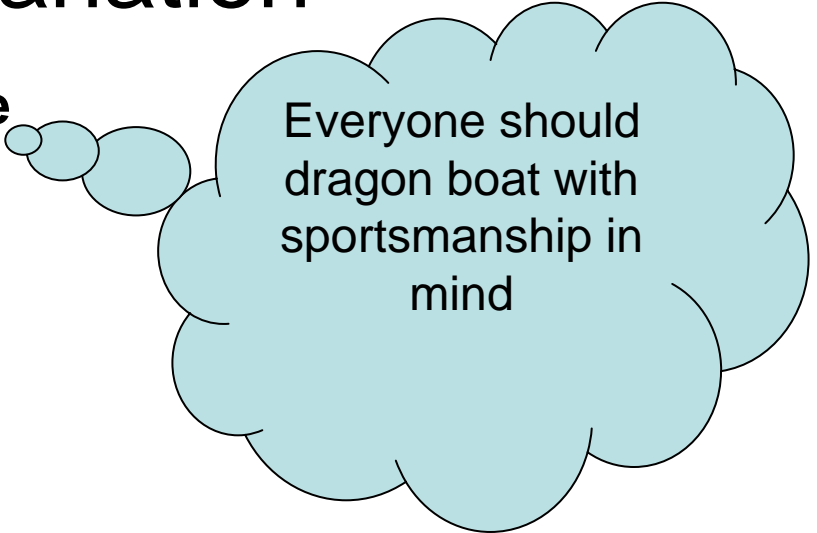
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Everyone should  
dragon boat with  
sportsmanship in  
mind



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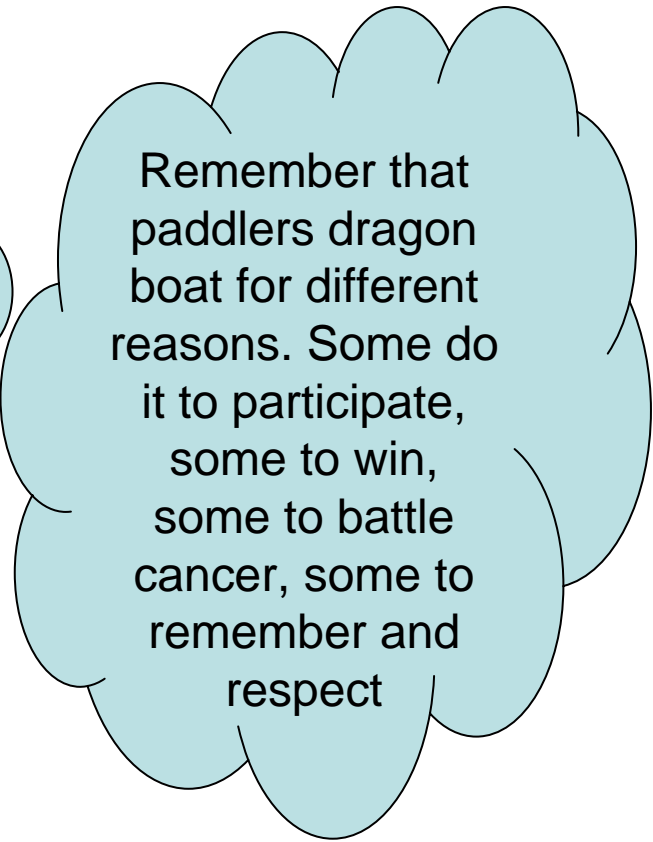
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Remember that paddlers dragon boat for different reasons. Some do it to participate, some to win, some to battle cancer, some to remember and respect



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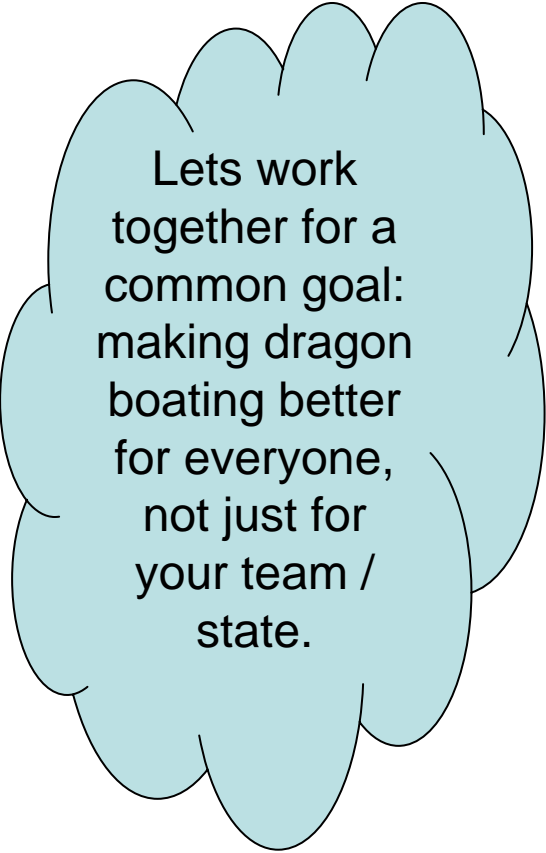
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Lets work together for a common goal: making dragon boating better for everyone, not just for your team / state.



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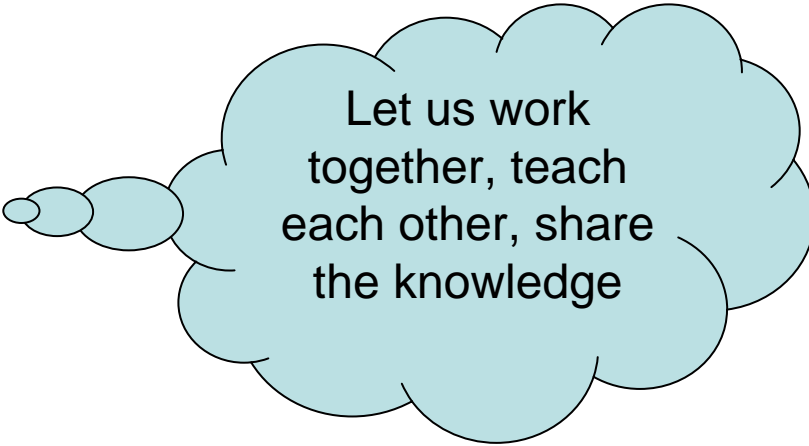
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Let us work  
together, teach  
each other, share  
the knowledge



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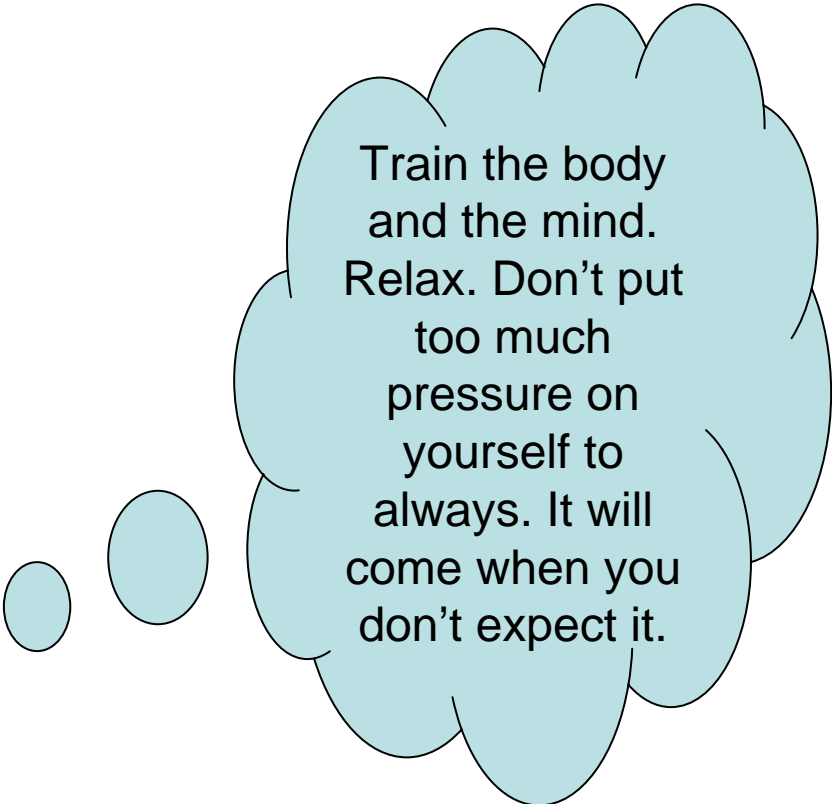
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Train the body  
and the mind.  
Relax. Don't put  
too much  
pressure on  
yourself to  
always. It will  
come when you  
don't expect it.



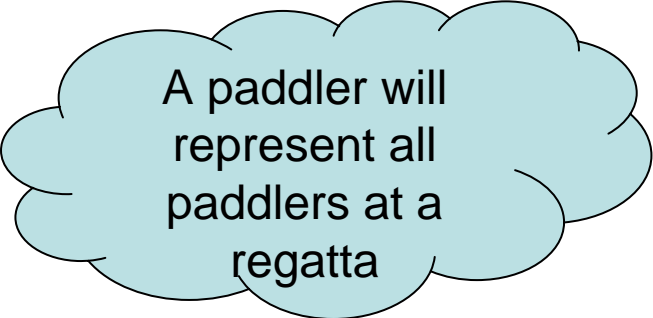
# The Paddler's Oath

“On behalf of all paddlers, I promise to take part in this regatta showing mutual respect and abiding by the rules that govern, with the Dragon Spirit in heart and mind, for the glory of dragon boat and the honour of all teams.”



# The Paddler's Oath: Explained

- “On behalf of all paddlers, I promise to take part in this regatta
- Showing mutual respect and abiding by the rules that govern,
- With the Dragon Spirit in heart and mind,
- For the glory of dragon boat and the honour of all teams.”



A paddler will  
represent all  
paddlers at a  
regatta



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Treat others with  
mutual respect

Refer to AusDBF  
Code of Conduct



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Refer Dragon Spirit



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Remember  
there are other  
teams out  
there and that  
we are a  
family,  
representing  
dragon boat in  
Australia and  
the World