



Paddles Up!: Dragon Boat Racing in Canada

Arlene Chan, Susan Humphries

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Paddles Up! provides an in-depth look at dragon boating from its beginnings in ancient China to the modern-day prominence of Canadian teams on the international scene, as told in the words of top coaches of men's and women's teams, experts and enthusiasts, and sports health professionals across Canada. Contributing writers include Mike Haslam, executive president International Dragon Boat Federation; Matthew Smith, president Dragon Boat Canada; Kamini Jain, Vancouver; Albert MacDonald, Halifax; Jamie Hollins, Pickering; Matt Robert, Montreal; and Jim Farintosh, Toronto. Through legends, history, and traditions, to paddling tips and mental readiness, and from choosing gear to exceptional achievements, a battery of Canadian dragon-boat notables share their considerable knowledge in one authoritative volume.

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