



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731
September 2024



Thank you to our sponsor: WaveFit / Physical Therapy

2433 Moreton Street, Torrance, CA 90505 (424) 350-6319 www.wavefitpt.com

Events

- September 2 - Conquer the Bridge 5.3 Mile Walk/Run event.
- September 14 (Saturday) Happy Trails for Kids - Volunteers needed.
- September 15 - 3rd Qtr. Beach Clean-up after practice.
- September 18 - (Wednesday) - Moonlight Paddle 7:00pm.

Celebrating September Birthday's

Ethan Canty 9/02

Lisa Quealy 9/02

Y-Vonn Teh 9/06

Sabrina Campbell 9/06

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

Mark your calendar

- Sunday Practices 8:30 - 10:30am
- Breakfast after practice at Think Café
- Wednesday Practices 6:30 - 7:30pm

Upcoming 2024 Races

- Portland Dragon Boat Festival - September 7-8
- Santa Fe Dam Dragon Boat Festival - October 5
- San Diego Dragon Boat Festival - October 19-20



LAHDBC Friends and Family Picnic



LAHDBC represented at the 15th Annual Conquer the Bridge lead by team member Lisa Quealy



Safety Tips

Friendly reminder..

Did you know that the steerer's command overrides the coach's command?

Did you know the Steerer has overall control of the boat for the safety of all team members?

Upon completing paddling practice, the Steerer is the only one who directs when each team member can exit the boat, when to take the boat ashore and to its docking station. Listen and respect the Steerer's command.

Board of Directors:

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry / Treasurer: Shirley Jung

Cabrillo Youth Center Laison: Suko Gotoh

Program Director of Cabrillo Beach Youth Center: Pam Craft

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, Steve Tyson, & Eugene Kong



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