



## DFW'S FIRST BREAST CANCER SURVIVOR DRAGON BOAT TEAM



### DALLAS UNITED PINK

#### Breast Cancer Survivors Dragon Boat Team

Promoting health and fitness, well-being and life after breast cancer, PINK welcomes all male and female breast cancer survivors. No paddling experience is necessary. Whether you already have a "Warrior spirit" or are looking to develop one, all are welcome! There IS life after breast cancer, and **PINK is about winning, both as survivors and on the water!**



### What is Dragon Boating?

Dragon boating has historical roots dating back over 2000 years to China. A dragon boat team consists of 20 paddlers and a steers person moving to the beat of a drummer in a 40 foot canoe-like boat. Dragon boating is the epitome of team sports with all paddlers working as one. There are teams and races throughout the world, with many in the United States. **PINK** will compete with other BCS paddlers at regional dragon boat festivals and raise awareness about breast cancer.

Visit our **PINK** page at  
[Dallas United Crew.org](http://DallasUnitedCrew.org)

Visit our Facebook page  
**Dallas United PINK**

### The Benefits of Paddling:

- Greater health and physical fitness
- Increased strength – both mentally and physically
- A sense of accomplishment and improved overall quality of life
- Camaraderie, community, teamwork, and social support in a positive environment
- The opportunity to compete and win!

Dr. Don McKenzie first challenged prevailing thinking about breast cancer and physical activity in 1996 at the University of British Columbia, incorporating dragon boating as part of a post-surgery recovery program for breast cancer patients. Thirty years later, there are over 150 BCS teams worldwide whose members are enjoying the sport's many benefits.

### Contact Coach Katie - [Katie@DallasUnitedCrew.org](mailto:Katie@DallasUnitedCrew.org)

#### Katie Maciulewicz-Gass, Ph.D. is Head Coach and Fitness Coach

Katie completed her doctorate in Kinesiology specializing in sport and exercise psychology, where she focused on the body image and camaraderie experiences of breast cancer survivors participating in running and dragon boating. Prior to starting DUC Pink, she coached a BCS team in Canada.

**Dallas United Crew** has been building community and promoting fitness and teamwork on White Rock Lake since 2002, offering a variety of rowing and dragon boating programs for adults and youth that strengthen participants both mentally and physically. DUC is a 501(c)3 nonprofit.