



Upcoming Events:

Mar 31

- SRDBA Dues Deadline

April 10

- Inverness Dragon Boat Festival

April 13-17

- Pan Am/USDBF Coaching and Officials Training Course

May 8

- Team USA Time Trials – OC-1 500m Kent, Washington

May 15-16

- Team USA Time Trials – OC-1 500m San Diego, CA

May 22-34

- Team USA Time Trials – OC-1 500m Des Plaines, IL

June 5

- Team USA Time Trials – OC-1 500m Vancouver, WA

July 4

- Team USA Time Trials – OC-1 500m Sarasota FL

July 5

- Team USA Camp, Sarasota, FL

Featured SRDBA Coaches

Meet Danielle Raines

Danielle is 40 years old, has 3 kids and a VERY supportive husband, and is one to watch in the world of Dragon Boating.

About 4 years ago, she saw a post on Facebook about Dragon Boating. She was living near the beach in Florida, but never participated in water sports. The ad intrigued her and she was looking for a way to get more exercise. She noticed how fit the women looked, even those decades older than her. She didn't know anything about the sport, but how hard could it be, right?

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Interview with Robert Norman

Dragon Boat Coach for K2N (Ka Nalu Nui) – Lake Hernando, FL.

Robert Norman is already a world record holder. In 2017 at the age of 23, he paddled 112 miles within 24 hours on a stand-up paddleboard. Today he is the coach of the award winning K2N Club.

Robert has been reported to have a long time fascination with ordinary people achieving remarkable things. He has

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Welcome to SRDBA

The Southeastern Regional Dragon Boat Association (SRDBA) promotes the sport of dragon boating by providing a community that fosters education, training, and promotion of competition at all levels. The SRDBA is unique among all other regional affiliates of the USDBF. We are the only region that seeks to build a base of Individual Members. By engaging and connecting individuals with clubs or other interested individuals, existing clubs will grow and new clubs can form. This is especially important after the impact of COVID-19 last year.

In this first quarterly issue of 2021, you will see that your SRDBA Board has been making some Power Up plans for our return to the water. All Individual, Club, Festival, and Corporate entities who join SRDBA receive timely race information, special member discounts, and eligibility to purchase insurance coverage for their club or event through the USDBF. But we are also planning some new initiatives to further support clubs and members. Check out the Committee Section to learn about new ideas for upcoming Paddler Engagement plans. We also ask that you put some thought into a request for ideas about Youth Paddler recruitment.

Can you explain the difference between Pan Am Club Crew Championship and Club Crew National Championship? No? Then look no further than the "Dragon Boat Alphabet Soup Primer" on page 2.

We hope that you enjoy the newsletter. See you on the water ---- SOON!

TEAM USA DRAGON BOAT WANTS YOU!!!

OPEN try-out dates have been announced.

DO YOU HAVE what it takes to make the USDBF's US National Team?

OC-1 time trials are scheduled around the country in the upcoming months leading up to the November IDBF Hong Kong World Championships. (See Upcoming Events calendar for dates and locations) The only trial in our region, the Sarasota time trial, is July 4 immediately followed by a Florida Camp week in July for paddlers, drummers and steerer candidates.

USDBF TEAM USA Senior A Open/Women and Senior B Women programs started their time trials. We are a bit early in the selection cycle as some of the other programs plan to start testing in July. We are offering this opportunity to give our candidates an early start on the process. All time trial attendees must be USDBF members.

Visit the TEAM USA website for more and the latest information:
usdbf.org/team-usa/

TEAM USA Head Coaches

Senior A Division and Open
Coach Marc Applewhite
marc.a.applewhite@gmail.com
Senior A Women & Senior B Women
Coach Ellen Law
teamusaw.2021@gmail.com
Premier Division, Mixed and Open
Coach Robert McNamara
Senior C Division
Coach Pat Bradley
Senior B Open and Mixed Divisions
Coach Pete McNamara
Premier Women
Coach Colleen Middendorf
U16 & U18, Mixed, Open & Women
Coach Nathan Salazar
U24, Mixed, Open & Women
Coach Joshua Hwung

Visit the TEAM USA website to learn more about selection criteria and connect with coaches via social media.
usdbf.org/team-usa/

President's Message

Kelly Hood, SRDBA President

Returning to the Water

2021 is under way and although this year will certainly look a bit different than previous years, as a Region we are excited to once again be in the boats, on the water, and at race day! We already have races on the schedule for the spring and are looking forward to more races throughout the season. Our Region boasts multiple Team USA Coaches for this cycle as well as hosting the Club Crew National Championships in Sarasota in October. Now is a good time to refresh your knowledge about our sport (see Alphabet Soup article below) and remember that paddlers competing at the National level **must compete with only one club**. This must be a club where you can show that you regularly participate and this is designated as your Primary club in the USDBF registration system.

In addition to renewing your membership for SRDBA, we encourage all athletes to also become members of our National Federation, the United States Dragon Boat Federation. USDBF membership helps support our Region to help support you as a paddler. Here's looking to a new year - Paddles Up!

2021 SRDBA Board

- President - Kelly Hood
- Vice President - Drew Rogers
- Treasurer - Patsy Zick
- Communications/Membership - Annelly Thorstad
- Secretary - Deborah Carson
- GA Director - Jenay Thompson
- FL Director - Beverly Sorrells
- NC Director - Faith Douglas
- SC Director - Alice Turner
- TN Director - Esther Wallace
- Member at Large - Vickie O'Neil
- Member at Large - Judy Lundy
- Member at Large - Efrat Amlog

Alphabet Soup of Dragon Boating

The sport of dragon boating is steeped in tradition. Over 2000 years ago Chu Yuan, a poet, warrior and loyal aide to the emperor, fell victim to plots and deception and found himself out of favor at court. When the old emperor died, Chu Yuan was unjustly banished and wandered the countryside composing poems he hoped would be heard and heeded by the new emperor. His inconsolable desolation grew until one day he threw himself into the Mi Lo River. His devoted followers, learning of his death, rushed to search for his body. Fearing the fish might devour the body; they beat their paddles on the water and banged drums and gongs to frighten the fish.

Today, athletes from around the world meet to commemorate Yuan's sacrifice for honor and justice in the form of Dragon Boat Racing. We have numerous organizations overseeing the sport and various levels of competition. It can be confusing to even experienced paddlers, but it is very important that paddlers looking to compete at national and international competitions understand the distinctions when they **declare club allegiance each year within their Region**. Here is a brief summary of the Dragon Boat Alphabet Soup.

The Organizations

The **International Dragon Boat Federation (IDBF)**: an international non-governmental, non-profit world organization for dragon boating and other paddle sport activities. IDBF was founded in 1991 in Hong Kong by the Governing Associations of Australia, the People's Republic of China, Chinese Taipei, Hong Kong, Indonesia, Italy, Malaysia, Norway, the Republic of Philippines, Singapore, the United Kingdom and the United States.

The **United States Dragon Boat Federation (USDBF)**: governing body for the sport of dragon boating in the United States. The USDBF is currently comprised of four geographic regions and provides regional and individual membership opportunities.

The **Southeastern Regional Dragon Boat Association (SRDBA)**: One of the four USDBF regions and represents the eight states in the southeast. Memberships include individuals, clubs, festivals and corporations.

The **Pan American Dragon Boat Federation (PADBF)**: represents Canada, USA, Mexico, Central America, South America, the Antilles, and Bermuda at the IDBF.

The Competitions

Festivals are local races, often used as fund raisers. Paddlers competing in these races many times are not part of an official club and may practice with the team once a year for the festival. Teams are often sponsored by small businesses in the local community. Paddlers on these teams are typically not members of their regional association.

State and local races are competitive events. Paddlers competing in these races are usually members of their regional association, but this is not

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SRDBA Committees

Paddler Engagement Committee

Contributed by Annelly Thorstad

Our committee is tasked with reaching out to and engaging the paddlers in our region. And we are hitting the ground running with several initiatives we would like to put in place for 2021.

We want to start by adding value to your membership, highlighting coaches and captains and tapping into the experience and expertise of individual paddlers in our southeastern states. Keep an eye on our [Facebook](#) and [Instagram](#) as we revamp and develop our **online presence**.

In April, look for a survey asking you how we are doing, what we could be doing better, and giving you a chance to tell us what you would like to see. Your ideas and opinions will make a difference.

But first up is a request for **Club Videos** from each member club to introduce yourself, highlight your achievements and tell us who you are. Create a 2 to 4-minute video (see ad on page 2) and we will be post on our website, on our social media sites, and highlight it in the SRDBA quarterly newsletter. The more creative the better! It will give your own members something to post and share, and for your club to use to recruit new crew.

We also are working on a **Regional Map** that will include ALL dragon boat clubs throughout our Region. Non-members will be given a spot with their club name and one contact. Members will have expanded information, including links to their website, social media, and other contact information. This will make it easier for traveling paddlers to find us and point those in our Region in the right direction while visiting and recruiting. This map will be placed on our website and in the new **SRDBA App** that we will begin developing this year. The app will be a one-stop shop for everything SRDBA, which will give us better 2-way communication with our members.

Our other projects at this time include:

- Fun Fact Fridays, quizzes, and videos,
- Coach's Corners featuring tips, tricks and information from our Region's coaches and captains, and
- SRDBA promotional and swag items, including a possible on-demand store for SRDBA gear, giveaways and handouts for festivals to promote and show our regional pride!

If you have any comments, suggestions, or ideas that you think we should be working on, please be sure to contact us at membership@srdba.org!

Youth Engagement Committee

Contributed by Alice Turner

Hi SRDBA members,

My name is Alice Turner and I serve on the SRDBA board as the South Carolina Director. Our SRDBA Board has established a committee on Youth Paddler Engagement for our southeastern region and we need your help. Current committee members volunteering to move this effort forward are Annelly Thorstad, SRDBA Membership Chair, Vicki O'Neil, SRDBA Member At Large, and myself.

The purpose of this committee is to grow youth participation in the sport of Dragon Boating, increasing and sustaining membership in SRDBA, promoting family fun activities, and helping youths reach the CDC's "Physical Activity Guidelines for Americans, 2nd edition", which recommends children and adolescents have 60 minutes or more of moderate-to-vigorous physical activity daily.

SRDBA would love to dream big and have enough southeastern regional youths (12 years old and older) who would be interested in trying out for the Team USA youth team! One of our objectives to reach this goal is to put together a written program plan on how to develop youth programs for our SRDBA clubs based on your suggestions and recommendations.

HOW CAN YOU HELP?

All SRDBA members are encouraged to provide information as we begin brainstorming ideas to make this dream come true. Our committee is looking for best ways to reach out to our youth through any means such as schools, camps, and identifying contact lists. If you have an interest or have participated in any youth team developments, we can use your help. Please share your thoughts, ideas, links, etc on the best way to begin this journey and if you are interested in being a part of this volunteer group.

Please e-mail any interest, comments, or questions to this committee to me at southcarolina@srdba.org.

Many thanks for any assistance you can provide.

SRDBA COMMITTEES

Paddler Engagement:

- Annelly Thorstad (chair), Beverly Sorrells, Faith Douglas, Judy Lundy

Youth Engagement:

- Alice Turner (chair), Vickie O'Neil, Annelly Thorstad

SRDBA At A Glance

Contributed by Annely Thorstad

The SRDBA covers the eight southeastern states: Florida, Georgia, South Carolina, North Carolina, Tennessee, Alabama, Kentucky, and Mississippi. In 2021, we have seen 16 clubs become members and so far this year we have 300 individual members. But did you ever wonder what our Region “looks” like? I know we have!

SRDBA Stats

16 Clubs:

- 11 in Florida
- 3 in South Carolina
- 1 in North Carolina
- 1 in Georgia

300 Individual Members:

By State:

- 246 Florida (82%)
- 54 South Carolina (18%)
- 0 Georgia
- 0 Kentucky
- 0 North Carolina
- 0 Tennessee
- 0 Alabama
- 0 Mississippi

By gender:

- 237 Females (79%)
- 63 Males (21%)

By Division:

- 0 U18 paddlers (0%)
- 0 U24 paddlers (0%)
- 0 Premier Division paddlers (0%)
- 10 Senior A Division paddlers (3%)
- 96 Senior B Division paddlers (32%)
- 194 Senior C Division paddlers (65%)

Don't Forget to
pay your SRDBA dues
by March 31!

Here is a breakdown of our current membership: With 97% of our Region's members in the Senior B & C age ranges (50+), we all recognize how important it will be to work together as a Region to promote our sport to younger paddlers (that includes 49 and under) in the coming years.

SRDBA members serving as USDBF Officers:

Kelly Hood, Membership Officer (2020-2022)
Bob Ricks, VP2 (re-elected for 2021-2023)
Mark Kane, President (newly elected for 2021-2023)

SRDBA Directors to USDBF:

Drew Rogers
Annely Thorstad
Patsy Zick

Alphabet Soup (Continued from page 2)

required. Paddlers may compete at different state and local races with multiple clubs. There are often multiple categories for these races. The team that wins a state or local race in their category wins a medal.

Club Crew Regional races are more competitive and teams in this level of competition represent a single club from within the region sponsoring the race. There are often multiple race categories offered. These races typically occur once every 1-2 years. All paddlers are required to be a member of their regional association. This level of competition and higher are considered “Club Crew” competitions because paddlers competing at the regional level **must compete with only one club**. The team that wins a regional race in their category earns the title of Regional Champion.

Club Crew National Championships (CCNC) are the most competitive races within the US competition realm and occur once every two years. There are multiple race categories offered. Paddlers competing at the national level must compete with only one club and must indicate that this is their primary club at least 6 months prior to competition. The team that wins a national race in their category earns the title of National Champion. These teams are eligible to compete at the international level for **Club Crew World Championships (CCWC)**.

CCWC is the highest level of competition for Dragon Boat clubs. These races are organized by the IDBF. Paddlers competing at the World level **must compete with only one club and must indicate that this is their primary club at least 6 months prior to competition**. Only clubs that have earned the title of National Champion for their respective country are invited to participate in this competition. These races are held every two years, in even numbered years.

On an international level, paddlers may also compete in the **World Nations Championships**. This is NOT a Club Crew Championship; each country selects a single team for each race category to represent the entire country. Paddlers who qualify for this race are part of **Team USA**; this team will be a composite of the most competitive paddlers from all clubs within the USA. These races are organized by the IDBF and occur every two years, in odd numbered years.

The **Pan American Club Crew Championships (PACCC)** is held biennially in odd years by the PADBF. Athletes from PADBF countries can attend PACCC to further their international racing experience, but this race is NOT an avenue into CCWC.

Meet Danielle (Continued from page 1)

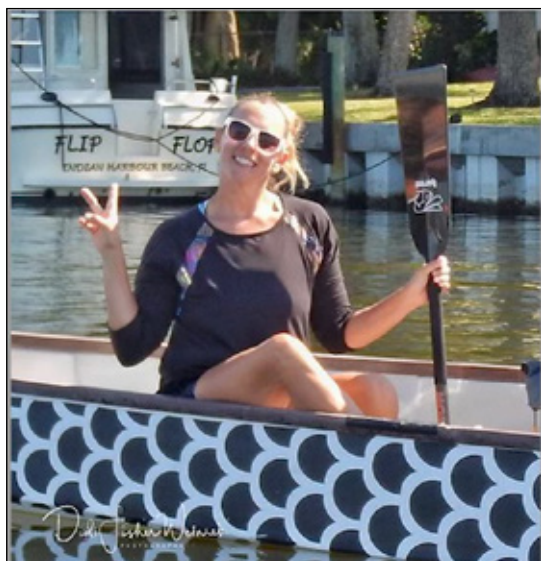
Little did she realize that for months she would come home exhausted and sore after each practice, but addicted. As we all know, once you have been in the zone, there is no return. Danielle quickly lost 50 pounds, paddled at every opportunity, worked on technique, took courses, and learned to steer. In 2019, she was awarded the Hype Mattingly Scholarship enabling her to attend the Coach Farintosh's 2019 coaching level 2 course in Canada and Farintosh's BOW Wave Dragon Boat Training Camp in Melbourne.

Danielle primarily paddles and co-coaches with Heart & Soul (Melbourne, FL) and serves on the Board of Directors for the Tarpons in Florida. She says that dragon boating has transformed her life. It has enabled her to be mentally tougher, deal with set backs, develop a camaraderie with people of all ages and backgrounds, and find a powerful level of resiliency.

As a coach, she likes helping people gain confidence and improve their paddling technical skills. She describes her best coaching day as one that starts with early morning drills, followed by on the water practice with video review and then back out on the water for another paddle.

Personally, she likes to push herself out of her comfort zone since she feels life experience expand each time. So it's no surprise that she now is a contender for a spot on Team USA, Senior A Division. She is even putting together a boat of TEAM USA Senior A & B Contenders to race in Inverness in April. Oh... and she is learning to steer an outrigger!

When not on the water, Danielle is a Yoga Instructor, Beer Tender and Mom.



Danielle Reines

South Eastern Regional Dragon Boat Association

Web site: www.srdba.org

E-mail Us: communications@SRDBA.org

Follow Us on Facebook: www.facebook.com/SRDBA/

Comments or Suggestions: secretary@srdba.org

Interview with Robert (Continued from page 1)

been quoted to say that, "We all have humble starts. But how we endure and progress defines us." He is using his vision to help build a competitive dragon boat club, based in Citrus County.

Here's what he shared with us for this interview:

- *Age?* 28 years old
- *Years Dragon Boat Paddling?* 7 years
- *Years Dragon Boat Coaching?* 3 years
- *What do you enjoy the most about coaching?*
The personal impact to help move normal people to become skilled paddlers and community-based competitors - to help people strive and succeed.
- *What is your "day" job?*
Full time Personal trainer- 10 years
- *How did you discover Dragon Boating?*
I worked next to the lake.
- *What does your family think of your coaching passion?*
Mom was surprised at first, but understood after attending first race. Dad, before he passed away, encouraged me to take on team leadership roles.
- *Can you describe your best day coaching?*
First festival race with homegrown team, coaching only, the sense of "they got it"
- *What has been the most odd/quirky response from your team when you are pushing them at practice?*
Remembering those early practices with all the splashing from bad technique.

Shout Outs!!

- BIG thank you to all the clubs and paddlers who have renewed their SRDBA memberships for 2021!
- Thanks to all the committee volunteers. If interested in joining a committee, please contact secretary@srdba.org