

# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

July  
2023

## Meet your Staff

Coaches: Laura Andrade, Kevin Liegey, Shirley Jung, Christina Ortiz & Sandi Martin

Steersperson: Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas, David Turple & Jesse Oani

## Board of Directors

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Suko Gotoh

Treasurer: Edward (Ed) Eyas

Cabrillo Youth Center Liaison: Suko Gotoh

Program Director of Carillo Beach Youth Center: Pam Craft

## Newsletter



4th Annual  
Castaic Lake Dragon Boat Festival  
June 10, 2023  
3rd Place



### Thank you to our sponsor

WaveFit  
Physical Therapy  
2433 Moreton Street  
Torrance, CA 90505  
(424) 350-6319  
[www.wavefitpt.com](http://www.wavefitpt.com)

### July

Sunday's 9:00am - Normal Practice  
Last Sunday of the month @ 10:30am - Beach clean-up  
4th of July Paddle & Fireworks  
July 5th - Moonlight Paddle 7:00pm  
July 12, 19 & 26 - Wednesday evening  
practice @ 7:00pm

### Upcoming Races/Festivals - Mark your calendar

7/15 - Lotus Festival - Echo Park  
7/29 - Long Beach International Dragon Boat  
9/9 - Portland Dragon Boat Festival  
10/07 - L.A. Country Dragon Boat Festival - Santa Fe Dam  
10/14 - Las Vegas Dragon Boat Festival

### Safety Guidelines

Consult your doctor before you start becoming more physically active in dragon boating.  
A minimum of 9 paddlers are needed to take out the boat safely, which includes a board member with keys, steersperson, and a coach.  
Weather and water conditions – Check the weather forecast prior to dragon boat paddling and be prepared for cancellation in the likely event of extreme weather and/or rough water conditions.  
Sunny weather - wear appropriate attire. Sunblock, eye protection and head covering is recommended.  
If you have a safety concern, please bring it to the attention of any one of the board members.  
Have a safe and sane 4h of July.

## Follow us

<https://laharbordragonboat.com/>

<https://www.facebook.com/LaHarborDragonBoatClub>

<https://www.instagram.com/lahdragonboatclub/>

