Welcome to a new year of Survivor SAKE! We spent December paddling when we could and earning money with fundraisers at Century Link, Dealing for Dollars and craft fairs. Thank you to everyone who has pitched in. A shower was given to help Charlene & Albert prepare for their new little dragons. Work continued to plan and prepare for the upcoming season.

### Sternward - Looking Back

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### Bowward - Looking Forward

- TSNW Annual Retreat
- Survivor SAKE Kick-Off & Orientation
- Club SAKE Annual Membership Meeting
- Communications
- 2019 Feedback
- 2020 Race Schedule
- Worlds Update
- Anti-Doping and you

### Puzzle Corner

**Find the doper!**

Which paddler in this photo is taking a prohibited substance?

**Hint:** Who looks like she’s up to something?

*(Find the answer elsewhere in this newsletter)*
Upcoming Events

Exercise Demo Class
Thursday Feb 6th, 7:30pm

Denise Geroux is offering one more demonstration of the exercise program at Full Spectrum Training Studio. Learning how to properly do the exercises directly from her is immensely helpful to get the most out of this program. She helps each person increase their self mastery by increasing body awareness and understanding optimal body mechanics. We are grateful for this opportunity. We have made videos of each exercise that we will share with members of Survivor SAKE. This is a gift from Denise to Survivor SAKE. Please respect her intellectual property and use this program for yourself and don’t share it with others.

Survivor SAKE Season Kick-off & Orientation
Saturday Feb 22, 1-3pm

Youngstown Cultural Arts Center
West Seattle (Aviyah's place)
Classroom #111
Park in north parking lot or on the street
Carpooling is recommended because there are other events at the Center that day.

This will be a fun, interactive meeting for veterans and new recruits. Bring a light snack to share.

R.S.V.P. on Team Cowboy
Know of someone who wants to learn more about dragon boating? Please send co-captains Anne & Maggie their name and email. We will be sending out an evite for all new people.

Team Survivor North West Annual Retreat Feb 8th-9th

Get ready for the highly anticipated annual Team Survivor Northwest Fitness Retreat that will take place at IslandWood on Bainbridge Island. This is an opportunity to learn from experts in cancer care, take some fitness classes (offered at all levels of intensity), recharge and most importantly bond with other women who get it! This is also an opportunity to recruit new dragon boaters.

Note: Registration is now full.

Club SAKE Annual Membership Meeting & Season Kickoff
Sat. March 21st 9:30-11:30 am

Come for breakfast, socializing and news about what the Club as a whole accomplished in 2019 and where we are headed in 2020.
Communications on and off the boat: How to improve practice efficiency

Captains
Captains organize practices by monitoring RSVPs, winds, tillers, boats and attendance.

Coaches & Callers
Coaches create the practice and teach technique. Callers will instruct paddlers about practice guidelines, but will not teach.

Tillers
Tillers will instruct paddlers what to do taking the boat out and in and in any situation that keeps the boat safe.

Race Manager
Nealy is now the Race Manager and should be consulted for all race-related information.

Junior Coaches
Some paddlers have been trained by Charlene to be junior coaches. These people help new paddlers and can help others.

Paddlers
As a paddler, you also have responsibilities to help the practice run more smoothly:
• RSVP on Team Cowboy
• Text co-captains if you need to cancel last minute
• Get to practice on time
• sign in
• remember your boat assignment
• no talking except during water breaks
• listen to the coach, caller, tiller
• no "bench coaching" unless you are a junior coach

Heart Rate Monitors
We will have about 2 more months of winter training program left. That means long duration pieces. Those of you with heart rate monitors please continue to wear them each practice to monitor yourself to paddle at 70% heart rate.

We have obtained 5 heart rate monitors from the TSNW office. Those of you who don’t have one, can check one out and use during practice. We will then rotate them during practice (once, when we change sides). Over the span of winter practices, everyone can get a chance to see what paddling 70% is really like.

How to determine your 70% heart rate

220 - your age = maximum heart rate
max hr x .70 = target for endurance paddling
Feedback about 2019

We hear you…
Results are in from the feedback collected in January when the team had 1:1’s with the coaches after ERG tests. Some common themes that wove through the conversations with the coaches and we are sharing it with you along with our thoughts and ideas for some solutions. Please share any thoughts back with us!

* We love this team!

There was a good deal of positive feedback from you all! We could not agree more that the new dragon boat paddlers are awesome and we love them too! You said you love the inclusive culture of this team – and love that the team is gelling both old and new members. To support this wonderful culture we have and build a stronger team we will be offering more team bonding activities in 2020!!! A big thank you to Jill for a holiday party in December and to Nancy for organizing a snowshoe trip in February.

* More clarity on boat assignments so boarding is less haphazard.

We will commit to working on this by giving clear direction to all on which boats we are taking out.

* Holdups at the gate because people don’t have the app.

We could give temporary gate code. COULD CAPTAINS GIVE THE CODE on the day of??

* Fitness goals for France.

Love hearing that people are talking about fitness goals for France. Since we have many races in the 2020 season it’s going to be an exciting year knowing that everyone is doing extra to be prepared for racing season. Denise Geroux’s exercise glass geared for our team will be very helpful. Hats off to all of you for making a commitment to fitness.

* On the subject of France...

Let’s all work together to ensure that every woman on our team whether going to France or not feels included in every practice, every race and every social event. Please continue to show your teammates the love as we are

ONE HEART, ONE SOUL, ONE TEAM, ONE GOAL!
2020 Survivor SAKE Race Schedule

Saturday, May 16th
Rainier Dragon Boat Festival
Thea’s Park Foss Waterway, Tacoma, WA

Kick-off the race season with this all day local event.

Saturday, May 23rd
False Creek Women's Regatta
Creekside Park, Vancouver, BC

≈ 1-day race, all day Saturday
≈ Possible race day contest
≈ Team Dinner Friday, 5/22
≈ Stay overnight or carpool very early Saturday morning
≈ Hotel options provided closer to race day
≈ Current passport or enhanced driver license required for border crossing

Saturday & Sunday, June 20th-21st
Concord Pacific
Dragon Boat Festival
Creekside Park, Vancouver, BC

• 2-day race, all day Sat./Sun.
• Largest dragon boat race in North America, hosting 200+ teams from around the world!
• Arrive Friday evening or very early Saturday morning – road trip!
• Team house may be an option
• Current passport or enhanced driver license required for border crossing
• Open to all but great prep for Worlds as an international event
• It is massive; it is exciting; it is entertaining; it is so much F-U-N!!

2019 Kent Dragon Boat Race – 1st Place, Women’s B Division

August 21-31st
Friday - Monday
12th IDBF Club Crew
Worlds Championships
Aix-les-Bains, France
French Alps

More details will be sent later by Nealy Evans, Race Manager.
RSVP on Team Cowboy now for all races you can commit to.
Each race day typically runs from 7:30 am to 4:30 pm (subject to change) and each teammate is expected to stay for the entire race day.
All race registration fees are paid for TSNW except Concord. There may be an Individual entry fee for Concord.
Survivor SAKE’s World Championship race roster is in place. We are excited about the enthusiastic team response to take part in this opportunity to further our mission of inclusivity of all-cancer survivor participation in national and international dragon boat events.

**Worlds Roster Member Reminders:**
1. Attend all Survivor practices July 7th through August 18th (Tuesdays & Saturdays)
2. Stay in the Team House August 21st-31st
3. Book flights Wed. August 19th or Thurs., August 20th for arrival at Team House by Friday, August 21st
4. Leisure travel should occur after Team House check-out on Monday, August 31st
5. **Race Event Schedule:** August 24th – 30th

We will also have a practice sometime between Aug. 22-24 (to be determined)

**Therapeutic Use Exemptions**
Certain substances are prohibited from being used by athletes participating in International Dragon Boat Federation events per the World Anti-Doping Agency. Many team members on the Worlds roster will be required to apply for a Therapeutic Use Exemption.

All Worlds roster members: please check this site [https://www.wada-ama.org/en/content/what-is-prohibited](https://www.wada-ama.org/en/content/what-is-prohibited) for all medications and other substances that you use as part of your ongoing health care. Instructions will follow from the Race Manager.

**Travel Planning Info:**
* Accept the What’s App invitation sent for event and travel updates from Race Manager
* Race Site: Lac du Bourget, Aix-les-Bains, France
* Team House is located 30-40 minutes NW of Aix-les-Bains
* Spouse/family housing: there may be availability in the WAM teams’ hotel; notify Race Manager if interested
* Chef/catering options may be available
* Local transportation, including airport transfers, is being coordinated
* Fundraising money will cover the majority of housing and local transportation costs

* Ensure passport is current and valid at least 6 months after departure date from Europe; also see additional information for U.S. travelers to Europe

**Booking Flights – Info & Tips:**
* Each member is responsible for booking her own flight
* Determine what is important for you as a traveler: cost, flight duration, comfort
* Use Travel Smartsheet to share flight details
* Group flights options are more expensive and may not be best option
* Closest airports: Geneva (GVA) or Lyon (LYS)
* Consider using miles, including donated miles from family and friends
* Fly on one carrier to protect against connection delays or cancellations
* Consider buying trip insurance as protection against the unexpected
* Flying from Vancouver B.C. is less expensive, but consider the offset of driving time, carpool coordination, and gas/parking costs
* Team paddles will likely be carried by 1-2 team members in paddle bags; each member is responsible for transporting her own PFD and other gear

**MORE DETAILS TO FOLLOW FROM RACE MANAGER TO MEMBERS TRAVELING TO WORLDS**
Some details are still being worked out and discussed and will be communicated by Race Manager when confirmed.