



SRDBA

# NEWSLETTER

ISSUE 1, JULY 2020

[WWW.SRDBA.ORG](http://WWW.SRDBA.ORG)

## *Message from The Board*

### **Dear Dragon Boaters of the Southeastern Region!**

We all hope you are doing fine during this pandemic time. It has a deep impact on our lives and we just must adapt to this situation the best we can.

Current rules and restrictions still prevent some of us from being back on dragon boats. However, this forced "off season" gives us an opportunity to engage our creativity in developing training plans and various off-boat/off-gym ways to stay active. Many events have been successfully moved to online platforms, and social media became an important channel for team communication even for less-social team members.

Despite numerous cancellations of events, in this "new normal" it is even more important to stay connected and informed, as the situation change almost every day. The SRDBA Newsletter along with SRDBA social media will keep you updated with all dragon boat related events, on and off the water and will provide a platform for better communication between our members and within our organization.

We all are looking forward to seeing you on the race water soon!

Your SRDBA Board

## *USDBF Coaches and Team Managers Applications*

**Application process for National Team coaches and managers has started. The deadline for submission is July 15. Links and more info on Page 2.**

## *SRDBA Coaches and Team Managers 2.0*

While we all are waiting to be back on the water with our boats, in our regular practices, races and all that dragon boat rush, we can use this "slow time" for improving our non-paddling skills. Team coaching and management will determine the success of your team as much (if not more) as the actual paddling and fitness level of your members. The upcoming event organized by SRDBA is giving all members and non-members the opportunity to dig deeper and harder into your coaching and management skills, to interact with SRDBA successful coaches and exchange ideas on how to make your team and teams withing our region to stay on the top of dragon boat game. More on Page 2.

### **Inside this issue**

Page 2: Coaches and Team Managers 2.0

Page 2: USDBF NEWS

Page 3: Teams list

Page 4: Team Presentation: Florida Tarpons

Page 5: SRDBA Challenger

SRDBA is happy to announce  
**Coaches and Team Managers 2.0!**

August 21-23, 2020

**Nathan Benderson Park in Sarasota FL**

Join us for a day and a half session hosted by several top coaches and team managers!

A **happy hour social** will be on Friday night at the Homewood suites (our host hotel)

Registration for this event can be found on our SRDBA web site:

<https://www.srdba.org/join-srdba/sponsored-events/>

Cost for SRDBA Members is \$50

Cost for non SRDBA members is \$75

We have a room block at the Homewood just 1/2 mile to NBP venue for \$129/nt. Please use this link to get the special price:

<https://www.reservetravel.com/v6?currency=USD&type=geo&siteid=61257&longitude=-82.45105310000000&latitude=27.37444020000000&radius=100&checkin=8/21/2020&night=2&properties=1194056&message=message&locationlabel=Nathan+Benderson+Park&cid=12584&pageSize=15&useMiles>

We hope you can join us for this exciting event.

SRDBA board.

## USDBF NEWS

Team USA coaching applications are now being accepted:

<https://usdbf.org/uploads/usdbf.org/files/attachment/asset/402/2020 Team USA Coach Application.pdf>

Team manager is also open for application:

<https://usdbf.org/uploads/usdbf.org/files/attachment/asset/403/2020 Team Manager Application.pdf>

## SRDBA Members 2020

Team name: Florida Tarpons  
Location: Tampa/Miami, FL  
Web: [www.facebook.com/floridatarponsdb](https://www.facebook.com/floridatarponsdb)

Team name: Tampa Bay Dragon Boat Club  
Location: Tampa, FL  
Web: [www.tbdbc.com](http://www.tbdbc.com)

Team name: Charlotte Harbor Dragons  
Location: Port Charlotte, FL  
Web: [www.charlotteharbordragons.com](http://www.charlotteharbordragons.com)

Team name: Survivors in Sync, Inc.  
Location: Bradenton, FL  
Web: [www.survivorsinsync.org](http://www.survivorsinsync.org)

Team name: MiraBay Dragon Boat Club  
Location: Apollo Beach, FL  
Web: [www.MBDBC.org](http://www.MBDBC.org)

Team name: Dragon Boat Charleston  
Location: Charleston, SC  
Web: [www.dragonboatcharleston.org](http://www.dragonboatcharleston.org)

Team name: Dragon Boat Atlanta  
Location: Atlanta, GA  
Web: [www.dragonboatatlanta.us](http://www.dragonboatatlanta.us)

Team name: Charleston Paddle Club  
Location: Charleston, SC  
Web: [www.charlestonpaddleclub.com](http://www.charlestonpaddleclub.com)

Team name: Oriental Dragon Boat Club  
Location: Oriental, NC  
Web: [www.orientaldragonboatclub.org](http://www.orientaldragonboatclub.org)

Team name: Dragon Boat Beaufort  
Location: Beaufort, SC  
Web: [www.dragonboatbeaufort.org](http://www.dragonboatbeaufort.org)

Team name: Grand Masters Dragon Boat Club of the Villages, Inc.  
Location: The Villages, FL  
Web: [www.grandmasterdragonboatclub.sites.teamsnap.com](http://www.grandmasterdragonboatclub.sites.teamsnap.com)

Team name: Team Survivor Tampa Bay (The Pink Dragon Ladies)  
Location: Tampa, FL  
Web: [www.pinkdragonladies.org](http://www.pinkdragonladies.org)

## TEAM CORNER

### FLORIDA TARPONS

The Florida Tarpons were established in 2011. The intent of Florida Tarpons is to represent the best of Florida, plus a few honorary Floridians, at major events worldwide. The focus has been on Pan American Club Crew Championships and Club Crew World Championships.

Our recent achievements:

**2019 SRDBA Regionals** - Premier Mixed, Senior A Mixed, Senior A Open, Senior A Women - Gold in all distances

**2019 PACCC** - Senior A Women, Senior B Mixed, Senior B Open, Senior C Mixed - 9 Gold and 7 Silver medals out of 16 opportunities

**2018 San Diego International** - Small Boats: Women & Mixed Gold, Open Silver. Standard Boats: Premier Mixed, Senior Mixed, Premier Women Gold, **new course record** set by both mixed boats!!!

**2017 SRDBA Regionals** - Premier Open, Senior A Mixed, Senior A Women - Gold in all distances

**2017 PACCC** - Senior A Mixed, Senior A Open, Senior A Women, Senior B Mixed, Senior C Mixed - 10 Gold, 4 Silver, and 1 Bronze of 15 opportunities



#### Upcoming Plans:

October 2020 - perhaps overly optimistically monitoring for Long Beach

March 2021 - PACCC Panama

May 29-30 2021 - World Masters Games, Osaka, Japan

July 2021 - USDBF Nationals, Sarasota

TBD 2022 - CCWC Sarasota

# SRDBA CHALLENGER

*Dragonboating is about fun... and about winning (Stana)*

Various funny/inspirational challenges for our members

## *Karen's 1 mile challenge*

Send us a screen shot of your tracking device with your best time for  
1 mile on

**OC or Run or Bike**

Winner in each category will be announced on our social media and will get  
SRDBA goodies.

Send your data to [stanapuff@gmail.com](mailto:stanapuff@gmail.com)



[WWW.FACEBOOK.COM/SRDBA/](http://WWW.FACEBOOK.COM/SRDBA/)

[TWITTER.COM/SRDBA](https://TWITTER.COM/SRDBA)

[INSTAGRAM.COM/SRDBADRAGONBOAT/](https://INSTAGRAM.COM/SRDBADRAGONBOAT/)

*Comments, Questions, Suggestions, Ideas:*

*contact us at [stanapuff@gmail.com](mailto:stanapuff@gmail.com)*