

L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

January 2025

Board of Directors

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry / Treasurer: Shirley Jung

Cabrillo Youth Center Liaison: 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

Steerers: Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas, David Turple, Jesse Oani, Steve Tyson, Lisa Korney & Eugene Kong

Thank you to our sponsors Catherine & Stephen Leys on behalf of the Woven Foundation Charitable Fund

Celebrating January Birthdays

Suko Gotoh 1/11
Joan Kelly 1/15
Jesse Oani 1/18
Lisa Maldonado 1/30

Mark Your Calendar

Walk before Practice 7:30 - 8:30am
Sunday Practices 8:30 - 10:30am
Breakfast after practice at Think Café

Upcoming Events

Polar Bear Plunge 1/1, 11:15am - 2:15pm
Moonlight Paddle 1/15, 7:00pm - 8:00pm
Steerer's Clinic 1/19, 9:00am - 1:00pm
Coaches Clinic 1/26, 10:30am - 12:00pm

Safety Tip

5 Safety Tips to Start Off the New Year

Reevaluate yourself - Create work/life balance to minimize stress.

Safety Devices - Replace batteries and test for accuracy.

See something, say something - Communicate potential hazards to avoid an accident.

Create a safety culture - Lead by example to co-workers, family, friends and team members.

Declutter / 5S - Sort, Set in order, Shine, Standardize and Sustain

44th Annual San Pedro Spirit of the Holidays Parade



Spreading Holiday Cheer

LA Harbor Dragons adopted 5 families with a total of 19 children and adults. Santa's helpers, Co-Captain, Laura Andrade delivered to the Guidance Center in Long Beach, CA. Thank you to all who participated in spreading cheer.



LAHDBC Holiday Party, hosted by John & Betty Peterson



"Medical Mistry's" by Doc Sameer

EXERCISE PHYSIOLOGY

Most people have heard the benefits of regular cardiovascular exercises such as running and walking. While I wholeheartedly agree and encourage everyone to participate in at least 30 min of moderate intensity daily activity, make sure you are not putting all your eggs into one isolated basket. Exercise types can be broken down into 4 categories: cardiovascular, muscular/ bone oriented, balance, and finally VO2 maximum power production. Cardiovascular exercises like running and brisk walking prevent heart disease and strokes. Bone and muscle-oriented tasks like weight lifting, jumping, rucking (walking/ running with a weighted vest) maintain muscle mass and bone density, prevent frailty and allow for normal activities of daily living as we age; think carrying luggage, groceries or going up and down stairs. Pickleball, tennis, dance, yoga and other activities that emphasize balance and coordination help in fall prevention. Finally, maximum power production like dragon boat races, running sprints or any exercise that requires your sustained all-out effort over several minutes, raising both your heart and respiratory rate to maximum levels, is correlated with overall health and fitness. Doing something every day and rotating which type of exercise you choose, is a big ask but your body will thank you in the future.

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Thank you to our sponsor: WaveFit / Physical Therapy

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