

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 - June16, 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 - June1, 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.

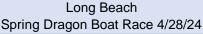
Celebrating May Birthday's

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 wavefitht com













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 Laison: Suko Gotoh

Program Director of Carillo Beach Youth Center: Pam Craft

Co-Captains: Laura Andrade Treasurer: Shirley Jung