

JOIN OUR TEAM!

We are looking for new paddlers and associate members to join our team and share our journey. Paddlers must be breast cancer survivors, but any ally can be an associate member. Beginners are welcome!

The Warriors enjoy twice-weekly practices on beautiful Trout Lake in our dragon boat. The team usually travels to two Dragon Boat Festivals each year, competing with Breast Cancer Survivor teams and Community teams. These are life-enriching experiences.

Paddling at festivals offers us a great opportunity to show our team spirit and promote public awareness about the impact of living well following a breast cancer diagnosis. Equally important is the fellowship we have with our friends, offering support through the journey, and sharing high-fives and laughs after races.

During the off season, the team engages in specially designed weight and fitness training to maintain strength and durability.

Our associate (non-paddling) members contribute to our success by providing support at races, team events, meetings and committees while also enjoying team social activities and camaraderie.

Dragon Boat Racing is popular around the world, and Breast Cancer Survivor teams demonstrate that there can be an active and rewarding life after cancer.



CONTACT US

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BREAST CANCER SURVIVORS
DRAGON BOAT TEAM



warriorsofhope.com



WHO WE ARE

The Warriors of Hope are community ambassadors of the international sport of dragon boat racing. We have been an active, winning team since 1999.

We demonstrate courage and vitality for breast cancer survivors, raise funds to increase breast cancer awareness and research for a cure, promote the value of being proactive in detection, honour those who have gone before us and offer hope to those who will follow.



WHAT WE DO

We demonstrate through our dragon boat team, the physical and mental benefits of exercise for breast cancer survivors in living a full and active life.

In 2022 the Warriors travelled to Vancouver for the Concord Pacific Dragon Boat Festival. This is the home base of Dr. Don McKenzie who was instrumental in starting the dragon boat programme for breast cancer survivors. Our team won the Survivors' races with 18 other breast cancer teams. The carnation ceremony with 400 breast cancer survivors was very moving.



WHAT WE VALUE

Camaraderie Commitment
Courage Compassion



In 2023 the Warriors competed in the Christie Lake Dragon Boat Festival in Dundas Ontario. The team won silver in the B Division for the 200m race, and placed 1st in the 100m Mystery Race with half the paddlers facing backwards.

FUNDRAISING

The Warriors of Hope host our own fundraisers such as the annual Golf Tournament and Giant Yard Sale. We also appreciate and rely on the generosity of individuals and corporate sponsors to keep us on the water and participating in festivals. We like to give back to the community through personal donations to the Santa Fund and area Food Banks, as well as supporting the Run for the Cure and other cancer-related events.

