

Dragonboat Seat Roles

Every member of a dragon boat crew has an important role to play, according to where they are in the boat

Strokers (benches 1, 2, and 3)

The first pair, in bench 1, set the timing for the rest of the boat, and seats 2 and 3 pick it up and carry it for the rest of the boat to follow. People in these seats tend to be shorter, lighter, and have the excellent sense of timing that is required to keep the crew together. They tend to have experience for the feel of the boat and can adjust the timing when they can feel the crew is with them or is struggling to keep up.

Mids (benches 4, 5, 6, and 7)

Very often referred to as the "engine room." Taller, stronger, larger paddlers are generally put here, as they generate the raw power that is necessary for speed. They must be able to keep the timing tight for those in the back that might not be able to see the strokers.

Rockets (benches 8, 9, and 10)

Also sometimes referred to as the "last kick." In a developing crew, newer paddlers are sometimes put here because it's a place to learn timing and technique without interfering with the rest of the boat. However, for experienced crews, it is a highly technical seat. Those here must have the skill and experience to dig deep beyond the rushing surface water to still water below and "lift" the boat when extra speed and power is needed, particularly at the end of a race.