

Tellico Heat Dragon Boat Club



In Chinese Culture the Golden Dragon is a Symbol of Good Fortune · Strength · Protection · Harmony

Issue 14; Jan 2025

Publisher/Editor: Deb Hyde dbhwalker@aol.com Associate Editor: Karen Thrush

Publisher's Message:



January 29th

The Year of the Wood Snake in 2025 represents a time of growth, creativity, and introspection. Wood Snakes are known for their resourcefulness and adaptability, with an affinity for growth, stability, and new beginnings.

Do You Know Potential Members? Have You Been Approached With Questions for the 2025 Season?

Lynne has established a central process for accumulating names of people interested in THDBC. It requires you to enter your name and contact information for prospective member; that's it! We will then have a central list for follow-up when information for the 2025 season orientation is established.

Here's the link to add a prospective member name <https://forms.gle/7Nj9JkwQGDqFS1Dj7>. It seems best to cut and paste to browser. Please check with Lynne if there are any issues, lynne.schwartz@att.net.

You may also refer them to the website that has the Gmail address for contacting the Club at any time. As the website develops, the landing page will be updated and links to "about" dragon boat and the Club will be added. I hope we are able to add banners for new member orientation and/or introductory paddles and other appropriate events for public information.

~ Deb H.

Help Wanted

As you read about the committees and all the work being done during the off season and off the water do not hesitate to reach out to any committee chairs to express your interest to volunteer.

The work of volunteers is invaluable to the success and future of the club. In the last two years, the successful management of the growth was possible by contributions, big and small, by many members.

The volunteers also ensure the filling of leadership roles in the future as attrition takes place.

As a paddler and committee member, I appreciate the people who have stepped up in so many ways. Thank you!

Board and Committee Reports

Planning and Planning Subcommittees

Planning –Dee has organized the planning committee with focused agendas and deadlines for completion of tasks before the January Team Meeting [date TBC]. The committee has been meeting weekly since November 21st.

Following are the planning sub-committees established and volunteer chairs. Each has short-term goals to be completed by mid-January that will lay the foundation for THDBC's 2025 objectives.

▪ 10-Person Boat Planning* -Kevin	▪ Recruitment -Doug
▪ Steerers -Ginger	▪ Coach/Training -Denise
▪ Safety -Ginger	▪ Race -Dee

*Coordinate Pick-up and Storage

Other members of the planning committee

▪ Deb H.	▪ Peggy
▪ Marita	▪ Jan
▪ Cat	▪ Marla
▪ Virginia	

*****Plans for 2025 will be presented at the Team Meeting, "2025 Season Kickoff" ...January 31st, 9-11⁰⁰ a.m. at Little Italy***We will be enjoying the breakfast buffet, \$14.95. Please sign up on Instateam**

Safety - Ginger

Ginger has arranged for CPR and Stop the Bleed training on March 29th. Please register on InstaTeam.

Race Sub-committee

The race committee has done a tremendous job gathering and compiling festival information.

Initial criteria were gathered from public sources that produced a list of about 140 Festivals. Criteria included distance to venue, cost, race divisions, race distances, and if IDBF sanctioned. The 12/19 list presented to the Planning committee included 21 festivals determined to be the most applicable for consideration.

The Planning committee is in the final phase of review and selection including contacting event managers for more information; such as about venues and history of participation by other clubs.

Many thanks for the amazing work to our teammates who have stepped up for this committee:

- | | |
|-----------------|---------------------|
| ▪ Mary Pat Hall | ▪ Julie Walter |
| ▪ Donna Byers | ▪ Virginia Kendrick |
| ▪ Jodie Kelly | ▪ Dawn Franz |



Be sure to acknowledge their efforts when next you see these ladies.

*****KARM is not organizing a festival for 2025***** They have engaged our friends at Dynamic as the event manager and it was decided that time was needed to 'regroup' because club attendance has declined causing race fees to rise [to meet fund raising goals] that further deterred clubs from traveling to participate.

The committees are considering the best alternative that provides a like experience for both novice and experienced paddler.

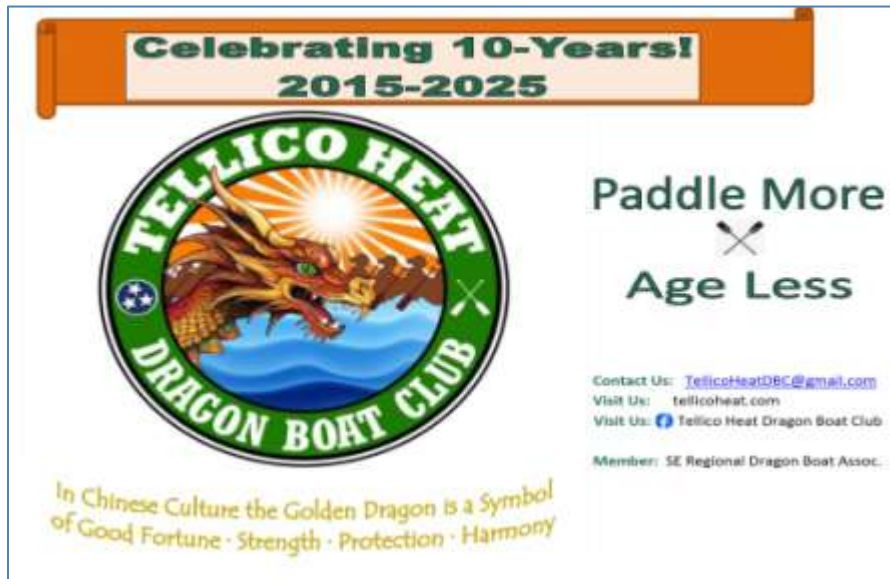
*****BTW...Kentucky is definitely on the calendar...a MUST for THDBC******

Board and Board Sub-Committees

For December the Board's efforts have been closely tied to the Planning Committee. Discussions have centered on estimated budget, scope of outreach for new members and similar topics that support season expectations.

Communication/Media Committee Report- Rob Thrush and Deb Hyde, Co-Chairs

Presenting the Team Banner for 2025!



The 3 x 5 banner will be the same size as the existing.

Note: There will be separate banner for sponsors.

The Communication/Media Committee members have been working independently for the last several weeks on tasks.

- Rob continues to evaluate TeamSnap. There has been a challenge with unwanted advertising that requires additional payment to eliminate. This is not acceptable and Rob is following to have eliminated. This is a 'deal breaker'! Concurrently, he is continuing to explore the unused resources of InstaTeam.
- The bi-fold pamphlet is being updated.
- We await directions to prepare additional materials/posting support recruitment. Last year's efforts provided good foundation for this year including resources and related contacts.

The website development is proving to have many moving parts to be learned. But we're making progress

- Jane has made progress on working with the website, learning how to post videos and is crafting movie formatted videos to add to content.
- The website home page has been drafted. Great minds are working on the application process to bring to the site! We are targeting to have completed, along with "about" content, to tie with any recruiting events.
- Lynne has been determining the best use(s) of Google resources for use in conjunction with the website.
- Photos accumulated in the dropbox have not been forgotten! When links and efficient process is established, they will be uploaded.

Many tasks are ongoing! Our first committee meeting for 2025 will take place in early January

~Rob and Deb H. –Co-Chairs

Save the Date

Team Meeting	January 31st	9 – 11:00 a.m.	Little Italy Breakfast Buffet, \$14.95 InstaTeam Even Sign Up
Prospective Member Meeting	February 28th	4:30 p.m. Set Up 5:00 p.m. Meeting Start	Yacht Club, 3 rd Floor

Saturday, Mar 29, 2025

08:00 am - 12:00 pm (Mar 29, 2025)

CPR Class ★
Tellico Heat Dragon Boat Club
Venue: TBD

01:00 pm - 02:00 pm (Mar 29, 2025)

Stop The Bleed Class ★
Tellico Heat Dragon Boat Club
Karen Sue Keith's Home

Sign Up on InstaTeam!

After Your Butt Walks!

Russian twists are a great core exercise. This move works your oblique muscles while also targeting your shoulders and hips. To do a Russian twist, you'll rotate your torso from side to side while sitting in an upright position with your feet lifted off the ground. This movement brings great rotation into your core.

Exercise pointers

Here are a few pointers to keep in mind as you get started:

- For beginners, press your feet into the floor or extend them straight out as you get a feel for the movement. [I find feet on the floor gentler on back on bad days! ~ Deb]
- Breathe steadily and deeply. Exhale with each twist, and inhale to return to the center.
- As you twist, keep your arms parallel to the floor or reach down to tap the floor beside you.
- Engage your abdominal and back muscles throughout the exercise.
- For more stability, cross your lower legs.
- Maintain a straight spine, and avoid slouching or rounding your spine.
- Allow your gaze to follow the movement of your hands.

Exercise instructions

Here's how to do a Russian twist:

1. Root into your sit bones as you lift your feet from the floor, keeping your knees bent.
2. Elongate and straighten your spine at a 45-degree angle from the floor, creating a V shape with your torso and thighs.
3. Reach your arms straight out in front, interlacing your fingers or clasping your hands together.
4. Use your abdominals to twist to the right, then back to center, and then to the left.
5. This is 1 repetition. Do 2 to 3 sets of 8 to 16 repetitions.

Weighted twist

Hold a dumbbell, weight plate, or medicine ball between both hands. If you don't have a weight, grab a compact household item. Choose a weight that allows you to maintain proper form.

Twist the same way as the original variation, keeping the weight at chest level or tapping it to the floor each time.

Punch twists

With this movement, do a punching motion with your fists instead of using a weight.

1. Sit with bent knees and your feet pressing firmly into the floor, holding your hands next to your chest.

2. Sit back slightly, keeping your spine straight.
3. Exhale as you twist to the left, punching your right arm over to the left side.
4. Inhale back to center, and then do the opposite side.
5. This is 1 repetition.

Decline twists

1. Sit on a decline bench with your hands together or holding a weight.
2. Twist in the same way as the original version.



https://www.google.com/search?q=russian+twists+exercise&rlz=1C1RXQR_enUS1054US1054&oq=russian+twist&gs_lcrp=EgZjaHJvbWUqCggCEAAYsQMYgAQyCggAEAAAYsQMYgAQyBggBEEUYOTIKCAIQABixAxiABDIHCAMQABiABDIHCAQQABiABDIHCAUQABiABDIHCAyQABiABDIHCacQABiABDIHCagQABiABDIHCAkQABiABNIBCjEwNDM2ajBqMTWoAgiwAgE&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:fbff65a4,vid:3Sa67AQb62Y,st:2

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