



Upcoming Events:

June 26 & 27

- LEVEL I Coach Course
Online ZOOM
panamdragonboat.com

July 4

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

July 5

- Team USA Camp, Sarasota, FL

August 21

- Acworth Cobb Dragon Boat Race,
Dallas Landing, Acworth, GA

Sept 9

- Decatur Morgan Hospital
Foundation Dragon Boat Race,
Decatur AL

Oct 1-3

- USDBF National Championships,
Nathan Benderson Park
Sarasota-Bradenton, Florida

Oct 9

- Pensacola Dragon Boat Festival,
Pensacola FL

Oct 16

- Orlando Dragon Boat Festival,
Orlando FL

Nov 1-7 (tentatively)

- 2021 IDBF World Championship
Hong Kong, China

Nov 6

- Lake Hernando Dragon Boat
Festival, Lake Hernando NC

Featured SRDBA Coach

Interview with Pat Bradley

Dragon Boat Coach at PanAm Dragon Boat and current Head Coach Team USA Senior C National Team

Pat Bradley, 66 years old and retired from Loyalist College in Canada, moved to Tampa with his wife Liz where he is currently the Director for Camps and Clinics for PanAm Dragon Boat Association. Pat is one of the most decorated coach's in the world with over 60 international Gold medals. He and Liz, herself a multiple World Champion with Team Canada & Team USA, conduct training camps for athletes and coaches across USA and in Europe.

Drew Rogers interviewed Pat for this edition of the newsletter:

(Continued on page 6)

Friends Don't Let Friends MISS THE BOAT, literally!

At the beginning of the 2021 season, the Southeastern Regional Dragon Boat Association (SRDBA) reminded everyone to pay their dues before March 31. The date was selected so that the clubs could get their rebate AND so that individual paddlers interested in competing at a USDBF championship would be eligible prior to the USDBF dues deadline. The USDBF recently extended their membership deadline until July 15, 2021. And SRDBA Board members are learning that some of our paddlers want to attend a National race this year, but missed the March 31 "SRDBA deadline".

We realized that we need to clarify our membership message and make sure no paddlers are left on the dock, literally. And we want to make sure all new paddlers can enjoy the value of being a SRDBA member, regardless of when they join a club.

An individual, club or festival can join SRDBA at any time. However, if an individual wants to race at Nationals this year, you must pay your SRDBA dues prior to the USDBF deadline, July 15, 2021. In addition, your team needs to be part of a club that is a SRDBA member.

You can join SRDBA at any time!

However, if you want to race at Nationals this year, you must pay your SRDBA dues prior to the USDBF deadline, July 15, 2021.

Summer Festivals and 2021 Championships

Acworth Cobb Dragon Boat Race Festival

www.acworthdragonboatfest.com

On August 21, 2021 join us for a fun-filled family event supporting cancer patients and survivors in our community. The festival is 9:00am-4:00pm at Dallas Landing Park, Acworth, Ga.

Decatur Morgan Hospital Foundation Dragon Boat Race

www.decaturmorganfoundation.org/dragon-boat

Registration is open for the 10th Annual Decatur Morgan Hospital Foundation Dragon Boat Festival! Saturday, September 11th, at Point Mallard Aquatic Center Beach, Decatur, Alabama

Club Crew National Championship (CCNC)

October 1 - 3, 2021

Nathan Benderson Park, Sarasota, FL

2021 IDBF World Championships

Worlds are tentatively planned for November 1-7 in Hong Kong. Items of interest for athletes planning to attend, including the evolving health and safety implementation of "Life Bubbles", will be regularly posted on this [USDBF site](http://usdbf.org). Under the current proposed Life Bubble concept, the USDBF will decline to participate. Pending a final decision by the IDBF regarding the World Dragon Boat Racing Championships, Team USA coaches will continue to conduct time trials and camps.

Important IDBF Update concerning ACP !!

- IDBF clarified that the ACP division will race **MIXED ONLY** in both standard & small boats this year.
- Since only mixed teams will be allowed for the next CCWC, that is the berth being offered at Nationals.

 **President's Message** 

Kelly Hood, SRDBA President

Championships 101 Planning to race in IDBF Championships for Club Crews?
You Need to Understand the Fine Print

THE FINE PRINT:

CR 4.3 Club Crews In IDBF Championships for Club Crews a Racer can only represent one Dragon Boat Crew. See By-Law 12.3 for the definition of a Dragon Boat Club Crew. The rules for National Crew Representation need not apply, but all competitors must have been bona fide members of the Dragon Boat Crew that they represent, for at least SIX (6) months before the Club Crew Championships in question.

CR 4.3.1. A bona fide Club Member is one that has regularly trained and/or competed for the Club Crew that they represent

during the minimum period of six months shown in 4.3. A bona fide Club Member will normally be resident in the Country in which the Club Crew is located. A Club Member who trains and competes with a Club Crew from a different Country or Territory or a geographical Region within a Country to the one in which the Club Member himself (or herself) is normally domiciled, will only be considered as a bona fide Club Member if they can prove that they have physically attended their Club to train or compete for a period of at least twelve (12) weeks, over a minimum period of two (2) racing seasons. (Nov 06) "

- This means that athletes who normally paddle with one club are **not allowed** to change club affiliations simply to compete at CCNC.
- New paddlers (either new to a geographic area or new to the sport) may have the six (6) month requirement waived.
- If your team has dissolved and you are now paddling with a different team, this can be allowed, but you should notify the CCNC committee ASAP.
- For more information, visit the [USDBF 2021 CCNC FAQ's](#)

 **SRDBA At A Glance** 

Contributed by Annelly Thorstad

The SRDBA covers the eight southeastern states: Florida, Georgia, South Carolina, North Carolina, Tennessee, Alabama, Kentucky, and Mississippi.

 **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

SRDBA Stats
(as of 6/13/2021)

Total Number of Members: 440

By Gender:	By State:	By Division:
329 Females	336 Florida	13 Premiere Age Group
111 Males	69 South Carolina	42 Senior A Age Group
	5 Kentucky	162 Senior B Age Group
		223 Senior C Age Group

21 Clubs:

- 1 Georgia
- 1 Kentucky
- 1 North Carolina
- 3 South Carolina
- 15 Florida

3 Festivals:

- 1 Georgia
- 1 Alabama
- 1 Florida

Corporate Memberships:

- 1 Florida

SRDBA members serving as USDBF Officers:

- Mark Kane, President
- Annelly Thorstad, Secretary
- Drew Rogers, VP1
- Bob Ricks, VP2
- Kelly Hood, Membership Officer

SRDBA Directors to USDBF:

- Alice Turner
- Efrat Amlog
- Patsy Zick

SRDBA members on USDBF

Ethics Committee:

- Karen Delcioppo
- Carla Miro

SRDBA Committees

Paddler Engagement Committee

Contributed by Annelly Thorstad

The paddler engagement committee has completed a couple of its goal projects this quarter. One of the projects was the creation of the [Regional Club Map](#) that is now on our website. This map provides Google Map locations and full contact information for member clubs and festivals in our region, and provides one basic contact for non-member clubs. The hope is this map will give members, travellers and new members the opportunity to find clubs near them or near their destination to paddle with. If you know of a club to add, or would like to embed the map on your website or social media, please reach out to membership@srdba.org and we will be happy to provide the link to you or add the club.

We have also completed a survey to help us with current and future projects, to which we had 55 respondents from across the region. Thank you to all who helped us out and provided some really great feedback and ideas for us to work on in the coming months.

We also had our first two “Tips” videos submitted by [Robert Norman](#) of K2N in Florida and [Mike Kerkmann](#) from Pan Am Dragon Boat. If you have a tip, trick or fun fact to share with our new and existing paddlers, please reach out to membership@srdba.org as we would love to include it. We make our region stronger when we share and work together!

Currently, we are establishing an online store that you can purchase SRDBA swag and other items, so that we can all share and wear our Regional pride! Watch for the SRDBA tent at upcoming festivals where we will have fun games and trivia for you to win some of these cool SRDBA items.

We are also getting ready to launch the SRDBA Discord app where we can send messages, announcements, links, videos to create our own very own region-wide communication system. Some of you may already be familiar with and have used the Discord app for your own teams and clubs to help keep you up to date and in the know.

As always we want to hear from YOU, so be sure to reach out with your ideas, videos and suggestions!

Looking forward to seeing you out on the water,
*Annelly Thorstad (Chair), Beverly Sorrells,
 Faith Douglas & Judy Lundy*



Follow this treasure map of teams and join us!

REGIONAL MAP

ON THE MOVE? LOOKING FOR A TEAM TO GET OUT ON THE WATER WITH?

Check out the new SRDBA Regional Map and find a team near you to join, or join for a paddle! Know of a team that's not listed? Send info to: membership@srdba.org Members receive a full contacts listing. Non-members have one one point of contact listed. <https://www.srdba.org/srdba-regional-clubs-map>

SRDBA COMMITTEES

Paddler Engagement:

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

Youth Engagement:

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



ACWORTH COBB DRAGON BOAT RACE FESTIVAL
 at Dallas Landing

08.21.2021
 Saturday, August 21, 2021
 9 AM - 4 PM

FUN FOR ALL
 The dragons are coming to Dallas Landing Park! Join teams of friends, families, and coworkers for an exciting day of dragon boat racing while supporting local cancer outreach programs. Fun for all ages!

FREE PARKING
 Dallas Landing Park
 5120 Allatoona Dr.
 Acworth, GA 30101

For more information visit:
www.AcworthDragonBoatFest.com
 Contact us directly:
acworthcobbdragonboatfestival@gmail.com
 (678) 956-0062

**EMBRACE THE RACE,
 EMBRACE THE CAUSE!!**

🦖 Interview with a Covid-19 Expert 🦖

Submitted by Alice Turner, SC Director and member of Dragon Boat Charleston



Cassy Salgado with DBC Paddles & Pearls

Dragon Boat Charleston (DBC) promotes the physical and mental wellness of cancer survivors and their community of supporters through dragon boating. Formed in 2003, we have enjoyed paddling on many levels to help our folks attain fitness wherever they may be in their health journey. Mostly, knowing there is someone next to you in the boat who shares your

experience offers support on a level that is unmatched. When the pandemic hit, we immediately had to stop all in-person programs as we work with a very vulnerable population. In March of 2020, we formed a COVID Committee that is Chaired by Alice Turner, a licensed RN and former AVP for Quality Management and Infection Prevention and Control for Trident Health System. Further, we had the guidance of our local hospital partners and that of Dr. Cassy Salgado, a member of DBC who also is the Director of the Division of Infectious Disease, Department of Medicine at MUSC. We have representation on the committee from each of our other DBC committees so that we could more accurately share information and decisions along the way. We are lucky to have such great leadership on our committee. When it was time to look at returning to the boats in 2021, we had already created a Transition Plan that helped us keep our folks as safe as possible. We are happy to share that plan and/or our process with any Club who thinks it would be helpful! While we know that benchmarks are every-changing and that every Club and every community is different, we are hopeful that our Plan as a resource and our sharing with you our process, challenges, and outcomes will help each Club make informed decisions as well!

1. How long have you been paddling as a breast cancer survivor with Dragon Boat Charleston (DBC)? I started paddling through the DBC Cancer Survivor Outreach Program in 2012. I made lifelong friends in that outreach boat, many of whom are still active paddlers. Once that program ended and as my skill level improved, I gradually began paddling with the

Dr. Cassy Salgado, an Infectious Disease Expert, Breast Cancer Survivor and Avid Paddler, shares her insight into Covid-19

BCS group. I have had the honor of paddling with this group ever since for wellness and competition. I also paddle with all cancer survivor groups and their supporters (co-survivors).

2. How long have you been in your current medical specialty and what is it? I am an Infectious Diseases physician and epidemiologist. I have been practicing this specialty since 2003.

3. With DBC's mission stating the club is a not for profit club promoting physical and mental wellness among cancer survivors and their community through dragon boating with the vision of redefining cancer survivorship why was it important that the club develop a transition plan to get back on the water with the COVID pandemic? The benefit our members receive through dragon boat fellowship and paddling cannot be measured in traditional ways. We rely on the club not only for physical fitness but for emotional support as well. DBC survivors, their friends and families have already been through all the turmoil a cancer diagnosis brings, so when the pandemic required us to

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Cassandra Salgado, M.D., professor, infectious diseases and medical director of infection control and MUSC Hospital epidemiologist



Cassandra Salgado, M.D.

"Hundreds of MUSC employees have worked tirelessly over the last three months to prepare the Medical Center for the anticipated surge of COVID-19 patients. Among the top five MUSC leaders bearing the brunt of responsibility for our exhaustive preparations, you will find Dr. Cassy Salgado. As division director of Infectious Diseases in the Department of Medicine and as the medical director of Infection Control and MUSC Hospital Epidemiologist, Dr. Salgado has played a critically important role in developing policies and procedures for identifying, isolating, treating, and cohorting patients with

COVID-19. She has personally been responsible for making the myriad decisions regarding isolating infected patients and optimizing the use of personal protective equipment to safeguard both patients and staff. The final chapters of the coronavirus pandemic story at MUSC remains to be written, but Dr. Salgado's herculean efforts have been crucial for assuring that MUSC is as well-prepared as possible." - John W. Gnann Jr., M.D.

Reference: [Heroes work here: voices from the front lines of MUSC's COVID-19 response](#), June 1, 2020, Medical University of South Carolina, Charleston SC

USDBF Special Interest Committee Needs Volunteers Contributed by Paula Humphries

USDBF has a newly formed Special Interest Committee with 3 subcommittees covering Paradrasons, BCP and ACP (All Cancer Paddler). As chair of Special Interest Committee I have a core of volunteers, but would still like to have more regional representatives in the Paradrasons and ACP groups.

The BCP committee is fully represented by a power house of individuals. The Paradrasons group has 2 co-chairs from SRDBA, but we need more national representation in order to grow this division. ACP, the newest group with the fewest members, needs more regional representation.

The subcommittees will also be collecting information from each region regarding the current teams in each region for each special interest category.

Our region is looking for volunteers to serve on this committee who may be interested in or are already participating in these special groups at a local level. If interested, please reach out to Paula Humphries at paulahumphriespsyd@gmail.com for more information.



2WAYS
YOU CAN IMPACT DRAGON BOAT BY VOLUNTEERING

The newly formed USDBF Special Interest Committee is looking for volunteers to fill positions for:

1 All Cancer Paddlers

2 Para Dragons

If you are interested, please send an email outlining your qualifications to membership@srdba.org

Interview with Dr. Salgado (Continued from page 4)

pause our in-person group activities, including paddling, for more than a year, it was difficult on the membership. There is nothing like the healing power of a trip down the dock and onto the water with 20 or more people who understand exactly what you have been through. DBC leadership understood the impact of the pause and the need to develop a safe way to transition back into in-person activities and paddling.

4. How did you help DBC develop their transition plan and what were some of the special considerations taken under advisement? We knew it would be a difficult task to develop a useful guide to get us back together in the ever-changing landscape of recommendations from public health officials, local and state government mandates, news stories and science. The main objective of course was to keep folks, many of whom are at high-risk for poor outcomes if infected with COVID-19, as safe as possible. My training and experience offered me the opportunity to lend some assistance. We decided to use our local epidemiology of COVID-19 activity, vaccination rates and herd immunity levels to set metrics that allowed us to progress to in-person meetings, on-land exercise activities and paddling. The biggest challenge was to find the right balance of precautions (masks and social distancing) without impacting the quality of the workouts. This required weekly meetings of our COVID Committee to review all the data as well as all the feedback from our membership. We started with a very conservative approach but as the science developed and as new recommendations emerged, I think we have found a path forward that will eventually get us all back together on and off the water.

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 Pat Bradley (Continued from page 1)

How many years have you been involved with Dragon Boating?

I have been paddling for 22 years and coaching for 21 years.

Any Dragon Boat Coaching courses or certifications?

- Dragon Boat Canada Level 1 & 2 coaches
- DBC Officials Level 1 & 2
- IDBF Level 1 officials

Pat is the senior instructor for USDBF Level 1 & 2 coaching certification and is currently working on potential new USDBF Ethics and Safety course. The new certified course has been submitted for review to USDBF for approval and certification.

What teams have you coached and where are they?

- 1999 Heat SRB team Belleville Ontario Canada,
- Team Canada SRB Coach 2007-2013
- Heat, Villages Florida 2014 to present
- Team USA SRC Coach
 - 2017 China
 - 2019 Thailand (11 Gold Medals SRC)
 - 2021 Hong Kong

What do you enjoy the most about coaching?

Teaching and Motivating new Teams, but it is especially satisfying to watch a new dragon boat athlete step on international competition podium for first time and witness their thrill for the experience of completing the journey.

What was your "day" job?

I worked in Corrections - Provincial Prison system as recreation director, college career counselor & corporate trainer.

How did you discover Dragon Boating?

I was introduced to the sport during Belleville Ontario Summer festival. I was helping out with steering the crew rowing events and the festival organizers wanted me to checkout Dragon Boating.

What does your family think of your coaching passion?

My family is proud of my coaching. They are fascinated with where around the world dragon boat coaching has taken me. I met my wife Liz while dragon boating. She was a better stroker than anyone else on the Team!



Can you describe your best day coaching?

I have had many great race experiences; I have also had some memorable bad experiences that taught me valuable lessons. I most enjoy coaching & steering on 2K races where I can contribute on the turns, starts and coach athletes.

What has been the most odd/quirky response from your team when you are pushing them at practice?

Recently, I announced a practice would consist of a 5K, 2K and 1K endurance paddle work. From seat 9 a paddler asked, "How much of that are we doing today?"

Closing comment:

I have worked hard to develop my coaching skills. My wife Liz and I appreciate of the opportunities dragon boat racing has provided in our retirement.

HELPING US TO HELP EACH OTHER WE ARE BETTER TOGETHER!

DO YOU HAVE SOMETHING TO SHARE?

We are looking for 1 to 2 minute videos from those in the know in our Region. Record your video with your best advice, tips, tricks and drills that we can share with others in the Region. We have a lot of newbies out there as we grow, and they are relying on you! Simply record with your phone, upload it to YouTube, and send us the link.

SEND YOUR VIDEO LINK TO:
membership@srdba.org

- ✓ FAVORITE DRILLS
- ✓ TIPS & TRICKS
- ✓ MAINTENANCE ADVICE

Would you like to see your coach profiled in the next issue?

Contact the SRDBA Director from your state or send an email to secretary@SRDBA.org and let us know who you want to submit for recognition. We are looking for up and coming new coaches, as well as dedicated or inspirational coaches that have been part of the sport for a while.