

Charlotte Harbor Paddlers' Breast Cancer Breast Cancer Survivor's Team

Cancer survivorship issues have recently been acknowledged as an important component of cancer treatment. Historically, cancer survivors had been advised to avoid physical activity. In 1996 a Canadian physician challenged this long held belief and created the first cancer survivor dragon boat team. This team, called Abreast in a Boat, quickly proved the importance of a team-oriented sport for both physical and emotional well being. Today, there is an emerging body of research suggesting that physical activity not only has a positive effect on quality of life following a diagnosis of cancer, but may also improve and enhance survival.

The dragon boat community promotes breast cancer awareness by organizing breast cancer survivor (BCS) teams across the world. The International Dragon Boat Federation recently announced that BCS teams have formed their own International Committee, called The International Pink Paddlers Council.

The breast cancer survivor teams have a lot of precedents in the Dragon Boat community. Clubs have formed all over the world, and the Women's Cancer Survivor class is always present at every race.

The Charlotte Harbor Paddlers (CHP) want to provide this opportunity to women in the area. CHP will supply the boat, equipment, training and support. Our immediate goal is to spread the word and recruit breast cancer survivors to join the club in order to create a BCS team. No experience is necessary, simply a desire and willingness to participate.

Our mission is to enhance breast cancer awareness and to provide hope for survivors that there's quality life after breast cancer. Our purpose is to demonstrate that special quality of life; to promote wellness, fitness, fun and camaraderie through dragon boating; and to provide social, emotional and spiritual support for breast cancer.

