

APRIL 2019

DRAGON TALES

THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



IMPORTANT DATES

Tuesday, April 2, 2019
Board/Committee Meeting
6:00 PM at Craftsman Dining Hall

Friday, April 5, 2019
Gala Setup
1:15 PM meet at Rectory

Saturday, April 6, 2019
Breast of Friends Gala

Sun.-Sat., April 7-13
Space Coast Dragon Boat Camp
Indian Harbour, FL

Saturday, April 20, 2019
BOATS IN THE WATER!

Monday, April 22, 2019
6:00 PM First Practice

Saturday, April 27, 2019
New Membership Luncheon

APRIL & MAY BIRTHDAYS

Members: If we have omitted your birthday, please let us know

APRIL

- 13 – Lee Runkle
- 18 – Rhonda Klein
- 24 – Pam Friend
- 24 – Davida Pantuso
- 28 – Pat Donnelly

MAY

- 26 – Denise McCamish
- 27 – Amy Synk
- 31 – Sandie Fugitt



PRAYERS

If a DDT member is in need of prayers or support, please contact Deb Merrow, Sunshine Chair

☀️ News from the Sunshine Committee

We have been praying for Tara Reynolds this year and have found out she is in remission. 😊 We also continue to pray for Deb Pittak, Christine Petro, Mary Hlavac, Deanna Viebranz, and Tara Reynolds.

Remember we are all just walking each other home
~submitted by Deb M.

DRAGON MESSAGES

Message from Team Operations

PRACTICES

Boats will be put in the water on **April 20th at 9:00 AM**, we will paddle for 20-30 minutes. **The first practice is April 22nd at 6:00 PM and will follow every Monday and Wednesday at 6:00 PM-7:30 PM.** Saturday practices will start at 8:00 AM this year and go to 9:15 AM, we will then pick-up any casual paddlers for instructional combination paddling at 9:15 AM-10:00 AM. A special practice will be held for all new members at 10:00 AM on Saturdays, more details will follow for new members. There will NOT be any practice on Saturday, April 27th due to the New Member luncheon.

ERG SCORES

We will be documenting Erg scores and weights on **Wednesday, April 17, 5:30-7:00 PM and Saturday, April 20, 9:30-11:00 AM**. There will be six people scheduled every 20 minutes. If you don't get signed up at the General Meeting, we will schedule you in on the empty slots that are available. If the time does not meet your schedule, you can trade with someone. You will be required to tell Team Ops of the change prior to the day you have changed, otherwise, you will not be able to do the Ergs if you are not on the schedule. The schedule will be emailed out for reference. We need the Erg scores to assist in setting up the roster for the Canada race in June. There will be a sign-up at the General Meeting for the June race as we need to find out commitment to determine how many teams we enter.

TRAINING CAMP at PLX

Our training camp will occur the weekend of **May 3rd, 4th, and 5th** and will be coached by world winning coach Jim Farintosh! The high-level schedule is listed below, the first 50 members to sign-up will secure a seat at the camp. More details to come following Florida's training camp. If you attend the Saturday session, you receive credit for attendance toward races and if you attend Sunday, you receive credit for attendance toward races.

- Friday 6:00PM - 7:30 PM Overview of the camp and social
- Saturday 8:30AM - 3:00 PM Three Boats (lunch will be provided)
- Sunday 8:30AM - 11:00 AM Three Boats

~ submitted by Barb and Juanita

Message from Non-Paddler Committee

Non-Paddlers – We will meet on Wednesdays during practice season at 6:00 PM. We will participate in warmup exercises, Circle of Strength and hear current announcements. While paddlers are on the lake, we can take a walk around Craftsmen Park and decide which other activities we would like to pursue. I hope you are all as excited as I am to get back "to the Lake"! ~ submitted by Dawn

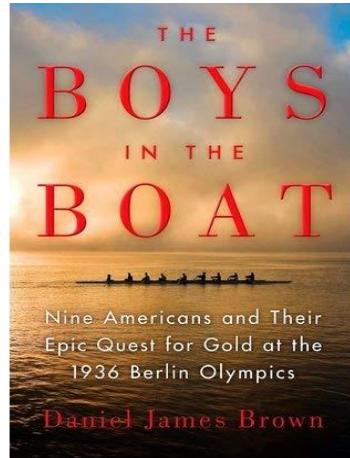
Message from Garden Committee

The Garden committee is having Spring cleanup at the boathouse on Thursday April 18th. Time TBA. Hope some can make it. Bring gardening tools and gloves. ~ submitted by Judy G.

Message from "Gibby"

I have a book suggestion: The Boys in the Boat by Daniel James Brown. This is a story about young men in the 1936 Olympics. The American rowing team won the gold medal in Germany against all odds. All about team work, technique, mental and physical skills. Excellent read!

~ submitted by Judy Gibson "Gibby"



THANK YOU

A heartfelt thank you to my dragon sisters and friends for your support during this difficult time. Michael and I have appreciated your prayers, positive words of comfort and support and your very kind cards. I have saved the cards in a basket to read on the most challenging of days.

Michael has both good days and bad days. He continues to go into the bike shop at this time, but not without facing challenges on some of the days. We have purchased an adorable ranch in Fairlawn to make one story living a possibility. We are planning to move later this spring. I've had the good fortune to enjoy our present home for over thirty years, but now it's someone else's turn to live here and raise a family. I'll pass along our new address when we actually make the move.

Thank you once more for being the wonderful organization you are and an incredible support system! Love to you all! ~ Marilyn P.



COACHES' CORNER

Concept 2 (C2) Rowing – Deep Dive
www.concept2.com

With the recent questions I've received, it seems that the earlier Coaches' Corner about the Concept 2 Rowing Machine may have attracted interest. So, I think a deeper dive might be worthwhile.

Done properly, rowing works every large muscle group in the body. Like paddling, they divide the stroke into four phases: the catch, the drive, the finish and the recovery. These are very similar to our paddling nomenclature: the catch, the pull, the recovery and the reach. The differences lie in the ability of a rower to slide their seat forward and backward during the course of the stroke.

The Catch: The rower slides the seat forward, bending the knees. With a proper rowing catch, your shins should be vertical at the catch. Your arms are fully extended forward. This increases your overall stroke length and allows you to use the full power and extension of your legs. Your back is neutral with a forward lean and your shoulders are slightly forward (not hunched, but shrugged forward).

The Drive: The drive engages all your power. You start by pushing with your legs and pulling with your shoulders. This starts the seat moving backward. As you push with your legs, use your back to sit up and open your torso. When your hands pass your knees, use your biceps to pull the handle back toward the lower edge of your rib cage. Keep your elbows close to your core (swinging them out sidewise is known as a "chicken wing"). You will end the drive leaning slightly back (about 10 to 15 degrees).

The Finish: The finish involves engaging your core and legs to stop your motion. You may not even think about this, but you will do it.

The Recovery: The recovery uses your triceps to move your arms forward, abs to shift your core back to a forward lean, and hamstrings and calves to slide the seat forward and go back toward the bent knee catch position.

The Concept 2 website recommends rowing training at about 24 to 30 strokes per minute (spm). They offer videos showing the appropriate technique. Personally, I experience my best (lowest) split times at about 27 to 28 spm. Rowing too fast, just like paddling, usually means that you are giving up stroke length and losing form.

Previously, I talked about interval training and that's addressed (and endorsed) on the Concept 2 website (more on that in a later issue). With paddling, when we asked you to go from "Gear 6" to "Gear 10", that's interval training. We're not asking you to paddle faster, we're asking you to exert all the power you can, while keeping the same stroke rate, usually for 1 minute. We then go back to "Gear 6" for a longer time to allow aerobic recovery. The same principles apply to rowing. If you want to use interval training for rowing (and I recommend it), maintain your stroke rate as closely as you can, and use your legs to deliver more power into the drive of each stroke.

I like to turn the resistance on the C2 all the way down and row for distance. There is still resistance, it's just at its lowest setting. If you want more resistance, that's your call, but build slowly. If you can regularly row for 10,000 meters, you should be ready for any dragon boat practice. I'm not saying that dragon boat paddling won't be tiring work, but I am saying that you'll recover faster after each practice and won't suffer as much muscle soreness.

~ submitted by Coach Allen

DRAGON DELIGHTS

Susan Colville-Hall participated for the 2nd time in Colorado's 2019 Snowshoe for the Cure March 2. The event started Friday night with the town of Frisco's welcome Party of Pink. Snowshoers were wined and dined by local merchants in celebration of survivorship and in honor of those who passed before. Saturday brought out pink tutus and wigs, men in pink tights and other crazy disguises and it was off to the races for a 3 K or a 5K trek through the local woods. This year's attendance was down because of the snow storms that stopped traffic coming from on Route 70. Nevertheless, much fun was had by all and funding was successful. ~ submitted by Susan C-H



Snowshoers – Susan C-H center



Crazies!



Susan's snowshoes



Party of Pink wearing fascinators made from pink bras size B cup



Have information and photos to share?

Send to Monica Siko (msiko42@gmail.com) by the 20th of the month and it will be included in the following month's Dragon Tales, issued by the end of each month.

The Dragon Dream Team is Ohio's first group of breast cancer survivors participating in the team sport of dragon boating. Inspired by the courage of the dragon and the power of the paddle, our mission is to support and care for each other, increase self-esteem, physical and emotional wellness through paddling. The Dragon Dream Team demonstrates that life after breast cancer can be full, active and beyond all expectations. Our "Boatloads of Hope" community outreach program offers encouragement and support to breast cancer survivors and their families during the treatment phase of their cancer journey by the delivery of pashminas in area hospitals and cancer facilities, along with a powerful message of hope. The Dragon Dream Team is a 501(c)(3) organization.