



Volume 10 No. 2

DragonTales

Fall 2005

A Publication of DragonSports USA, Inc.

Promoting fitness and friendship through paddle sports!

DragonSports USA, Inc.
10010 SW Beaverton-Hillsdale Hwy.
Beaverton, OR 97005

Open Practices

Mon., Wed., and Fri. 9 AM
Tues. & Thur. 6 AM & 6 PM
Saturday 8 AM

Checks for dues/new memberships to:

Joel Shilling, MD
10010 SW Beaverton-Hillsdale Hwy.
Beaverton, OR 97005
jmacshilli@aol.com

Visit our website at: www.dragonsports.org
or check

out our yahogroups at:
<http://groups.yahoo.com/group/DragonSportsUSA>

Board Members/Officers

President • Doug Schryver

Vice President • Marilyn Adair

Secretary • Ayla Montgomery

Treasurer • Joel Shilling, MD

Bill Chapin
Pat Corbett
Gloria Jones

Ayla Montgomery
John Myers
Margaret Usher

Committees

Boat Scheduling & Rental • Ayla Montgomery
Phone: 503-552-8040 or
ayla_paddles@yahoo.com

Caller/Tiller Coordinator • Ayla Montgomery
Phone: 503-552-8040 or
ayla_paddles@yahoo.com

DragonTales • Marilyn Adair
Phone: 503-246-7277 or
marilyndan@comcast.net

DragonSports Webmaster • Gary Brown
gary.brown@comcast.net

Equipment Maintenance • Bill Chapin
billchapin4355@msn.com

Race Director • Margaret Usher
bouv4@aol.com or
www.dragonsports.org

Gear Marketing • John Myers
Phone: 503-639-6059

Yahogroups Manager • Doug Schryver
Phone: 503-450-6541 or
schryver.doug@cnf.com

John Puakea Paddling Clinic

Doug Schryver, President

Recently the mixed team I coach had a paddling clinic given by John Puakea, a well-known paddling coach from Hawaii. Here are a few of the points he made during the clinic. Some you've heard for years and some you may never have heard before.

1. The maximum body fat on the women who won Molokai Hoe in October 2005, a team John coached, was 7%. If you want to make your boat move faster, encourage your paddlers to lose weight.
2. I'm paraphrasing here to apply what John said to dragonboats, but basically, all paddlers in the first two benches must have perfect timing with each other. If they don't, the timing of the entire boat will be off.
3. Bench 1 always goes to the technically best paddlers. The rest of the boat will be able to follow them much easier than paddlers who may be less skilled technically. Don't give the first bench necessarily to those who want it; give it to your best technical paddlers, regardless of weight or body type or size. (This advice differs only slightly from that of Alan Carlsson, former head coach of False Creek Racing Canoe Club who believes that the best technical paddlers should sit in the first AND last two rows of a dragon boat.) If the first bench doesn't set a good example by really rotating and reaching, the rest of the boat can't really rotate and reach.
4. The further back in the boat a paddler sits, the less important it is that the paddler have great timing.
5. You should never seat the boat so it's stern heavy. Doing so creates drag. Seat the boat so it is slightly bow heavy. It'll go faster.
6. The best training tool for any multi-person boat is an one-person outrigger or other one-person paddling craft (marathon canoe, etc.) because there's no place for a mediocre paddler to hide.
7. John's crews are on the water 6 days a week. One of those sessions is all the people in a crew all training together in one-person outriggers at the same time. Difficult to do with a dragon boat team, because of the number of paddlers, but paddlers should be encouraged to paddle in one-person craft if possible.
8. Cross country skiing is the best thing to do if you're not paddling, because it's THE sport which uses the same large muscle groups - lats and legs.
9. A good workout movement to strengthen the stomach muscles/abs, which are very important to good paddling, is to sit on an incline bench with 5, 10, 15, 20 and then 25 lb weights in both hands and slowly rotate the weights from one side of the incline bench to the other.
10. Nearly all of the technical training John does in Hawaii is done in the canal behind Waikiki on perfectly flat water. He clearly thinks that it's better to train for technique on perfectly flat water. He didn't think much of the theory that a team needs to train on rough water because they may encounter some in a race.
11. Paddlers better learn to plant their blade before they unrotate or derotate (sometimes given the misnomer of pulling). Otherwise, they're giving up the entire front end of the stroke.

John Puakea Clinic... continued on page 2

What's Inside...

Rescued by an Independent Contractor

Date for Sellwood Race

DSUSA Family Paddling

Northwest Circuit Championship Proposed

Christmas Ships Paddle

OutriggerSports Update

12. Maximum effort on the power phase of the stroke should be right before the exit. This helps ensure that the power doesn't slack off during the power phase.
13. Planting the blade must be done with quite a bit of force, but mustn't be in a downward motion. It must be like spearing a fish or sticking the paddle through a mail slot. Paddle should enter the water at a 45 degree angle forward of vertical. Planting the blade should be done almost completely with the arms and shouldn't involve the body much. The body becomes involved during the un or derotation.
14. During the power phase of the stroke, if done correctly, much of the body weight can be on the paddle which will hold up the body weight.
15. During starts, it should feel like there's constant pressure on the paddle for the first 6 to 8 strokes. Need to minimize air time, i.e. recovery time, during those first few strokes to achieve this feeling.
16. Never try to paddle faster than the boat is moving. Doing so just wastes energy and accomplishes nothing.
17. Leaving the paddle in too long creates drag and slows the boat down.
18. The most important paddling muscle is your butt. Get it in the boat and get it in there often. Nothing beats time on the water. The winning teams always have lots of time on the water.

So there you have some free advice from one of the world's top paddling coaches. Use it or not as you wish. If any of the points aren't clear, contact me and I'll try to clarify for you.

New Old Date for Sellwood Race

September 9 and 10, 2006 are the dates of the Portland Race at Sellwood Park. You may recall that for several years DSUSA sponsored the Race at Vancouver Lake usually during the second weekend in September. That site was no longer an option because of the algae problems in the lake, but the dates are great. Expect another great weekend of paddling right here in Portland. A web site for this will be set up soon.

Rescued by an Independent Contractor

Marilyn Adair

Being one of the several past DSUSA volunteer boat schedulers, I know that it can be a time consuming, nerve wracking, and a down right scary responsibility. Yes, scary. There is always the possibility of a "mis-schedule" that could leave a team literally high and dry. During this last summer we had more teams renting boats than we have ever had.

During the summer our boat scheduler, Joel Shilling was overwhelmed with this job and his many summer leadership responsibilities at various races. So, the Board decided, in an emergency, to hire Ayla Montgomery as a temporary independent contractor to handle boat scheduling. She has done such a fine job that the Board is continuing to have her be responsible for boat scheduling, and for updating membership records on the computer. She manages to get all of this accomplished in less than twenty hours per month.

In the event that the Board sees fit to hire an independent contractor in the future, the Board is in the process of making an addition to our Bylaws related to hiring an independent contractor. The DSUSA "Operations Manual" describes the hiring process. This includes timely notification to the membership of the intent to hire an independent contractor. The Board is also looking into a more computerized process for scheduling our boats.

How About a Northwest Circuit Championship?

The DSUSA Board has been discussing the possibility a championship (next summer) based on the accumulated scores or points from four local races: Salem in June, Kent in early July, Milwaukie in late July, and Sellwood in September. Accumulated points or scores that teams would earn from participating at these events would define winners that would be announced at the Sellwood Race in September. What do you think? If you have ideas, suggestions, or you would like to be on a planning committee please contact Joel Shilling at: jmacshilli@aol.com

Portland at World Championships in Berlin, Germany

Sue Fischer

The 7th International Dragon Boat Federation (IDBF) Dragon Boat Racing Championships were held in Berlin, Germany the first weekend in August. The races were held at the Water Sport Centre Berlin-Gruenau and the site of the 1936 Olympics. How appropriate as these races are considered the "Olympics" of dragon boating.

Participating countries are represented by a National Team very similar to that of a National Olympic Team. The difference being that the World Championships is as single sport "team" i.e. dragon boating, as opposed to the multi-sport 'team' that takes part in an Olympic Game. Countries decide on how large their contingency will be based on the number of divisions and distance they will be competing. Some countries such as the Ukraine may enter just one division and distance so their National Team roster may consist of 24 paddlers, vs.; Team USA which enters all divisions and distances and has a team roster of 200+. Twenty countries were represented this year in Berlin.

A qualifying process for both coaches and individual paddlers comprise the final roster of Team USA. One will see specific sections of the country that have strong paddling interest, clubs, and teams are the areas with the highest representation on the national team, i.e. east coast, mid-west, and the west coast, which of course includes the Pacific Northwest.

The Portland paddling community was extremely well represented on Team USA with the majority of two teams coming from our area. Something we should all be very proud of. This included a woman's masters' team, all over 40, and coached by Connie Flesuras from the Wasabi Paddling Club. The team placed 6th in the world among 13 participating nations.

An exciting new exhibition division this year was the grand masters, all over 50! It was considered a 'test' division to see if there might be adequate interest to add it to future IDBF events. Sixteen of the 22 crew members and 2 callers came together from 5 different Portland area teams. ALL the women paddlers were from Portland. The crew raced every distance made available to them and won the only gold medal for Team USA.

It was obvious by the end of the 4th day of racing that this crew made a strong statement for IDBF to sanction grand masters as a permanent division! The team was coached by Amiee Moyer, Portland and Ellen Law, New Jersey.

Whether a recreational or competitive paddler and no matter what the age, dragon boating has something for everyone...!

A passion for paddling and paddling with passion...

Christmas Ships Paddle

Lynda Iversen

It's that time of year again! The annual Christmas Ships will be escorting the holiday season into Portland by sailing the Willamette River from the Marquam Bridge to Milwaukie with beautifully decorated yachts to dazzle the bystanders on shore and in restaurants. Not to be out done, the paddlers of Portland will be joining them for one evening by paddling along the west side of the river as the yachts power through the center of the river channel.

DragonSports USA and Pink Phoenix Dragon Boat Team have joined together to host this annual fun and exhilarating paddling event on the evening of Monday, December 12th from 7:00 P.M. to 8:00 P.M. We look forward to filling four boats with caroling paddlers!

Interested paddlers should contact Jimi Barry at pinkjimi@comcast.net to reserve a position in the boats. Especially needed are caroling maestros/callers to lead the singing, and one more till. Please contact Lynda Iversen at iversenl@hsd.k12.or.us if you would like to volunteer, or for further information. Information will also be coming through the DragonSports USA web site.

On the evening of Monday, December 12th, paddlers are advised to be at the harbor by 6:00 P.M. to guarantee a position on a boat and to receive a wrist band indicating boat assignment. Check-in will be in the lobby of the RiverPlace Hotel. Participants should enter through the land side doors, and the registration table will be to the right. Paddlers will marshall at 6:30 P.M. near the flag poles and push off is at 7:00 P.M. Paddling boats will proceed to the west span of the Marquam Bridge to line up with the power boats, which will begin their lineup at the center span. Then let the boating fun begin!

The Little River Cafe will keep its doors open until 10:00 P.M. to accommodate hungry paddlers in need of a casual dinner and warm drinks following the evening's festivities. Paddlers are encouraged to support this restaurant, a valued part of the paddling community. The RiverPlace Hotel will also be open to receive frosty paddlers in need of food and libations.

DragonSports and Pink Phoenix hope to have this unique Portland event fully supported by the paddling community. So... come one paddler, come all paddlers! Sign up now!

DSUSA Family Paddling

Carol Stormer-Battan

We met on most Sunday afternoons from May through September, 2005 enjoying the typically sunny weather. New people, both young and old, caught the fever and camaraderie of dragon boating.

Fond memories include: seeing a 3 year old boy who had overcome his fear of getting in the boat, sitting with his face uplifted, with such pride; singing "Row Row Row Your Boat"; a 2 year old girl who imitated her mom paddling; and having two full dragonboats at the Celebrate Milwaukie Race.

We awarded medals & T-shirts (thanks to Joel Shilling) and handmade crocheted purses (thanks to Stephanie Brodahl) to the participants at the end of the season. Special thanks to Dennis Sprague for being present all the time and being so helpful and friendly to all. There are too many volunteers to thank.

When I interviewed my daughter Sierra about what she thought of paddling this season, she said, "I liked how there were enough people to paddle for one or two boats. I would like more adults to come. I liked it all!"

I know the "family paddlers," that I have seen recently, are missing the friendships that were formed, especially the children.

Next year we hope to emphasize the intergenerational focus of family paddling, as all ages are welcome, including grandparents. Other possibilities include seeking out various groups such as girl scouts and boy scouts that would like to participate together, and building a regular team of children. We

most definitely need more adult paddlers with experience to get involved. Marla Baker and I will be cochairing the committee next year. If you are interested in being involved in the planning, events, recruiting, fund-raising, participation etc., please contact me at casb97219@yahoo.com. On behalf of family paddling, we hope to see more of you next year!

OutriggerSports Off to a Strong Start

Sandy Jermak

In just nine months OutriggerSports has welcomed almost 100 new members and over 25 trained steerspersons to the club. Their full roster of steerspersons and two 6 person outrigger canoes, OutriggerSports is well on their way to building a great downtown outrigger canoe club. Providing local paddlers additional paddling opportunities, they are focused on offering a great venue for teams and individuals to paddle year-round.

Open to teams and individuals of all skill levels, OutriggerSports is great for cross training. The club spent the summer qualifying over 25 steerspersons and now holds several open practices throughout the week. Though they've suspended steering certification until early next spring, OutriggerSports is happy to match teams to qualified steerspersons, if your team doesn't have an OutriggerSports qualified steersperson to take you out. Visit us at www.outriggersports.org for more information.

Thank You Volunteers

Many individuals and teams do the endless variety of tasks that keep all of us paddling. This is definitely appreciated. You too can become involved by contacting any DSUSA Board member.





DragonTales

10010 SW Beaverton-Hillsdale Hwy.
Beaverton, OR 97005

Contributing Writers

Marilyn Adair
Carol Stormer-Battan
Sue Fischer
Lynda Iversen
Sandy Jermak
Doug Schryver

Graphic Design

Stephanie Travis

PORTLAND
River Company
Whitewater Rafting
Sea Kayaking

(503) 229-0551
www.portlandrivercompany.com

- Paddles
- P.D.F.'s
- Gloves
- Dry bags
- Footwear

0315 S.W. Montgomery, Suite 330 Portland, OR 97201

Little River Cafe

**Hot Drinks • Cold Drinks • Breakfast
Sandwiches • Ice Cream • Beer & Wine**

0315 SW Montgomery St, Suite 310, Portland 97201

Where would **you** like to race in 2006?

Following is a list of dragon boat race venues for 2006. Most will have web sites. Others?

Tempe, AZ,	March 18-19
Tampa, FL,	April 29
Portland (PKSCA), OR,	June 10-11
Boston, MA,	June 10-11
Alcan, Vancouver, BC,	June 17-18
Salem, OR,	June 24-25
Nanaimo, BC	July 8-9
Kent, WA,	July 15
Milwaukie, OR,	July 22
Long Beach, CA,	July 29-30
Victoria, BC,	August 12-13
New York, NY,	August 12-13
Hawaii,	August 12-13
San Francisco, CA,	August 26-27
Sellwood, Portland,OR,	September 9-10
Rhode Island,	September 9
Kewlona, Can.,	September 16-17
Philadelphia,	September 30-October 1
Miami, Fl,	October 14-15
Houston, TX,	October 21-22

Happy Holidays



Happy Holidays from DragonSports USA

Holiday Ships Paddle

December 12, 2005
Marshalling at 6:30 PM
& push off at 7 PM
Register with Jimi Barry
pinkjimi@comcast.net

Open Club Practices:

Mon., Wed., Fri. at 9 AM
Tues., Thurs. at 6 AM & 6 PM
Saturday at 8 AM

DSUSA All Member Annual Business Meeting

February 22, 2006 • 7 PM
Dinner at Old Spaghetti Factory • 503-222-5375
0715 SW Bancroft • Portland