



What's the Catch

A Survivor SAKE Production

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Thank you all for the outstanding attendance at the Club SAKE and Team Survivor Northwest annual meetings, and the Survivor SAKE annual orientation! Your involvement in these events shows your genuine dedication and commitment to each of these groups.

Welcome New Paddlers!

For those of you who attended our annual orientation, we hope you gained some knowledge about dragon boating, were entertained, ate well, and at the very least, made some new friends. We look forward to you coming out for your first paddle practice soon! If you have any questions before then, contact Capt'AnNealy.



Missed orientation? Wondering, can I still try it out?!?!??

Of course! Contact Capt'AnNealy and we will send you a handbook and tell you how you can join your first paddling practice.

Come on out - we have a spot on the boat waiting for you!



CLUB SAKE MEMBERSHIPS **RENEWAL & NEW**

If this is still on your TO DO list, please sign the waiver and renew ASAP, or if you're new, join Survivor SAKE now!
Go to www.clubsave.com and select *Become a Member*.

REMEMBER: whether you are an existing or new member, you must sign the waiver online before you get in the boat. If you are new and trying it out, select Visitor to sign the waiver before your 1st practice.

*****PRACTICE REMINDERS*****

- **Tuesday practices start this Tuesday, March 12. Sign up now and welcome back Coach Lisa!**
- **RSVP on Team Cowboy at least 2 days in advance for every practice which you intend to join. Be courteous: no last-minute cancellations, if possible.**
- **Attendance is counted toward your race participation. Consistent practice attendance helps prevent injury, improves technique, and better assures you will get to paddle in every race on race day (typically 3-4).**
- **Predicted practice cancellations or changes will be called as follows & you will receive an email message from Capt' AnNealy:**
 - ✚ **Tuesday practice changes by 3:00 pm that day**
 - ✚ **Saturdays practice changes by 7:00 pm on Friday**
- **Monitor emails and Survivor SAKE Team Cowboy schedule for practice changes and related announcements.**
- **Minimum of 10 Survivor SAKE paddlers is required for the 20-person boats. If we are short, practice may be cancelled.**
- **Check Team Cowboy and update your RSVPs. Many of you are not signed up for future practices and we know that can't be right!**

EXISTING MEMBERS:

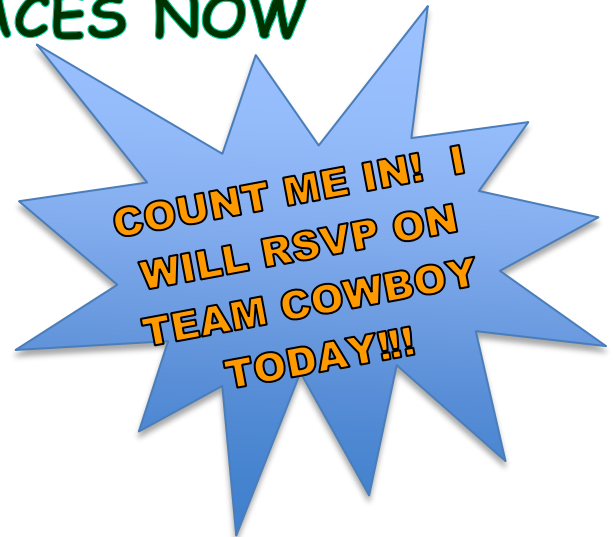
Junior coaching session will be conducted on Saturday, March 16th after regular practice. RSVP for this Training Session on Team Cowboy to help properly explain and demonstrate paddle strokes to new paddlers.

ARE YOU EXCITED TO RACE???

MARCH 2019

Issue No. 2

RSVP FOR ALL RACES NOW



All of Survivor SAKE's 2019 race events are on Team Cowboy.

RSVP on Team Cowboy now to all races you can commit to.

Demonstrate your enthusiasm for races!

Race registration deadlines are fast approaching.

We don't want to miss the boat!!

SURVIVOR SAKE 2019 RACE SCHEDULE:

| | |
|--------------------|---|
| May 18: | Rainier Dragon Boat Festival (Tacoma, WA) |
| May 26-27: | False Creek Women's Regatta (Vancouver BC) <i>Update: this year, the costume contest has been replaced with a limerick contest. Let's talk about ideas.</i> |
| July 13: | Kent Cornucopia Days (Lake Meridian, Kent, WA) |
| Aug. 23-25: | Club Crew National Championships/Colorado Springs International Dragon Boat Festival (Prospect Lake, Colorado Springs) |
| Sept. 14: | Small Boat Intramural (Seattle) |

SURVIVOR SAKE RACE SIT-OUT POLICY:

When we have more than a full roster signed up to compete in a particular race, we are looking at your practice attendance 8 weeks prior to race day.

We will begin tallying for the Tacoma race on Saturday, March 23rd, and for the False Creek race, tallying will begin Saturday, March 30th. Please be sure to sign those attendance sheets at each and every practice!

Everyone who has attended practices prior to the Tacoma, False Creek and Kent races will be eligible to participate in those races, but you may not be eligible for all races the day of the race, depending on your consistent attendance.



Club Crew National Championships 2019



For the first time ever, the Club Crew National Championships (Nationals) will have an All Cancer Survivor (ACS) division. That's us! Capt'AnNealy wants Survivor SAKE to take advantage of this opportunity and enter this competition.

2019 Nationals are being held in Colorado Springs, CO at Prospect Lake. Teams from all over the U.S. will compete on August 24th & 25th for a chance to represent their division at the Club Crew World Championships (Worlds) held in Aix-les-Bains, France, August 2020. Three berths will be awarded in each division: one standard boat and two small boats.

When competing at this level, we need to follow International Dragon Boat Federation (IDBF) regulations. This includes the definition of a "Club Crew" which is a club that regularly practices together and each member needs to be a bona fide member for at least 6 months before Nationals. This, unfortunately excludes anyone joining the team after February 24th, 2019. However, if we earn a berth to Worlds, the clock resets and anyone who is a member 6 months prior to August 2020 may compete.

The Preliminary Program Outline for Nationals is as follows (subject to change):

| | |
|----------------------|--|
| Friday August 23rd | <ul style="list-style-type: none">• Club Crew team arrivals and registration• Practices for Crews at event site |
| Saturday August 24th | <ul style="list-style-type: none">• Registration• 500m heats, semi-finals & finals |
| Sunday August 25th | <ul style="list-style-type: none">• 200m heats, semi-finals & finals• 2000m races |

If you attended the Club SAKE Annual Meeting or Survivor SAKE's Orientation, you know that Roula (Club SAKE coach) is forming a Senior B Women's team to compete at the Club Crew Regional Championships held in Vancouver, WA, August 3rd-4th. This race is also a qualifier for Worlds. The Senior B division consists of women aged 50 and over and Roula is opening up tryouts for any member of Club SAKE, including Survivor SAKE, to earn a place on the crew.

We are very excited that, under the umbrella of Club SAKE, two crews are planning on competing at this high level. Each person who wants to participate needs to choose which crew to race with. Per IDBF rules, one can only be a member of one crew. Capt'AnNealy, Coach Charlene and Coach Lisa strongly encourage all Survivor SAKE members to choose Survivor. This is a chance to compete with our ACS peers and hopefully influence other festivals to include an ACS division.

We encourage everyone to sign-up as early as possible so that we can make plans for fundraising, travel, and so our coaches can plan our training schedule.

Survivor SAKE needs your help!

We are looking to appoint a fundraising committee to organize ideas and lead efforts to raise money for 2019 Nationals, and, potentially, Worlds in 2020.

Please answer our call!



CLUB SAKE ANNUAL MEETING WRAP-UP

Help spread the word about Club SAKE! Direct interested non-cancer survivor paddlers to visit clubsake.com and join a 101 class beginning in April. Flyers and Club SAKE cards are available for distribution. Contact Julie Monahan (jamonahan@gmail.com).

Looking for a Club SAKE decal for your car? This could help deter a parking ticket. More decals will be available for sale soon. Ask Colleen Feasel (feasel_colleen@yahoo.com).

Volunteer if and when you are able to do so. There are many great opportunities for you to support our club, help reduce costs, and take an active part in the community:

- **Boat cleaning and repair** (see Team Cowboy/Club SAKE invitations from Joel Thomas)
- **Veteran's Initiative**: Club SAKE is leading an initiative to form a dragon boat team of impaired veterans. The initiative will promote healing through the community of being part of a team, strength-training, and improving confidence. If there is enough interest to form a regional veteran team, they will participate in at least one local race this season. Contact Lesley Blyth if you would like to help with this initiative (lkblyth@hotmail.com).
- **Great Pumpkin Challenge**: October 2019 fitness challenge with pumpkins. Start growing your pumpkins now for this challenge! Stay tuned for more information in the coming months.

Supplemental training:

- ❖ Pool and ergonomic training: TBA
- ❖ Senior B Women's Masters (50+) Practices: *notify Roula if you do not intend to compete with Club SAKE's Women's Masters team but would like to attend practice for supplemental training.*
- ❖ Uncoached Club SAKE practices: Saturday, 8-9 am; Thursday, 10:30-11:30 am
- ❖ Land Training: *Pratt Park, Wednesdays 6:30-8:00 pm (will alternate Wednesdays & Thursdays starting in April). More details below.*

Looking for a way to improve your performance and stamina during paddling practice?

Each week is a different style of circuit training type workout designed specifically for paddlers. It's fun to get together off the water and motivating to be with others. We try to cater to everyone's health and fitness situation if we know you are coming in advance. Build muscle and fitness on land so we can perform better on the water – this is where the difference is made.



- ✚ *We meet and workout at the covered basketball court next to the main Pratt Fine Arts building, entrance at 1800 S. Main St. (just 1 ½ miles from Leschi Marina, off of E. Yesler Way between 18th & 20th Ave. S.)*
- ✚ *RSVP on Team Cowboy on Club SAKE's Supplemental Training schedule*
- ✚ *All equipment is provided*
- ✚ *Wear comfortable exercise gear appropriate for the temperature*
- ✚ *Restroom inside building available*
- ✚ *Free parking in lot or street parking*