

2023
KDBA TEAM
MEMBER HANDBOOK



WELCOME

Whether you are brand new to the sport of dragon boating or you're a seasoned paddler, we're glad you're here! The purpose of this handbook is to provide an overview of what the sport is all about and some practical elements of the Kent Dragon Boat Association (KDBA). We intend this to be a helpful resource guide for our entire membership, and while we have made every attempt to provide as thorough a guide as possible, there is sure to be information we've missed. Please send any suggestions for improvement to the KDBA Membership Focal.

Again – WELCOME!

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KDBA History

KDBA was incorporated as a non-profit in 2002. We are an all-volunteer non-profit 501(c)(3) organization. Our By-Laws, Standing Rules, and Safety Manual are available on Team Cowboy (www.teamcowboy.com) in the Files/Documents section.

In the beginning, Mayor Jim White wanted to get a dragon boat race started on Lake Meridian. He had seen them during his visit to the Kent Chinese sister city of Yangzhou and thought Lake Meridian would make a perfect site. Kent resident and breast cancer survivor, Linda Simpson, had heard about a Portland-based cancer survivor team, Pink Phoenix, and was interested in starting a similar team on Lake Meridian. She began building a women's team and through an article in the Kent Reporter, many women in the community became aware of her efforts. The women started practicing in March of 2001 with the Tacoma Dragon Boat Association.

Meanwhile, Linda wrote a proposal to the Valley Breast Center for monies to purchase a dragon boat which was granted and used for a second-hand six-sixteen style dragon boat. Mayor White subsequently volunteered Kent City Council member Tom Brotherton to moor the boat at his dock on Lake Meridian. Linda named the team the "Ladies of the Lake" and founded the Kent Dragon Boat Association.

KDBA's first race was the Women's Regatta on False Creek in Vancouver, B.C. The team was comprised of all novices, including the tiller, and in the first race the team quickly went off course. A tiller from the chase boat joined KDBA's boat and asked if we wanted to head to shore or finish the race. Of course, we wanted to finish the race and our time was somewhere over 11 minutes. Needless to say, the Ladies of the Lake finished in last place at their first regatta.

The team's next race was the inception of Mayor White's fledgling idea, the first Kent Cornucopia Race. At the time, docks were moved to the middle of the lake and the tail of the boat was held for the start. In the second heat, the KDBA boat tail being held, the chase boat next to us took off and swamped our boat. The Ladies of the Lake abandoned their boat and swam to the starting dock. A couple members of the Amazon Dragons team, seeing us in distress, jumped out of their boat and bailed ours. This is where the women's team acquired the name the "Ladies IN the Lake". Once again, the team completed the race and came in last in our first Kent Cornucopia Race.

KDBA History, continued

The last race of that first season was in Portland. Linda arranged for us to be hosted by Pink Phoenix who believed the majority of the team were cancer survivors, which we were not. Pink Phoenix were very gracious hosts and again we finished last in the standings. However, we had a fun time, started making many lifelong friendships, and building a successful dragon boat association. That fall we held our first end of the year banquet.

Eventually, Mayor White asked the Kent Lions Club to run the race on Lake Meridian. The Lions wanted to sponsor a team and purchased their own used six sixteen boat which was moored on the lake at Lion Steve Crowell's dock. Krista Wilson (née Bradley), who had been a dragon boat member in Portland, pulled together a number of staff members from Meeker Junior High and friends and they became the "Dragin Tails" coed team. Krista also formed a youth team to compete in the Kent Cornucopia Race.

2023 KDBA Board

The Board of Directors consists of the President, Vice President, Secretary and Treasurer. These four officers are elected by the membership on an annual basis. Additionally, KDBA coaches are considered members of the Board with voting privileges. Meetings are held approximately monthly where the business of the association is managed, working on strategy, setting goals and objectives, and overseeing association activities. All KDBA members are welcome to attend these meetings which are currently held via Zoom. The date, time and link or location will be posted on Team Cowboy.

2023 KDBA Board of Directors

- Nadine Rosendin, President
- Deb Bailey, Vice President
- Kim Patten, Treasurer
- Lisa Rockas, Secretary

2023 KDBA Team Representatives

- Malia Hasegawa, Team Manager
- Joy Cavanaugh, Membership Focal

2023 KDBA Coaches



Ann Markley, Head Coach

As a paddler, I have been a member of the Kent Dragon Boat Association (KDBA) since 2007. I have also been part of the Washington Masters (WAM) dragon boat crew since 2012. At the National level I was selected for “Team USA Senior C crew” participating in the 2019 International Dragon Boat Federation (IDBF) World Dragon Boat Championship. At this event, we won 11 Team gold medals for the United States Dragon Boat Federation (USDBF). I have also been selected for “Team USA Senior C crew” to participate in the 2023 IDBF World Dragon Boat Championship.

My education is a B.A. in Kinesiology/Physical Education. Being a coach for KDBA has allowed me to return to my first love, teaching, and coaching athletes.

What do I love about Dragon Boating? Dragon Boating is for everyone! All ages and abilities. As a coach, I want to spread the inspiration and passion shared with me by my coaches and fellow paddlers. I would like to bring a program to the community that embraces this inspirational spirit of dragon boating by exhibiting high standards for ethical fair play, commitment to teammates, inclusiveness, competitive sportsmanship, and FUN!



Kate Rhodes-Hammerquist, Assistant Coach

Kate Rhodes-Hammerquist joined the Kent Dragon Boat Association in 2012 and has enjoyed paddling, calling, and coaching on both the women’s and mixed teams over the years. Kate has also raced with several teams in the Puget Sound area and assists on the Arizona Dragon Boat Association team when in the area. Kate stepped forward as KDBA’s full-time assistant coach in 2021 with encouragement from past and present coaches who have mentored her, and she is anxious to further her coaching knowledge in the sport this coming season. Kate’s favorite part of dragon boating is building relationships, saying “The paddling is fun, the winning is great, but the camaraderie and friendships among team members and with other teams in the community is what makes it worth the time and energy.”

MEMBERSHIP

As a member of a non-profit, completely volunteer organization, KDBA relies on each person to contribute to the overall success of the association.

Responsibilities include:

- Timely payment of annual dues (\$150 for a full-time adult member in 2023). Membership year runs from April 1 to March 31 of the following year.
 - Read and sign the participation waiver via Webscorer before boarding a boat.
 - Accept invitation to Team Cowboy, use Team Cowboy to RSVP for practices, races, and other events (see Communication section).
 - Actively participate on at least one association committee each season.
 - Attend KDBA general membership meeting(s).
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COMMITTEES

KDBA is an all-volunteer organization. Without the efforts of the entire membership our club would not effectively function.

All members are strongly encouraged to participate in at least one committee per season. The time commitment varies and is relatively flexible as to scheduling. Volunteers enable the operation of our organization to run as smoothly as possible; and it is a great way to get to know your teammates.

Should you have an idea for an activity or committee not listed below, please reach out to a board member. WE LOVE NEW IDEAS!

- Awakening Ceremony
 - Plan annual ceremony; Coincide with practice, general meeting, or team event
- Boat Maintenance
 - Organize repairs, as needed; Investigate off-site boat storage options as necessary
- End-of-Season Celebration
 - Plan annual team event including location, catering, entertainment

Committees, continued

- Equipment
 - Maintain master list of KDBA equipment
 - Check out/in KDBA equipment to members
 - Ensure guest paddlers have necessary equipment
- Fundraising/Sponsorship
 - Research fundraising ideas for implementation
 - Business/corporate sponsorships
- Kent Cornucopia Days Race
 - Coordinate with Race Director to organize KDBA's volunteer duties
- Recruiting/Marketing/Advertising
 - Coordinate with KDBA Membership Focal to implement opportunities for increased recruitment
- Safety
 - Ensure Safety Plan is documented and communicated to all members in case of emergency
 - Coordinate annual huli drill
 - Ensure all on board have PFD's that are properly fitted and non-swimmers are identified
 - Ensure first aid dry bag is on board
- Social Events*
 - Plan social events for the club
- Social Media/Website*
 - Keep website and social media (Facebook) platforms updated with current information
- Team Wear
 - Develop team wear design options; Coordinate and distribute orders
 - [NOTE: This may not be a committee but something that the Team Manager assigns)
- Race Managers
 - Note – *volunteering as a Race Manager does not mean managing every race of the season.*
 - Coordinate collection of race fees with treasurer
 - Research lodging options, if needed (it is not necessary to coordinate room assignments/reservations. Merely gather information for individuals to take care of on their own)
 - Make sure all racers have signed waiver
 - Act as point person for race fielding questions, coordinate potluck if needed
 - Plan team dinner if applicable (typically travel races)
 - Work with coaches on race day with marshaling times, checking with race tent for any changes in schedule, relay what our placement in the race

COMMUNICATION

KDBA utilizes Team Cowboy (www.teamcowboy.com) as the main method of communication. This is where practice and race schedules are posted, paddlers sign up for practice and races, have access to club documents, obtain contact information for fellow teammates, coaches communicate important practice, race and meeting information including cancellations. Standing Rules, By-Laws, meeting minutes and other information can be found under the “Files/Documents” tab. Correspondence can also be sent to team members from Team Cowboy.

Reach out to the Membership Focal or Team Manager for assistance with navigating the Team Cowboy site, including establishing your Team Cowboy account.

Email outside of Team Cowboy is also a frequent form of communication, particularly when preparing for a race. Watch your inbox for information on hotel accommodations, race details, carpools, and potluck needs. Beginning the 2023 season, the coaches will be sending a periodic email (Coaches Corner) to help keep everyone apprised of what’s happening.

KDBA has a private Facebook group page titled “Kent Dragon Boat Association”. Members are welcome to post photos, comments, etc.

PADDLING PRACTICE

The practice season is as follows:

- **PRE-SEASON WINTER WARRIORS** – Practice one time per week starting in January through mid-March (through the end of Pacific Standard Time)
NOTE: Winter Warriors participation is optional
Saturday mornings @ 9 am
- **REGULAR SEASON PRACTICE** – Practice three times per week starting mid-March (at the beginning of Pacific Daylight Time) through October
Tuesday/Thursday evenings @ 6 pm
Saturday mornings @ 8 am

Paddling Practice, continued

Plan to arrive 15-20 minutes early for practice to allow for proper pre-paddling muscle warm up group exercises.

The boats are moored at a private family home (Crowell's) on the lake. About 20 minutes prior to practice, a maximum of five people per boat volunteer to walk over and paddle the boat(s) over to the park boat launch. Always load a few extra paddles and PFDs into the boat(s) for guest paddlers. These are stored under the stairs at the Crowell's.

When at the Crowell's home, it is important to keep voices low and be respectful of their property and generosity. After practice and following the unloading of the boat, a maximum of five people return the boats to the Crowells.

Parking is available in the Lake Meridian Boat Launch parking lot, in the Lake Meridian Park main lot, at the Soos Creek Trailhead on 148th Avenue SE and in nearby neighborhoods. Parking is limited and carpooling is encouraged especially on warm days.

NOTE: take care not to block personal driveways should you park in the neighborhood.

Another REMINDER: Keep Team Cowboy updated when there is a change to your schedule. Coaches rely on Team Cowboy when seating the boat for practice.

WHAT TO BRING TO PRACTICE

- Dress in layers appropriate for the weather, including gloves and rain pants, if desired
- Water bottle
- Paddle (club will loan paddles if needed)
- PFD (club will loan PFDs if needed)
- Dry bag for phone/keys

KDBA has paddles and PFD's available for checkout. If you need equipment, reach out to the Equipment committee for a proper fitting of a PFD and the correct length of paddle. Note all equipment must be returned at the end of the season.

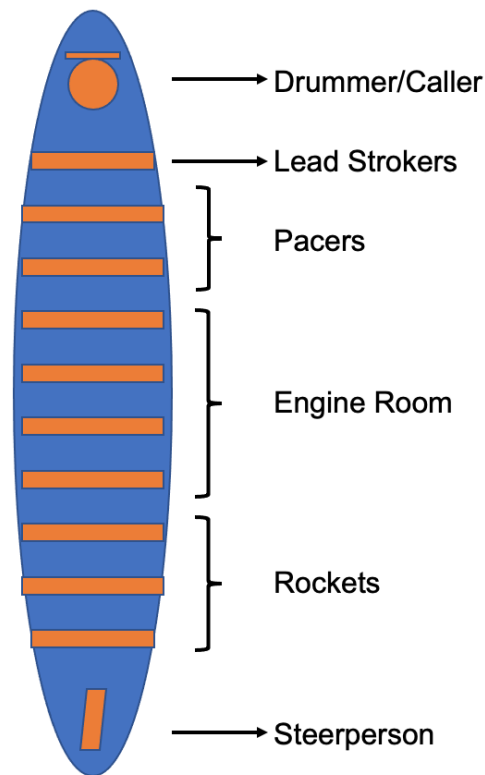
The tiller/steersperson is the lead safety official on the boat and will instruct the paddlers as needed. It is critical to heed the tiller's instructions at all times. If conditions are determined to be dangerous (typically wind or lightning) the tiller and/or coach will cancel or terminate practice.

Paddling Practice, continued

- If you are interested in learning more about becoming a tiller/steersperson (or know someone that might be), let a coach or tiller know.
- If you need to leave early for practice, let the coach know before practice.
- If you feel uncomfortable for any reason during practice, let the coach know right away.

Remember, none of us were born knowing how to paddle, we were all new once, and we are all continually learning, refining our technique, and striving to improve.

We are very fortunate to have highly skilled coaches on board to ensure we are all improving our performance and maximizing our paddling efforts. Correction and instruction aren't ever meant to be a personal affront.



RACES

This is where our hard work pays off! KDBA participates in several races each season as do area clubs. Some races are local; others require an overnight stay. Races are super fun all-day events where we connect with other clubs and root each other on to victory. It's a party!

WHAT TO BRING TO RACES:

- Paddle gear (paddle, PFD, gloves, etc.)
- Team jersey
- Change of clothes
- Food item to share
- Portable chair
- Water
- Blanket/towel
- Game or book to pass the time (there can be considerable waiting between races)

A few days prior to the race, focus on rest and hydration. "Carbo-loading" is NOT necessary. Pay attention to all correspondence from the **Race Manager and/or Team Manager** as they will provide specific information necessary for the race.

RACE DAY

- Arrive early to the race venue to help set up the tents, tables, and supplies.
- Information regarding boat seating, marshaling, and course specifics will be shared at a team meeting first thing in the morning at the venue.
- Do not leave the race tent area without letting a teammate know.

At the end of the race day, it's all hands-on deck to help take down the tent, folding tables, etc. These larger items are kept in a local storage unit and need to be transported back & forth to the race venue. If you can help, let the Race Manager know.

IMPORTANT

Commit to the races you wish to attend as soon as possible – preferably at the Season Kick-off. Team registration happens early, number of teams is often limited, and fees are non-refundable. Prior to the race, be sure to a) sign the race waiver and b) pay your race fee (typically \$35 to \$50). See the **Race Manager** for more information and watch your email/Team Cowboy for important details.

TEAM WEAR

There is a new race jersey design in the works for 2023. Typically, choices include tank tops, short sleeve, and long sleeve options. Prices are usually in the \$50 range. KDBA purchases a few extras for those who prefer to borrow a team jersey. See the Team Manager or Race Manager for additional information.

SOCIAL OPPORTUNITIES

Team bonding off the water helps us succeed on the water! From attending a local sporting event together to coffee after Saturday morning practice to Friday night happy hour at a local watering hole and everything in-between, KDBA loves to have fun. Participation is not required, but when you hear the chatter on the boat, you may experience “FOMO”. If you have a suggestion for something to do together as a team, terrific! Reach out to the Team Manager or Membership Focal and we’ll get it on Team Cowboy.

2023 SEASON CALENDAR

SUBJECT TO CHANGE

JANUARY

- Seattle Sake Bridge-to-Bridge, January 7, 2023
- Winter Warriors:
Weekly practice begins Saturday, January 21, 2023 @ 9am
- 2023 Season Kick-off Meeting:
Saturday, January 21, 2023, ~10:30am (after practice) at Mountain Vineyard Christian Fellowship. This is a fun event complete with breakfast to catch up with teammates, bring a friend who might be interested in paddling, meet the 2023 Board and coaches, we'll discuss the 2023 race calendar and hear what's in store for the upcoming season!

FEBRUARY

- Board Meeting: Monday, February 6, 2023 @ 6pm
- Continue weekly Winter Warrior practices: Saturdays @ 9am

MARCH

- Board Meeting: Monday, March 6, 2023 @ 6pm
- Weeknight (Tuesday, Thursday) practices start March 14 @ 6pm

APRIL

- Board Meeting: Monday, April 10, 2023 @ 6pm
- Olympia Dragon Boat Festival, Saturday, April 29, 2023

MAY

- Board Meeting: Monday, May 1, 2023 @ 6pm
- Tacoma Dragon Boat Festival, Saturday, May 20, 2023 (Tentative)
- False Creek Women's Regatta, Saturday, May 27, 2023 (Tentative)

JUNE

- Board Meeting: Monday, June 5, 2023 @ 6pm
- Concord Dragon Boat Festival, Saturday, June 24-25, 2023
- World Beat Dragon Boat Festival (Salem), Saturday, June 24, 2023 (tentative)

JULY

- Board Meeting: Monday, July 10, 2023 @ 6pm
- Kent Cornucopia Dragon Boat Festival, Saturday, July 15, 2023 (tentative)
- Board nominations

AUGUST

- Board Meeting: Monday, August 7, 2023 @ 6pm
- Paddle for Life Race, Saturday, August 5, 2023 (tentative)
- Steveston Dragon Boat Festival, Saturday, August 19, 2023

SEPTEMBER/OCTOBER

- Board Meeting: Monday, September 11, 2023 @ 6pm
- Portland Dragon Boat Festival, Saturday, September 9-10, 2023
- Nevada International Dragon Boat Festival, October 14-15, 2023
- As daylight dwindles, we move to a Saturday only practice schedule
- Move boats from the lake
- Boat maintenance
- End-of-Season Celebration! October 2023 (includes General Meeting)

KDBA 2023 - Let's Go Team!



