

L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

November 2025

Board of Directors

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry

Treasurer: Shirley Jung

Cabrillo Youth Center Liaison: Suko Gotoh

CBYC Program Executive Director Amanda Enriquez and Director Pam Craft

Meet your Staff

Coaches: Laura Andrade, Kevin Liegey, Shirley Jung, Christina Ortiz, Sandi Martin, Lorraine Knight, Darlene Stoker & Alex Tomlinson

Steerers: Alex Tomlinson, Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas,

Eugene Kong, David Turple, Stephanie Turcotte, Lisa Korney & Jesse Oani

Certified Lifeguards: Alex Tomlinson & Stephanie Turcotte

Thank you to our sponsor: WaveFit / Physical Therapy

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

Mark your calendar

Walk before Practice 7:30 - 8:30am

Sunday Practices 8:30 - 10:30am

Breakfast after practice at Think Café

Wednesday Practices - Postponed until Daylight Savings 2026

Refer to the TeamSnap Calendar for details.

"Medical Mistry's" by Doc Sameer

Epicondylitis (Tennis Elbow)

Epicondylitis, or "tennis elbow," is a common source of elbow pain caused by irritation of the tendons on the outside of the elbow—often from overuse or repetitive wrist and gripping motions. You don't have to play tennis to develop it; activities like pull-ups or frequent lifting can trigger symptoms.

Symptoms:

Pain or burning on the outside of the elbow, sometimes radiating to the forearm or upper arm

Pain worsens with gripping, lifting, or twisting (especially palm down)

Possible weakness in grip strength

Diagnosis:

Doctors diagnose tennis elbow by reviewing symptoms and examining the arm for tenderness and pain with movement. Imaging tests (X-ray or ultrasound) are rarely needed unless another issue is suspected.

Treatment:

Most people recover with conservative care:

Rest/activity change: Avoid painful movements; continue light use

Medication: NSAIDs (ibuprofen, naproxen) or acetaminophen for pain

Ice/heat: Helps reduce discomfort

Bracing: Elbow straps or wrist braces may offer support

Physical therapy: Stretching and strengthening exercises, sometimes with ultrasound or electrical stimulation

Injections: Steroids may provide short-term relief but are not a long-term fix

Surgery: Rarely required; only if pain persists beyond 6–12 months

Outlook:

Most people recover without surgery, though healing can take several months to a year. Staying active within limits and following treatment recommendations promotes a full recovery.

Upcoming Events

Dia de Los Muertos Outreach 11/1, 5:00 - 9:00pm

Moonlight Paddle 11/05, 7:00 - 8:00pm

Boathouse Maintenance 11/9, 9:00 - 1:00pm

Moonlight Paddle 12/03, 7:00 - 8:00pm

San Pedro Parade 12/7, 1:00pm - 4pm

Holiday Party 12/14, 4:00 - 8:00pm

Celebrating November Birthdays

Beth Denis 11/8

Grace Liegey 11/12

Sandi Martin 11/13

Kien Nguyen 11/24

Santa Fe Dam Dragon Boat Festival



Women Division: "C"	Community Division: "C"	Competitive Division: "B"
Time trials: 1:30:869 / 5th	Time trials: 1:19:369 / 6th	Time trials: 1:17:035 / 6th
Semi-Finals: 1:33:076 / 6th	Semi-Finals: 1:15:400 / 5th	Semi-Finals: 1:15:434 / 4th
Finals 1:35:803 / 4th	Finals 1:21:634 / 4th	Finals 1:19:866 / 5th



It was a spooky Halloween paddle out with these creepy LAHDBC team members. Congratulations to our costume contest winners Lisa & Christina



Follow us

<https://laharbordragonboat.com/>

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

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

<https://www.tiktok.com/@laharbordragonboatclub>



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