

MEMBERSHIP

Our programs are free and open to women of all ages and fitness levels, in all stages of cancer treatment and recovery. Many of our participants are first-time exercisers or are returning to fitness after a period of time; others are experienced athletes. No matter what their background, all of our members enjoy the support provided by working out with women who share similar experiences & goals as they regain control of their health, their bodies and their lives.

BENEFITS

- Improve strength and fitness
- Counteract fatigue & other treatment side effects
- Find emotional support with other survivors
- Increase feelings of confidence & control
- Encouragement to participate in fitness activities



COMMUNITY OUTREACH

Our members participate in a variety of local cancer survivor events. We also give back to the community through various activities such as toy drives and school supply donations.



I can honestly say that this team is the best thing that could have happened. These women are in all stages of recovery. They are all ages, shapes and sizes, married, single and gay. No moaning and groaning in this group (well maybe a little). So 4 years later, I'm still paddling, sweating, making strong friendships, tending to sore muscles, winning and losing races, having fun, and much more. It's hard to explain the support and strength we give each other. With cancer being our common denominator we have an unspoken bond. We work and play together to stay healthy and fit. I plan to be a Pink Dragon Lady for life.

- Helen Kovach -



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PADDLES UP with the PINK DRAGON LADIES®

Sport and Support for women cancer survivors



Photography by Kathleen Cabble



ABOUT US

The Pink Dragon Ladies® are incorporated in the State of Florida as a 501(c)3 not for profit corporation under the name of Team Survivor Tampa Bay, Inc. TSTB is an affiliate of the National Association of Team Survivor.

OUR MISSION

The mission of Team Survivor Tampa Bay/Pink Dragon Ladies® is to promote a healthy, active lifestyle and provide organized opportunities for physical fitness, wellness education and empowerment among female cancer survivors in all stages of treatment and recovery.

Our members enjoy the support provided by working out with women who share similar experience and goals as they regain control of their bodies and their lives. The Pink Dragon Ladies® paddle for the “health” of it - demonstrating the indomitable spirit of cancer survivors.

DRAGON BOAT RACING

Originating in China over 2,000 years ago, Dragon Boat racing is now enjoyed by millions of people around the world as a recreational or competitive sport. It is the fastest growing team water sport in the world.



Formed in 2004, Team Survivor Tampa Bay's "Pink Dragon Ladies®" is the first cancer survivor dragon boat team in Florida. We join a worldwide network of hundreds of breast cancer survivor teams for women. Since our founding, over 100 survivors have raced with us.

We have co-sponsored dragon boat training camps in Tampa Bay specifically designed for cancer survivors. In 2014 we will co-hosted the fourth international IBCPC Participatory Dragon Boat Festival in Sarasota – We had over 100 BCS teams in attendance.

JOIN US!

Have you ever wondered what it's like to be part of something powerful yet graceful? To be both exhausted and exhilarated? To feel you are unique yet part of a cohesive team? To feel like a winner in the battle against cancer? If you have, then it's time for you to experience *The Dragon!* Here's your chance to change how you see yourself AND your cancer!

Join Florida's first cancer survivor dragon boat team, learn about the ancient dragon boat tradition and paddle in our beautiful 42' canoe, *The Dragon Lady*. We are women who come in all ages, shapes and walks of life. We come as strangers and soon join together as a team.

We welcome women who have had any kind of cancer. We practice twice a week and compete in about 8-12 dragon boat festivals a year. Some races are restricted to only breast cancer survivors.