What’s the Catch
A Survivor SAKE Production
July 2019
Vol. 1 No. 6

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Sternward - Looking Back

Fresh from our May races, we got back to work on Lake Washington working on strength, endurance and technique. Mid-month we donned our dancing shoes for the fundraiser Survivor SAKE Dance Party. Thank you Aviyah for the vision, the space and spearheading this successful event. We welcomed Brandon from the Madison Park Times onto the boat. We sang “So long” to Dora - see ya in Colorado!

Bowward - Looking Forward

- Fundraising status/Madison Park Article
- Race RSVPs/Commitment
- Kent race information sheet
- Jersey order and team PFD purchase
- Capsize Drill, Landtraining
- Locker equipment cleaning
- Swim Across America
- Celebrating Life with Yoga
- Team Cowboy technical issues

Nationals Update: Team Housing secured

We have reserved 2 houses in Colorado Springs for team members going to Nationals. Please indicate on the Smartsheet spreadsheet if you would like to share housing with the team.

House #1: This is a big house in a wooded neighborhood about a 20 minute drive North of Prospect Lake (the race site). It has a big long table for team meals, a fire pit outside, 4 bathrooms and a hot tub.

“Such a great space! The hot tub is amazing, the kitchen was spacious (cooked spaghetti for 45 people- how many other places can you do that?)”
-March 2019 guest

House #2: This is a smaller house though close to Memorial Park (race site). This can be our logistics center for race days. It has a patio and 2 bathrooms.

"This place exceeded all expectations. I stayed here with 6 other people and we all fit comfortably. It was very clean and the location was perfect in Colorado Springs! We spent a lot of time on the patio.”
-June 2019 guest

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Upcoming Happenings

July

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- **1** = Survivor practice
- **2** = Kent Race
- **3** = Landtraining B(Bellevue)P(Pratt)
- **4** = Survivor capsize drill
- **5** = Equipment locker cleaning

**Capsize Drill - Sat. July 20th**

Whether you call it a capsize drill, Huli or "Ahoy, mateys, woman overboard!" each Club member needs to complete one each year. New to the Club? You are exempt for this year only, but we still encourage you to do one if you are able. This drill is important to practice in a controlled setting so that we know what to do if it ever happens when we are not expecting it. Colleen is the Safety Officer for Club SAKE and will be conducting our drill. It will be after practice on the 20th, so be sure to bring a towel and a change of clothes if you’re participating. RSVP on Team Cowboy under the Club SAKE practice schedule. If you cannot make it on the 20th, please sign up for another drill, all listed on Team Cowboy.

**Equipment Locker Cleaning**

Survivor has taken on the responsibility to keep the Club’s equipment lockers in tip-top shape. Coach Lisa will be heading this task force and we are asking for about 8 volunteers to help with this. Sign-up on Team Cowboy. We will be repeating this throughout the year on a quarterly basis. This will be our first time doing it, after practice.

Landtraining

Do your muscles tire out during practice? Does the coach seem to notice your not-so-perfect form during the latter portion of practice? Would you like to wear those sleeveless fashions and show the world what a powerful athlete you are with those sleek, toned muscles? Then attend a landtraining with your Club mates and give your body the support it needs to paddle your best. RSVP on Team Cowboy under the Club SAKE supplemental training schedule.

Locations:
- **Pratt Park** (Seattle) E. Yesler & 20th Ave. Meet at the undercover basketball court
- **Bellevue Downtown Park** 10201 NE 4th St Meet in the grass area next to the water in the middle of the Park

"The #2 attraction in Bellevue." *

* What’s #1? Who cares! We take the road less travelled.

![Image](image.png)
NATIONALS FUNDRAISING
Survivor SAKE continues fundraising efforts to help reduce the costs of the team’s travel to Colorado Springs for the National Championships in August. Capt’AnNealy will determine a date in August when we tally the total and provide options to assist each individual team member.

Meanwhile…see how well we’ve done so far!

Survivor SAKE Dance Party
The party was a huge success, raising almost $3,000 in ticket/raffle sales and general donations. It was awesome to see everyone get their groove on…

…and take a much-needed break!

Thank you to everyone who helped make this event such a success!

(See and add more photos to the album posted on Team Cowboy.)
Cycling Shoe Sales
Debbie Culp has shared many of her innovative ideas with the team, and now she has taken on the role of sales rep! It’s no surprise that Debbie is a great salesperson---with her exuberant personality and passion for dragon boating, she helps further our fundraising goal by selling the remaining TSNW-donated bicycle shoes, raising at least $450 so far! She still has shoes left to sell, mostly small sizes, so if you know any cyclist (women or children) who may be interested in purchasing these shoes at a discounted price, please contact Debbie.

Madison Park Times Article
Brandon Macz from local newspaper, Madison Park Times, interviewed teammates in early June. We took Brandon by surprise by putting a paddle in his hands and PFD on his back so he could join us for practice. He took to paddling well, got to know our team and Coach Charlene, and left the dock with a huge smile.

Please read and share Brandon's article about our dynamic team at the following link:

TSNW Donation Form
Capt' AnNealy has been working with TSNW to finalize a donation form regarding our mission to travel to Colorado to participate in the National Championships to help bring awareness of the importance of the inclusion of all-cancer survivor divisions in dragon boat racing across the world.

Our new donation link is now available! https://form.jotform.com/outreachtsnw/get-survivor-sake-to-nationals

Post the link above to your Facebook and other social media accounts. Send it to your family, friends, neighbors, doctors, associates and add your own personal story. While you’re add it, why not add the link to the Madison Park Times article to your story. Our goals and accomplishments so far are worth sharing!

IMPORTANT ANNOUNCEMENT
Survivor SAKE’s participation in the National Championships gives the team an opportunity to secure a berth and compete in the World Club Crew Championship Race in Aix-Les-Bains, France in August 2020. Once we place at Nationals, we will immediately begin planning for our team to compete in France. Start thinking now whether you would like to be considered for that roster. We will be looking to each interested teammate for a firm commitment to participate in Worlds as soon as the first week of September 2019.

RACE COMMITMENT
Please be sure you can commit to a race before you RSVP on Team Cowboy. We rely on your RSVPs to finalize each race roster. Once you have committed to a race, please do not cancel your commitment unless there are circumstances beyond your control, such as illness or injury.
The captains and coaches spend a lot of time and effort to coordinate and bench each race roster. Each race roster generally closes two weeks prior to the race date to allow for your coaches to determine and finalize benching, and there are many factors that come in to play (individual weight, strengths, number of paddlers).

Last-minute cancellations---whether for practices or races---cause hardship for the team. We are counting on you to be mindful of what occurs behind the scenes for each of our team’s activities.

Together
Everyone
Achieves
More!

KENT CORNUCOPIA DAYS
DRAGON BOAT RACES

COME ONE, COME ALL, and cheer on your favorite dragon boat team, Survivor SAKE!!

Date: Saturday, July 13th
Time: 9 am - 5 pm
Where: Lake Meridian
14800 SE 272nd Street, Kent, WA
(Click here for directions and parking info)

Team members will receive a separate information sheet with race day details.

TEAM JERSEYS
Order by July 20th

We have new styles of our Survivor SAKE team jersey available. Place your order now!

We have added at a tank top, and the new sleeved shirt styles will include both the Survivor SAKE logo and the Club SAKE logo on the sleeves.

All varieties will include our full Survivor SAKE team name on the back and Team Survivor Northwest on the front, same as our current jerseys.

General pictures of shirt styles described below are available through the order link. Please note that our current jersey with the white stripes is only available in the short-sleeved unisex style; all other styles listed are solid purple with our team logos.

- **Unisex** (short or long sleeved) – crew neck, straight cut, longer body.
- **Women’s short sleeved** – scoop or v-neck, tapered cut, shorter body.
- **Women’s long sleeved** – v-neck, tapered cut, shorter body.
- **Women’s tank top**

If you would like to purchase additional jerseys, check them out and order through the link below by **July 20th**. Costs will be collected upon delivery of the shirts.

[https://docs.google.com/forms/d/e/1FAIpQLSczSXS1nhm_YMG4PHv-S-koLohaaWXEzdPapIOmjKsnixKFPQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSczSXS1nhm_YMG4PHv-S-koLohaaWXEzdPapIOmjKsnixKFPQ/viewform)
NEW TEAM PFDs

Sponsorship of our new team PFDs is in the works which will secure a certain number of PFDs to be borrowed for competitions. Once finalized, you will have the opportunity to purchase your very own team PFD!

Stohlquist FLO Mesh Back

Features include:
- Designed specifically for women
- New supportive inner cup design
- Graded sizing for all body types
- Lightweight
- Open sides for max. ventilation

We need to hear from you!
Please complete this very quick survey to let us know if you are interested in purchasing a new PFD so we can determine our final order. Individual cost will be somewhere in the range of $95-$125.
https://form.jotform.com/91880661863164

SWIM ACROSS AMERICA
Save the Date - September 7, 2019

Every summer, the Swim Across America Seattle Open Water Swim hosts swimmers of all ages and skill levels to participate in a swim on Lake Washington to help raise money for cancer research. Volunteers swim ½ mile, 1 mile, or 2 miles, beginning at Luther Burbank Park on Mercer Island.

Did you know that there are at least five Olympic swimmers that live in the area and usually participate in this event?

Proceeds from the swim will support immunotherapy clinical trials and cancer research at Seattle Cancer Care Alliance.

Our team has been asked to participate in the parade and lead the swimmers on the 2-mile course in one of our dragon boats. Survivor SAKE will paddle from Leschi to Mercer Island early morning, participate in the opening ceremony, lead the 2-mile course (approx. 40 min), guiding the swimmers with a drum and our gentle paddle strokes. The event will conclude with a banquet and awards ceremony.

Let’s give back!!
Survivor SAKE has participated in this event in past years and has been a rewarding experience.

The Swim Across America event occurs September 7th and is now included on Survivor SAKE’s schedule on Team Cowboy. Please RSVP if you would like to take part in this worthwhile opportunity!
CELEBRATING LIFE WITH YOGA
A Charity Event to Benefit Team Survivor Northwest

It is finally here! Celebrating Life with Yoga tickets are on sale now on TSNW’s website: https://www.jotform.com/form/91566116974163

Come join us for an afternoon of fun yoga, afternoon tea, and chances to win awesome raffle prizes. Everyone is welcome – whether you have done yoga before or not!

Bring your mat, cash/credit card for raffle tickets.

Please help spread the word!

Date: Sunday, September 22, 2019
Time: 3-6pm
Location: Vasa Park Ballroom
3560 West Lake Sammamish Parkway SE, Bellevue, WA 98008

TEAM COWBOY
MESSAGE ERRORS

Ever wonder why you’ve received six of the same email from a coach or someone on the team?!? You’re not alone! The Team Cowboy server has some issues. Message senders will typically hit ‘send’ multiple times, frustrated that their message refuses to send! Well, kids, the server monster is actually sending your message each time you hit that send button. Who knew?!?!??

General rule: hit ‘send’ to deliver your message, then get up from your computer, feed your pet, take a walk, plan your trip to France, and then return to your computer. Voila!!! Your one intended message has now been sent to the team.

NEW & OLD FRIENDS

Capt’AnNealy made some new friends in Vancouver…

Dashing, but certainly the silent types!

Teammates bond at practice, all smiles!

Farewell (for now!) to Dora Lipper. We will miss you until Colorado, Dora!

We’ve enjoyed following your adventure with Vicki. See you again soon!