

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Winter Fitness Challenge App Activated!	1 Polar Plunge!	2	3	4	5 DBC Open Practice @ 9am
6	7	8 Yoga @ 6:15PM	9 Stadiums @ 6:15PM	10 Aquatics @ 6:15PM	11	12 DBC Open Practice @ 9am
13	14 Stadiums @ 6:15PM	15 Yoga @ 6:15PM	16	17 Aquatics @ 6:15PM	18	19 DBC Open Practice @ 9am
20	21 Stadiums @ 6:15PM	22 Yoga @ 6:15PM	23	24 Aquatics @ 6:15PM	25	26 Ergathon Fundraiser @ 10-12PM NO OPEN PRACTICE!
27	28	29	30	31		
	Stadiums @ 6:15PM	Yoga @ 6:15PM		Aquatics @ 6:15PM		

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 DBC Open Practice @ 9am
3	4 "Fitness of Mind, Body & Spirit" Seminar @ 6PM	5 Yoga @ 6:15PM	6	7 Aquatics @ 6:15PM	8	9 DBC Open Practice @ 9am
10	11 Stadiums	12 Yoga @ 6:15PM	13	14 Aquatics @ 6:15PM	15	16 DBC Open Practice @ 9am DBC Cancer Survivor Night – Stingrays Hockey Game @ 7PM
17	18 Stadiums @ 6:15PM	19 Yoga @ 6:15PM	20 CPR/AED Training @ 6PM	21 Aquatics @ 6:15PM	22	23 DBC Open Practice @ 9am
24	25 Stadiums @ 6:15PM	26 Yoga @ 6:15PM	27	28 Aquatics @ 6:15PM		

March 2019

--	--	--	--	--	--	--

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 DBC Open Practice @ 9am
3 ALL Winter Fitness Points DUE by end of day!!	4	5	6	7	8	9
10 Daylight Savings!	11 DBC- Full Season Begins!	12	13	14	15	16

How to Join a Winter Fitness Team (for Points or NOT for Points)

*New this year! We are using an App to manage our entire challenge and all 5 teams! There are 4 teams competing for points and awards and 1 team participating in the organized DBC activities but NOT for points! Points will only be awarded for the activities pre-loaded through the app. **No points are given for exercise and activities outside of the app** (of course we encourage you to stay active on your own, too, but points won't matter). We hope this app will make our Winter Fitness Challenge even more fun and engaging!*

****You may Join Your Team Now & Communicate with your teammates, but the Challenge will not be activated until December 31st. An “Action” button will appear, allowing you to log points beginning Dec. 31st.**

1. Download the “MakeMe Pro” App on your phone.
2. Open the App and click on “Sign Up.”
3. Once you have created an account and are logged in, click on the icon with 3 red bars at the top left and select “Join.”
4. “Join a Challenge”: Use the code affiliated with the team you'd like to join. *For you competitive souls, join the team in which you live (i.e. Charleston, Mt. P, James/Johns Island, Summerville). If you are not participating for points, join the “Not for Points” team.

- Charleston/West Ashley: **63879**
 - James/Johns Island: **01648**
 - Mount Pleasant/IOP: **14698**
- North CHS/Summerville/Goose Creek: **33809**
- NOT COMPETING FOR POINTS: **74685**

DBC Organized Activities

ALL DBC Members Welcome to Attend (not exclusive to only those participating in the competition)

Cost: **FREE** to ALL DBC Members (included in your Annual Membership Dues)!!

Polar Plunge

Tuesday, January 1st

**Must submit picture through app in order to earn points. You may plunge in any beach/ocean for credit. There is no DBC-organized Plunge Event!

Stadiums at North Charleston Coliseum

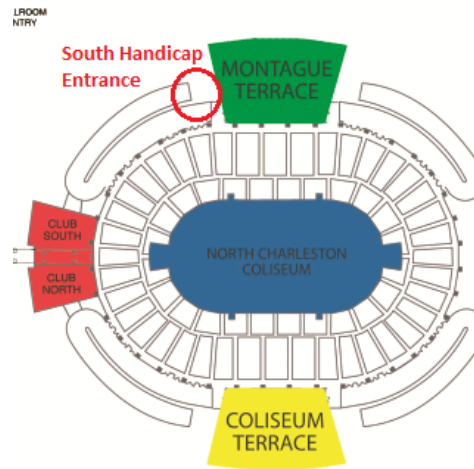
Mondays @ 6:15PM (January 7th - February 25th) – No Sign-Up Required!

****NO STADIUMS on Jan. 7th (they are on Jan. 9th instead that week only) and Feb. 4th!**

5001 Coliseum Drive, North Charleston

Various stair & circuit workouts (will include lots of teamwork amongst your teams)

Enter through the South handicap entrance (blue door) located near the main ticket office off Montague Ave.



Yoga with Stacy

Tuesdays @ 6:15PM (January 8th - February 26th) – No Sign-Up Required!

The Schoolhouse, Music Room, 720 Magnolia Rd. Charleston

Aquatics at the MLK Pool

Thursdays @ 6:15-8:15PM (January 10th – February 28th) - No Sign-Up Required

MLK Pool, 155 Jackson St., Charleston

Ergathon “Rowing War” DBC Fundraiser

Saturday, January 26th @ 10am-12pm – Sign-Up Online & Registration REQUIRED!

****NO DBC Open Practice at 9am!!**

Cost/person: \$30.00

Coastal Rowing Studio

1233 Ben Sawyer Blvd., Mt. Pleasant

The link for event registration:

<http://bit.ly/RowingWars>

“Fitness of Mind, Body, & Spirit” Seminar with Amy Webb

Monday, February 4th @ 6PM

The Schoolhouse, Music Room, 720 Magnolia Rd. Charleston

DBC Cancer Survivor Night @ Stingrays Hockey Game

Saturday, February 16th @ 7:00PM – Must purchase tickets through the DBC custom link!

North Charleston Coliseum, 5001 Coliseum Drive, North Charleston

Purchase your Hockey Tickets Here: <https://stingrays.spinzo.com/south-carolina-stingrays-vs-florida-everblades-2019-02-23-UDHPA?group=dragon-boat-charleston-ayh7>

**\$5.00 from each ticket sold goes directly back to DBC!

AED/CPR Training

Exclusive to DBC Coaches, Steerspersons & Safety Boat Drivers

Wednesday, February 20th @ 6PM – Sign-Up Required!! E-mail Monica
(monica@dragonboatcharleston.org) to sign-up!

The Schoolhouse, Music Room, 720 Magnolia Rd. Charleston

Nutritional “Eat Right for Life” Webinar Series with Dr. Ann

3-month subscription Jan. 1st – April 1st

DBC Course Link: <https://school.drannwellness.com/p/eat-right-for-life64/>

**You may view it now and enroll to get an idea of the layout, but the course contents will not be unlocked until January 1st.

Competition Rules

1. If you signed up on one of the 4 “competitive” teams and have not submitted ANY points by January 14th, you will be automatically removed from the competitive team. You may STILL participate in any of the winter fitness activities and slide over to the “Not for Points” Team. 😊
2. To earn points, you must use the “MakeMe Pro” App – NEW THIS YEAR, you will only earn points for attending the DBC-organized workouts, webinars, seminar, Nutritional & Bonus Activities. You cannot submit points for exercise on your own (although we always encourage you to stay active outside of DBC), unless indicated as a “Bonus Activity” on the app.
3. The team with the highest average number of points WINS--Winning Team, Results, & Prizes will be announced/awarded at the Spring Annual Membership Meeting!
4. HAVE FUN this winter!!!