



# DRAGON'S BREATH BULLETIN

March 2025

Editor: Deb Hyde

## Membership Dues

**\*\*Please Pay Club Dues by March 22<sup>nd</sup>\*\***

Amount:	\$90.00
Check Payable to:	Tellico Heat Dragon Boat Club
Mail to:	Jan Miles 154 Oohleeno Way Loudon, TN 37774

### Prospective Members Note:

If you are ready to join, by all means remit your dues with a note that you are a new member. Please be sure to include your Email address. This is needed to set up on InstaTeam, the Club management application.

There was a good turnout for the **Prospective Members Meeting** on February 28<sup>th</sup>. **From the over 40 attendees about 30 expressed an interest in further exploring membership.** The coaches will meet to further plan introductory paddles and the communication committee is planning related communications to support and organize the sessions and subsequent on-boarding process information.

**One of Jane's photographs is a winner!** Jane submitted several photos for the Tellico Village News contest. **One was selected for the inside cover of the second quarter of the Newsletter. Congratulations and Thank you, Jane!**



### **Addition to Coaching staff & New Club Liaison Volunteer** **Cat Hobbis is stepping into a coaching role!**

Cat joined Tellico Heat in 2002. She brought with her over six years experience in international dragon boat racing including many years in the role of lead stroke.

Cat also has over 15 years of diverse athletic coaching experience in running, triathlon, personal training and cancer exercise specializations with corresponding industry certifications from American Council on Exercise (ACE), Road Runners Club of America (RRCA), and Cancer Exercise Training Institute (CETI.) She also has many personal accomplishments including various marathons/ half marathons, triathlons and Ironman events in addition to her dragon boat pursuits which now include coaching certification.

We are very fortunate to have Cat as a teammate and coach. Thank you, Cat!

**Sandi Brinlee has graciously volunteered to fill the Club Liaison position.** Sandi's calm and thoughtful demeanor is well known. She'll be a terrific liaison!

### **Thank you ladies for stepping into these important roles!**

Reminder: Comments, concerns and questions can be directed to Sandi at [liaison@TellicoHeat.com](mailto:liaison@TellicoHeat.com). She is open to discuss and will present your thoughts [anonymously if you wish] to the coaches and/or Board.

The **Communications/Media Committee is pleased to welcome Virginia Kendrick to our group!** She did great work with the Race and Planning committees; so, this is a natural next step. Thank you and Welcome, Virginia!

**Delivery Date for the Boats** has not yet been set. It will likely be early April. We are working within Dynamic's schedule to deliver all three boats at the same time.

**April 12<sup>th</sup>** has been tentatively identified as the date for blessing the boats and **team meeting/season kick-off event.**

### **Boats can't be blessed without names!** 😊

As we work on the naming process, start thinking of three names!

**Interested in steering? Ever thought of giving it a try?** Ginger is arranging for Chris from Dynamic to put on an introductory clinic. The session will be at Tugaloo. The date is to be determined but shooting for the 2<sup>nd</sup> week in April. Watch for it!



**Safety documents** will be available on the website soon. The following is an excerpt from our newly written safety procedures with important key information and reminder about the CPR and Stop the Bleed classes.

#### **IN CASE OF MEDICAL EMERGENCY....**

- Nobody likes to think about all the scary “what ifs” that can occur in our daily lives. But sometimes we are forced to consider what we need to do if the unthinkable happens.
- In 2024, those attending camp in Tampa witnessed a cardiac emergency during a race. CPR was quickly initiated (in the boat!) while the paddlers hurriedly got the boat back to shore. It was a true team effort. The sweep chose to land the boat at a nearby beach where EMS could reach them. Someone ran to a hotel to summon help, and the desk clerk had an AED available. 911 had been called from the boat, and emergency services arrived soon afterwards. Because life-saving procedures were begun immediately, that camper survived his ordeal, and much later that season, was able to return to dragon boating. That taught all of us a lesson. We need someone on board each paddle that knows CPR.
- Ideally, all sweeps and coaches should be certified. But what if the emergency occurs to one of them? Clearly, we need more than just the sweeps and coaches able to respond.
- For these reasons, the THDBC Board has decided to offer periodic CPR and Stop the Bleed classes to ALL our members. Lucky for us, the **Tellico Village Fire Department** has recently certified several trainers who are eager to share their knowledge with us. We will be able to take this class as a club. The first of these classes will be offered on **March 29**. CPR will be offered in the morning from **8:00-12:00**. Stop the Bleed will be offered from **1:00-2:00pm**. We can go get some lunch in between. The classes will be taught at the home of Karen Sue Keith in Mialoqua. **200 Oologila Place**. Sign-ups are on Instateam.