This past month we have ushered in Daylight Saving Time, and with it Tuesday night practices. Welcome back Coach Lisa! We also ushered in Spring by celebrating Capt’Nealy’s birthday. We have enjoyed some lovely calm water and sunny weather. Many new paddlers attended practices and 7 have become official members! Welcome Andrea, Anne², Debbie, Jani, Jen, Juli and Karla!

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**Sternward - Looking Back**

- Racing details: Rainier & False Creek
- Communications
- Capsize drill
- Team Dim Sum
- Team jerseys
- Team job opportunities
- Personal Coaching by Charlene
- New Team PFDs
- Wha' SUP

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**Fun Fact:**

Captain Nealy’s birthday is the Vernal Equinox, March 20th.

Capt’Anne’s birthday is the Autumnal Equinox, September 23rd

Equinoxes have equal day-light & night hours and are the only times when the sun rises due east and sets due west.
Racing Details

Due to the team’s enthusiastic interest in competing in races, we have updated our team race sit-out policy.

TAKE NOTE OF THE UPDATED POLICY:
The updated policy provided below applies to any race that we have exceeded the roster limit, which is usually 22-24 paddlers. When we have more than a full roster signed up to compete in a particular race, we are looking at your practice attendance for a consecutive 6 weeks which begins 8 weeks prior to race day and ends 2 weeks prior to race day.

If we have exceeded our roster limit for a particular race, the # of paddlers beyond that limit with the least # of practices attended within the specific 6-week policy period mentioned above must sit out for all races but can be available as a back-up if necessary. If a paddler has signed up for a race and has not attended at least 4 practices in the 8 weeks prior, that paddler will sit out for the race. Those members who sit out are encouraged to attend the race to support the team!

If we have 20-24 paddlers committed to compete in a particular race, some paddlers will be rotated out according to the # of practices attended in the 6-week policy period. This means if you are on the lower-end of practice attendance within that time frame, you may only be eligible to participate in some but not all races on race day.

Important Notices

1. Paddlers must attend a minimum of 4 practices within the 8 weeks prior to a race. This is very important and can prevent injury.

2. Race roster is closed one week prior to race day unless the roster is incomplete. Please do not cancel or add your RSVP within one week prior to race day unless there is an emergency or your coaches/captains request a change. Your coaches work very hard, considering many factors, to put together the team’s final race roster.

Please be sure to sign those attendance sheets at each and every practice!

Rainier Dragon Boat Festival 2019 Tacoma, WA

Saturday, May 18th, 7:00/7:30 am
(more details to come in May)

Our current team roster for this race is at capacity and the updated sit-out policy will be utilized for this race. All team members are encouraged to come to the race to support the Survivor Sake and Club Sake teams.

Potential fundraiser: We may put together a raffle at this race, but it has yet to be determined. When the raffle is a "go" -- whether for this race or another -- we will need your help to sell raffle tickets to festival attendees.

“The team effort—the perfectly synchronized flow of muscle, paddles, boat, and water; the single, whole, unified, and beautiful symphony that a crew in motion becomes—is all that matters. Not the individual, not the self.”
Daniel James Brown, The Boys in the Boat

“…”
False Creek Women's Regatta (FCWR) 2019 Vancouver, BC

ARRIVAL/DEPARTURE
Arrive: Friday, May 24th (afternoon/evening)
Depart: Saturday, May 25th, 5:00 pm (or after races complete)

TRAVEL TO VANCOUVER, B.C.
• Be sure you have an enhanced state driver license or current passport.
• Carpool with a buddy or two. Share the driving and gas expenses!
• Take the train (Amtrak schedules)

HOTEL ACCOMMODATIONS
Sandman City Centre, 180 West Georgia St.
The Sandman City Centre is the closest to the Creekside Park race venue, and is the team preference. It is about a 10-15 minute walk to the race site. Please see map.

Reserve your room at the following link to our team's event page:

https://groups.orbitz.com/EventPage5175319

Search through the event page for the Sandman located at 180 West Georgia St. Be aware that there are two Sandman hotels; choose the one on Georgia St. Credit card require to reserve, but not charged until arrival. Free reservation cancellations and/or changes prior to May 23.

The event page contains individual reservation options rather than a block of rooms (block currently unavailable), and rooms are subject to availability. Reserve now! If the Sandman City Centre is unavailable when you decide to make your reservation, the events page gives you the approximate distances of each hotel from the park; choose an alternative hotel that is close.

TEAM DINNER - We will have a team dinner on Friday, May 24th. Details TBD.

RACE (PRELIMINARY DETAILS) - This is a one-day race, and we will arrive at the Creekside Park race site at approximately 7:00/7:30 am on Saturday, May 25th. More details to come in May.

LIMERICK CONTEST - This year, the FCWR will have a limerick contest instead of a costume contest. If we get several ideas within the team, we will take a vote to select the one limerick we are allowed to submit for the race contest. If you have a limerick you would like to share with the team for consideration, please send it to Capt'AnNealy with "LIMERICK" as the subject.

***If you need help finding a roommate or carpool, contact Capt'AnNealy***
Communications

In addition to communications you receive from Capt’AnNealy, please also pay close attention to the Club SAKE updates that you receive by email and on Team Cowboy. However, be mindful that not all Club communications pertain to Survivor SAKE.

Please note the following:

- **TSNW** pays for most, if not all, Survivor SAKE race registration fees. Club communications regarding race fees do not pertain to Survivor SAKE team races. If race fees are required for Survivor SAKE, your captains will notify you.

- If you would like to be considered to compete as a member of a Club SAKE team, please contact your captains or coaches. If you are selected for a Club SAKE team, you will be responsible for your own race fees.

- **Capsize drills**: Survivor SAKE will have a separate drill as a team on a date that is not yet determined. If you cannot make the date we choose for our team capsize drill, you must sign up for one of the Club SAKE drill dates included on the Club’s Team Cowboy 2019 Practice Schedule. **This is a requirement for all members unless you first joined in 2019.**

- **On Team Cowboy** please indicate on your profile whether your phone number is a cell (c) or home (h). Capt’AnNealy can add you to our contacts list and communicate with you by text about practice, e.g. you’re running late, or last minute cancellations or changes.

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Team Jerseys

We have an inventory of short-sleeve team jerseys in various sizes. These are the same ones that were printed last year. The jerseys are what team members wear on race day, but of course, you may wear them anytime and anywhere. Some teammates purchased a long-sleeve jersey last year. We don’t have any extra long-sleeve jerseys, but if there is enough interest, we can submit a new order. A total of 24 jerseys (combined short & long) is the minimum order.

If you would like a short-sleeve or long-sleeve, please let Capt’AnNealy know and you can try on different sizes after practice. Jerseys are available for purchase for $15, paid with cash or check (made out to Anne Marchand).
Personal Coaching Sessions by Charlene

for paddlers with 1+ years experience

Have you ever wondered if Charlene is watching you paddle? (Hint: she is.) She has 360° vision and can see all, but she only has the one mouth, so can't always communicate everything she sees.

Get that feedback she has been storing up with small-group coaching and hone your skills. Sessions will take place on Saturday mornings before regular practice with 3-4 paddlers per group. Sign up now on Team Cowboy for this tremendous opportunity for paddlers with at least one year of experience.

New Team PFDs

We are very fortunate to have a sponsor to purchase new team PFDs for Survivor SAKE. Thank you to TSNW for securing this funding. Several models are being researched and we will hopefully make a decision soon.

These will have our team logo on them and will be available for anyone to borrow on race day. We will determine later if these PFDs will be available for individual purchase.

Stay tuned!

Stand Up Paddling Anyone???

As a member of Seattle SAKE Paddling Club, we all have access to use the Club’s stand up paddle boards (SUP) this summer. The Club has three certified coaches and trainings and weekly practices will begin soon. This year, if there is enough interest, the Club also intends to compete in SUP races.

Tired of sitting down? Try paddling standing up! This activity is a full body exercise and offers a great cross-training opportunity for dragon boaters. With some initial instruction, beginners can stand up and start paddling their first time out.

Interested? Please pay close attention to the Club SAKE email communications for SUP updates.
We Want You!
Yes, you!

Team Job Opportunities
Are you looking to get more involved with the nitty-gritty of maintaining and running our team? Then we’ve been looking for you. Come on in, the water’s fine!

Equipment Manager
We have equipment that needs a place to live and then travel to race sites. These are things that we use to create our own Survivor SAKE oasis at race locations. It identifies, organizes and nourishes us so that we can be at our best on the water. It helps race days function better and thus contributes to the overall ability of our team to achieve greatness.

See full description on Team Cowboy under “Message Board Posts”

Verified Reviews:
⭐⭐⭐⭐⭐

“It’s like having a dear friend that loves going on road trips."

“I dropped my therapist because this equipment is such a great listener. Big money saver!”

“Best house guest I’ve ever had!”

Fundraising Committee
Money is a useful thing! We need people to brainstorm, organize and facilitate ways to earn funds to help offset the cost of traveling for team members. This is particularly geared for Nationals in Colorado Springs and our potential team berth to Worlds in France 2020.

Capt’AnNealy has some ideas and will meet with the committee to help get you started.

Social Media
Does anyone know what this is? If this is something other than Nealy and Anne having a nice chat whilst delivering “What’s the Catch” newsletter via pony express, we’d like to hear from you!

Capt’AnNealy is a bit olde skool and need help. This position would include posting photos of practices, events, races, etc. to boost Survivor SAKE’s profile in the world. This could assist with recruitment and fundraising capabilities.

The best time to plant a money tree is 20 years ago.