**Excerpts from Book Reviews**

”Awesome read is what this is… It is well-written and easily digested without being too simplified. Gets to the point in a crisp clear manner about all things dragon boat related - so much so that you just want to get out there, grab that paddle, jump in the boat and have a fine time working out the stroke mechanics, timing, power and endurance with your team. I truly appreciate the comprehensive approach taken here and I have since introduced it to as many folks as I can find both home and abroad. Excellent job, and my paddle is raised high for the authors. They have fuelled my passion for this sport even more than I had expected "from a book". But great books tend to do that! It is a must-read for all dragonboaters - especially folks who are getting into coaching. Excellent starting point and springboard for more in-depth learning. ......BUY IT!” **- Reader Review, Maritime Treasures**

“ … this is THE book to have.” **- Reader Review, Amazon.com**

“My sister in law loved this book!! There is almost nothing available that focuses on dragon boating in CANADA and this book fills that niche perfectly. Great workouts, a history of the sport and lots of info for the growing group of cancer survivors who have taken up this exciting sport.” **- Reader Review, Amazon.ca**

“I have been searching a long time for a book such as this one. It incorporates all aspects of the sport of dragon boat from its history to its technical aspects. The information included in this book is a must for paddlers of all the levels - recreational to elite. It is well written and the photography is excellent.” - **Reader Review, Chapters/Indigo.ca**

“The Canadian dragonboating community has been waiting a long time, and are certainly Ready Ready for a book like Paddles Up!! Where was this book when I first started dragonboating in 1990? Paddles Up! contains the perfect balance between technical& general DB information. The use and choice of contributors - the best in the field - ensures that the information and opinion are not limited to that of the two authors. Paddles Up! is essential reading for any serious dragonboater and is sure to become the dragonboating "bible"! **- Reader Review, Chapters/Indigo.ca**

“I highly recommend this book to new and experienced paddlers and their Coaches. It covers the obvious technical side of the sport but also delves into the soft skills required for teamwork, creating a top performing team and successful coaching. Beautifully illustrated and well written. This truly is a who's who of those who truly understand this sport in Canada.” **- Reader Review, Chapters/Indigo.ca**

“Thank you to the authors for providing a book jammed packed with information that dragon boaters want to know. With chapters covering everything from choosing a paddle to dry land training, injury prevention, team building and outstanding accomplishments, amongst others, this book is excellent reading for paddlers at all levels of the sport in Canada and around the world. The layout is amazing with beautiful colour photos and a Chinese theme laced throughout the chapters. I will refer back to this book time and again.” **- Reader Review, Chapters/Indigo.ca**