

## **Dragonboat CCA for Sec 1s**

**Posted on 7 Mar 2024.**

Dear parent/guardian,

Term 1 is ending. Your child has been participating in Dragonboat CCA for a few weeks. I would like to let you know the experiences that your child has gone through and what to expect next.

For CCA at Bedok Reservoir, our seasoned coach teaches your child proper paddling technique. The water resistance feels heavy and his strokes feel uncoordinated. In time, we want to build up your child's capabilities – to execute the different strokes smoothly, easy-stroking for a longer endurance session, or an intense race set; to build his strength and endurance; and ultimately, to paddle as one boat, one team. Your child has gained some experience, but this is only the beginning, There is still much to learn.

The above are some desired outcomes. As with any worthwhile endeavour, Dragonboat is tough. Your child faces the elements during training, sometimes the scorching sun, sometimes choppy waters in strong winds, and sometimes he paddles in a drizzle. The physical and mental demands are great initially, when the learning curve is at its steepest. Some soreness is to be expected after training. Our coach and teachers are there to encourage, and to scaffold the training for progressive gains. We hope that with us, your child develops qualities of taking personal responsibility, of determination, resilience and teamwork. These are understated, but are the bedrock of character formation.

The CCA experience is also social, about the formation of meaningful friendships. Of achievement, about training together to compete. Of community, about using Dragonboat to reach out and interact with others beyond school. I hope that your child is a willing participant, and understands that it will not be easy and that his efforts matter greatly.

Thank you for your support.

Should there be any feedback or necessary communication regarding Dragonboat, please feel free to contact Mr Te Chee Hui, at [te\\_chee\\_hui@schools.gov.sg](mailto:te_chee_hui@schools.gov.sg).

Regards

Mr Te Chee Hui

Dragonboat CCA Teacher IC