



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731
June 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
RSVP by 8pm the night before!!!

Events

Team photo June 9 @ 8:00am
Father's Day Paddle out - June 16, 8:30 - 10:30am
June Moonlight Paddle - June 19, 7:00 - 8:00pm
July moonlight Paddle - July 24, 7:00 - 8:00pm

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



Open House 5/19/24



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

Celebrating June Birthdays

Jessica Ellis 6/21
Update your TeamSnap profile with your birthday and you too will be recognized

Congratulations to Stephanie Turcotte (L) and Alex Tomlison (R) on becoming Certified Lifeguards. A special thank you to Pam Craft and the Cabrillo Beach Youth Center as well as the L.A. Dragon Boat Club for sponsoring their training.



What causes a boat to capsize?

When a boat capsizes, it's usually because of excess weight, uneven weight distribution, inclement weather, leaks, waves or sharp turns. Boats have a maximum capacity limit for a reason. If you overload a boat with too many people or supplies, you increase the risk of capsizing. Evenly distributing the weight of the passengers and supplies onboard is just as crucial as not overloading it. If there's too much weight in one area, you're more likely to tip over.



A spectacular moonlight paddle as we saw the sunset, moonrise and a close up look of the USS Carl Vinson CVN-70 Supercarrier.

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
Steersperson in training: Steve Tyson & Eugene Kong

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

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