



SRDBA

NEWSLETTER

ISSUE 2, NOVEMBER 2020

WWW.SRDBA.ORG

Message from The Board

Dear Dragon Boaters of the Southeastern Region!

We hope all of you are keeping yourself in good physical and mental shape.

Covid is still having a major influence on our lives and the only thing we can do is to be responsible to ourselves and to our communities. Many events are still postponed or being cancelled. Our own Coaching 2.0 event has been postponed for spring 2021. We will keep you updated about any progress.

However, there is some good news as well. The Team USA coaches have been selected and the program has started to move ahead. SRDBA election process has also started with nominations for State Directors and SRDBA Board. There are several new rules defined by USDBF that directly affect regional associations, therefore a proper representation of your state within our association is an important part of the election.

And the holidays are upon us! Our Karen is very concerned about too much cranberry sauce and mashed potatoes so there is another challenge for you to try and to win!

Your SRDBA Board



SRDBA Elections

Dec 5-Dec 16

SRDBA is getting ready for the next election cycle for Board of Directors. **Submit nominations to Secretary@SRDBA.org by Nov. 28.**

We are changing the voting format to better reflect the distribution of our members within the region, so please pay attention to the SRDBA email communications sent out this month.

More info on Page 2.

SRDBA Coaches and Team Managers 2.0

The event planned for Nov 20-22 2020 has been postponed due to the Covid19. The proposed date is Spring 2021. We are currently also evaluating the option of virtual meeting. In reflect to this and to the upcoming holidays, please be responsible, that is the only way we can keep the Covid positivity rate low and have our lives back to almost normal.

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SRDBA Elections and Annual General Meeting

Detailed information about the nomination and the election process has been communicated with all members via an email. Here is a brief sum-up:

Open positions (nomination are accepted by Nov. 28):

- Vice President (2-year term)
 - Secretary (2-year term)
 - Membership Director (2-year term)
 - At-large Director (1-year term) – Three open positions
 - State Director (1-year term) – Florida, Georgia, South Carolina, North Carolina, Tennessee
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- Elections will take place electronically December 5 - December 16
 - Members in good standing will receive one or two voting invitations
 - All members will be offered the opportunity to vote for Regional positions
 - Members residing in states within the SRDBA region will also, separately, be offered the opportunity to vote in their State Director election.
 - Club representatives who are also individual SRDBA members will be offered two voting opportunities in the general election, and the chance to vote for their State Director

Annual General Meeting

- The AGM will take place on Thursday, December 17 at 8PM Eastern
- Raw election results will be shared and likely ratified during the AGM
- Ratified election results will be shared with the general membership via email on Friday, December 18.

Questions? Contact our Membership Director, Karen Schindler at Communications@SRDBA.org, or our Secretary, Suzanne Jones at Secretary@SRDBA.org.

USDBF News

The **USDBF High Performance Committee** has selected coaches for the 2020 Team USA cycle. Those of you interested in the Team USA program, check out the USDBF website <https://www.usdbf.org/team-usa/> where you can find all necessary information and links.

The beauty of this sport is that you can be performing on the national level at any age, with a bit of discipline, a lot of determination, and hard work. Team USA is open for all.

Team USA 2020 Coaches

- U16 and U18 Division, Mixed, Open and Women: **Nathan Salazar**
- U24 Division, Mixed, Open and Women: **Joshua Hwung**
- Premier Division, Mixed and Open: **Robert McNamara**
- Premier Women: **Colleen Middendorf**
- Senior A Division and Open: **Marc Applewhite**
- Senior A Women: **Ellen Law**
- Senior B Division, Mixed and Open: **Peter McNamara**
- Senior B Women: **Ellen Law**
- Senior C Division, Mixed, Open and Women: **Pat Bradley**
- Women Coach: **Liz Bradley**
- Crew Manager: **Jane Young**



TEAM CORNER

HEAT Dragon Boat Club

The HEAT, based in Central Florida near The Villages, is a competitive program dedicated to competing at the highest level by developing skilled adult athletes. The HEAT started seriously training in 2014 under the coaching of Pat Bradley, a relocated Canadian and former Team Canada Coach.

Since 2014 the HEAT club has won several **US National Championships** as well as two gold medals at the **2018 Club Crew World Championships** in Szeged, Hungary. The club has grown from approximately 30 athletes to over 60 in 2020. Several HEATers were selected to **US National Teams** and competing in China (2017) and Thailand (2019).



Coached by *Pat and Liz Bradley* the HEAT now has it's eyes set on securing a CCWC berth at the US National Championships in 2021 and competing at the 2022 CCWCS in Sarasota.



HEAT DRAGON BOAT: "MAKING HUMANS HARD TO KILL SINCE 2014"

79 FITNESS CORNER

This year is challenging in keeping ourselves in a good fitness shape. Some of us have more opportunities to burn some calories in gyms or on the water, but many have a limited access to these. With the upcoming holidays, as usual, our bodies are gonna “reshape” a bit..



Here are couple of tips from our SRDBA board on how to deal with it:

Stana: I usually travel home (Slovakia) for Christmas and the best holiday calorie burner for me is cross country skiing. Due to current situation, I am spending my holidays in Miami. However, it is 2020 as everything is weird, so I keep my hopes high for cross country skiing in Miami this year 😊

Karen: I typically go home to the snowy cold north for Christmas, I try to take advantage of the winter sports and play a little hockey and going sledding, and do some cross country skiing, as long as it is above -10F.

Suzanne: In someways Covid enables us to be consistent with our fitness regimen throughout the holidays. Traveling and entertaining less means that we can keep to our usual schedules more! Thinking of fitness as just part of a normal day (like brushing out teeth) and not

SRDBA CHALLENGER

Karen's Total Distance challenge

Nov. 27-Dec. 24



Track the total distance of your cardio workouts (running, biking, paddling, erging, skiing, swimming..) in between holidays and send us your final number by Dec. 25. Winner will be announced on our social media and will get SRDBA goodies!

Send your data to stanapuff@gmail.com



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