



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

May 2024



Newsletter

Mark your calendar

Walk before Sunday's practice 7:30 - 8:30am
 Sunday Practices 8:30 - 10:30am
 Breakfast after Sunday's practice at Think Café 10:45am
 Wednesday Practices 6:30 - 7:30pm

Events

Mother's Day Paddle out - May 12, 8:30 - 10:30am
 Open House May 19, 10:00am - 1:00pm
 Moonlight Paddle - May 22, 7:00 - 8:00pm
 Father's Day Paddle out - June 16, 8:30 - 10:30am
 Moonlight Paddle - June 19, 7:00 - 8:00pm

Follow us



<https://laharbordragonboat.com/>

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

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



Congratulations to our new Secretary, Roma Mistry

General Safety Tips

Stay Alert: Fatigue and distraction can lead to accidents. Ensure you're well-rested and focused while paddling.
 Communicate: Always communicate effectively and clearly about potential hazards and safety procedures.
 Use Equipment Properly: Wear your Coast Guard approved life vest.
 Mind Your Posture: Correct posture can prevent a variety of musculoskeletal problems. Do not overextend yourself.
 Stay Fit: Regular exercise can help you stay physically fit, reducing the risk of injury.
 Limit Noise: Be prepared to execute the commands of your steerer.
 Teamwork: Many hands make light work.
 Weather: Understand the weather conditions to determine if it is suitable for your event.

Upcoming 2024 Races

Castaic Lake Dragon Boat Festival - June 1, Saturday
 2024 Lotus Festival, Echo Park - July 13 & 14, Saturday & Sunday
 2024 Long Beach International Dragon Boat Festival - July 27, Saturday
 Portland Dragon Boat Festival - September 7-8, Saturday & Sunday
 Santa Fe Dam Dragon Boat Festival - October 5, Saturday (Tentative)
 Las Vegas Dragon Boat Festival - October 12-13, Saturday & Sunday
 San Diego Dragon Boat Festival - October 19-20, Saturday & Sunday

Congratulations to Alex Tomlison and Stephanie Turcotte on being selected for the Lifeguard training. We look forward to having you as our Certified Lifeguards.

Celebrating May Birthday's

Darleen Stoker 5/24

Update your TeamSnap profile with your birthday and you too will be recognized

Thank you to our sponsor
 WaveFit / Physical Therapy
 2433 Moreton Street,
 Torrance, CA 90505
 (424) 350-6319
www.wavefitnt.com



Long Beach
Spring Dragon Boat Race 4/28/24



Meet your Staff

Coaches: Laura Andrade, Kevin Liegey, Shirley Jung, Christina Ortiz, Sandi Martin, & Lorraine Knight
 Steersperson: Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas, David Turple & Jesse Oani

Board of Directors:

Co-Captains: Jesse Oani
 Secretary: Roma Mistry
 Cabrillo Youth Center Liaison: Suko Gotoh

Co-Captains: Laura Andrade
 Treasurer: Shirley Jung
 Program Director of Carillo Beach Youth Center: Pam Craft