

DRAGON TALES JUNE 2009

WELCOME: As Captains of the Blue team, Dana Copeland and Gerry Matthews would like to welcome a boat-load of new and returning members to Wonderland Dragon Boat Club! New Blue team members to June 1 include: Bonnie Tucker, Janet De Putter, Monique Cuthbert, Sharon McHale, Sharon Taylor and Trish Wassink. Returning members are: Alice Wassink, Anita De Dreu, Dana Copeland, Erica Zarins, Gerry Matthews, Jillian Todd, Karen Sanders, Krista McMullen, Margaret Warden, Pam Poxon, Sara Berkelmans, Sharon Armstrong, Shelley Bodaly, and our coach Jamie Pentland. We hope you enjoy your season and get plenty of enjoyment from dragon boating. Dragon boating is a very social sport and at each practice you get to meet friends and have fun in the beautiful setting of Fanshawe Lake. Increased fitness is an added bonus, and preparing for the fun of a Dragon Boat festival is so exciting! Here's to a fun season in the Blue Team boat, with Jamie at the helm!

The Black team is in full swing with extracurricular fitness activities as they prepare to do a medal sweep this season! We wish them all the best. New Black team members include: Cyndie Wells, Dorothy Kelly, Jean-Francois Duplessis, Maureen Malone, Meredith Cartwright, Melanie Usher and Rogelio Abarca. Returning members are: Anita Berkelmans, Boguslaw Wawrzyn, Brenda Dettlinger, Brenda Pentland, Heather Peel, Karla Schebesch (Captain), Ken Nesbitt, Kerry Fenlon, Krista Fenlon, Laura Leipins, Laura Newman (Captain), Maureen Gerofsky, Mike Vandervlist and Vic Sanders. Coach Dung Tiet has been working with the Black team to help them achieve their goal. Go get 'em!

Upcoming Events

- Annual breakfast – June 27 after practice. Black team will cook, Blue team will clean up. \$2 per member to be given to Karla by June 22 to cover costs. A steering clinic will follow the breakfast, and we need at least 8 paddlers for the clinic. See Karla to sign up.
- Vic's BBQ – a great afternoon of fun and food – don't miss it on July 25!
- Games night – August 28
- Scavenger hunt – September 26

More details will follow!

GARAGE SALE

Committee members: Vic Sanders, Krista McMullen, Karla Schebesch, Sharon Armstrong

The annual WDBCI garage sale was held on Saturday, May 30 at Sharon Armstrong's house. The total profit was \$475 for the club! Advertising was done for free in the London Free Press and on the bulletin boards at LHSC and SJHC. The committee members worked very hard to ensure the success of the day, and many club members donated items and also came to help out and also buy some treasures. Everything was priced to sell and buyers knew they were getting bargains, so there was very little haggling. Linens, books and new items sold quickly, and the washer and dryer sold for \$100. A very big **THANK YOU** goes out to the committee and to all those who donated items and helped out.



MEALS AND SNACKS BEFORE RACES/PRACTICES

(From the book Paddles Up! Dragon Boat Racing in Canada by Arlene Chan and Susan Humphries)

Carbohydrates provide the primary source of energy for activity; protein is needed for muscle growth and repair.

Suggestions for breakfast on race day:

- Fruit with low acidity, e.g. peaches, pears, apricots.
- Fruit juices
- Low fat, plain or with fruit yogurts
- Fruit smoothies
- Steamed or boiled rice.
- Pasta
- Chocolate milk

Lunch and dinner suggestions:

- fruit and veggies
- soups (broth, not cream)
- fish, poultry
- cold cuts
- rice – steamed or boiled
- salads, fresh fruit or veggie

One hour before races:

- fruit
- chocolate milk
- orange juice

Between races fluid replacement is a priority. Drink plenty of water, diluted fruit juices or sport drinks. Eating carbs within 15 minutes after a race or practice stimulates insulin production that in turn stimulates the production of glycogen. The body is at its highest rate of absorbency and delivery of nutrients in this time period. Snacks with small quantities of carbs are especially important if there is a delay in the start of the event or there is a long wait. Fruit, bananas, low fat granola bars, low fat yogurt, almonds and pretzels are good snack choices. There is a lot more information about foods and the importance of proper nutrition during training and race days. Brenda has a copy of this book if anyone is interested in reading it.

FYC OPEN HOUSE – BY KRISTA MCMULLEN

Armed with fishing rods, skateboards, rocks, sticks and well-traveled Tilly hats, a small faction of the McMullen Plus Clan invaded the Fanshawe Yacht Club's Annual Open House. The mission: ride a sailboat, catch some fish and enjoy the sunshine. Using their uncanny ability to make themselves at home wherever they go, half of the family set up camp in the launch area while the rest of us searched out a sailboat large enough for five people. With the help of FYC's Carlene and Captain Mike, we were on our way. Captain Mike entertained PapaSqualls (as my father is lovingly referred to) with tales of his sailing adventures and shop-talk on boat building. Little Liam - or rather "big boy" Liam - fearlessly hung over the side of the boat relaying imaginary tales of the water bugs' lives while attempting to boost the sailboat's performance with his miniature blue paddle. He of course stopped intermittently to direct the Captain to "catch the other boats" or to "turn left." Sandy, Amy and I were just happy to be out on the water on such a nice day. The land dwellers were equally as happy not to be on the water. Genny - who had no intention of getting on any "small" boat – skilfully lead the fish catching competition. My brother Stew skipped the boat ride to engage in a friendly game of fish wrangling. Even the two 15 year old boys - dismayed to have abandoned their skateboards for something other than videogames, "manned up" enough to bait their rods and join in. I eventually left the McMullen Plus Clan on the banks of the mighty Fanshawe Lake to man the WDBCI display. I am sure they lazily meandered back to my brother's campsite debating whose fish was bigger or who collected the best rocks or sticks, and pondering the likelihood of successfully absconding with the MacGregor (kiddin'...kind of). It was obvious that a fun afternoon was had by all. Mission accomplished.

LONDON FESTIVAL FUNDRAISING – BY HEATHER PEEL

Once again, we have the opportunity to raise some money for the Children's Hospital at LHSC and win prizes through a pledge program for the London Dragon Boat Festival in August. Last year there were a few awesome individuals on the team that helped raise \$4,890! Because of their efforts, we won \$200 off admission to the festival. Sharon, Jillian and Dana all won awesome individual prizes as well. Please consider letting your friends and family know they can sponsor you online by visiting www.dragonboatlondon.ca

Bulletin Board:

- *Club shirts, hats and jackets can be ordered from Maureen and Gerry.*
- *Future newsletter contributions can be sent to Jillian at jillian.todd@lhsc.on.ca. Why not submit your favourite exercise to share with the team? We are thinking of including team pictures in a future newsletter – if anyone would prefer not to have their picture appear in the newsletter, please email Jillian.*
- **Black team festivals:** Welland (June 13), Hamilton (July 4), London (August 15), Stratford (Sept 19)
 - **Welland festival** – Blue team members are welcome to travel to Welland to watch and cheer on the Black team. For info on the venue location, call Brenda at 519-871-4844.
- **Blue team festivals:** Waterloo (July 18), Woodstock (August 8), London (August 15), Stratford (Sept 19)

FACTOID:

A **dragon boat** or "dragonboat" is a very long and narrow, canoe style human-powered boat now used in the team paddling sport of dragon boat racing which originated in China over 2000 years ago. While competition has taken place annually for more than 20 centuries as part of folk ritual, it emerged in modern times as an international "sport" in Hong Kong in 1976. Like running, horse racing and marksmanship, the racing of dragon boats is among mankind's oldest organized competitions.

From the International Dragon Boat Federation website:

The dragon has a very symbolic meaning for the Chinese. A classic dragon has the head of an ox, a deer's antlers, the mane of a horse, the body and scales of a snake, the claws of an eagle and the tail of a fish. With its strength and power the dragon rides the clouds in the sky and commands the wind, mist and rain.

DRAGON'S LAIR – This section of the newsletter is dedicated to exercise and training information

Warm Up and Cool Down Exercises: Stretching is important during your warm-up because it increases blood flow to the muscles. But stretching during your cool-down may be even more important. After Dragon Boating, stretching helps to remove lactic acid from the muscle, which in turn reduces muscle soreness. That promotes better flexibility. Stretching afterwards also will help you relax.

The Primary Muscle Groups that you will use while Dragon Boating are:



Back - Back muscles are used in the "pull water" phase

Shoulders - (lateral and front shoulders) Front shoulders are used in the "reach" phase and the "catch" phase. Shoulder muscles are also used throughout all paddling phases to keep your paddle as vertical as possible against the side of the boat for maximum propulsion.

Abdominals - (upper and oblique) Upper abdominals are important in the "reach" and "catch" phases, as you lean forward. Oblique abdominals are used as you rotate your torso repeatedly and as you lean outside to keep your paddle vertical throughout all paddling phases.

Hips - Hips are used throughout all paddling phases as you lean forward and pull back repeatedly.

Thighs - Thighs are used in the "pull water" phase as you push with your legs.

Chest - Chest muscles are used during the "reach" phase as you bring the paddle to the front after pulling it out of the water.

Biceps / Triceps – used to paddle.

AND OF COURSE – don't forget to BREATHE!

"Achievement is not always defined by victory. Sometimes achievement lies in the honest endeavor to do your best under all circumstances, knowing that on any given day, intense personal effort may be the only thing that separates you from your competition. To be your best, grab your paddle and get moving!"

Your newsletter committee is: Jillian Todd, Brenda Pentland, Sara Berkelmans, Cyndie Wells and Gerry Matthews.

