

TEAM Survivor

T A M P A B A Y



OUR MISSION

Team Survivor Tampa Bay is a 501 (c)3 corporation run entirely by volunteers. Its mission is to promote a healthy, active lifestyle and provide organized opportunities for physical fitness, wellness education and psycho-social 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.



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 a popular fund-raising community activity and a world-class international sporting event.

Formed in 2004, Team Survivor Tampa Bay's "Pink Dragon Ladies" is the first cancer survivor dragon boat team in Florida. They join a worldwide network of over 100 breast cancer survivor teams for women. The PDLs regularly compete in race festivals in Tampa, Miami, and Tavares, Florida. In addition, they have participated in dragon boat competitions in Atlanta, GA; Windsor, Canada; and Burlington, VT.

Dragon Boat paddling is a healthy, safe and exciting activity that helps cancer survivors increase their strength, mobility and well being within a supportive group setting.

teamwork

"The best part of it all is the people. Our teammates – fellow cancer survivors – we all unite in this sport. I have met the most amazing women that I would never have known. All are inspiring in their own special ways. I have formed friendships that I treasure, and I look forward to our sporting and fund raising events. This is what truly defines me now."

CAMARADERIE

physical fitness

Cross-training provides all-around conditioning for the body and mind. TSTB trains both individuals and relay teams for general fitness and competitive events such as the Danskin and Trek women's triathlons. These "sprint-distance" events are perfect for the first-time triathlete as well as the more seasoned competitor. These "all women" events provide friendly and supportive experiences that challenge the body, broaden horizons, and build self confidence.



community outreach

Team Survivor hosts fund-raising activities and supports a variety of local cancer survivor events including the Komen 3-Day Walk and Race for the Cure, and the ACS Making Strides against Breast Cancer walk.



benefits

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



MEMBERSHIP

Our programs are 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.



T A M P A B A Y

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 came as strangers and come together as a team.



Contact us at:

www.Pinkdragonladies.org
30662 USF Holly Dr.
Tampa, FL 33620
(813) 221-5090



The Pink Dragon Ladies

