



DRAGON'S BREATH BULLETIN

May 2025

Editor/Publisher: Deb Hyde

Congratulations Cat! Level II Coach!!

Cat Hobbis has earned her Level II Coach certification. This represents another arrow in her quiver of athletic accomplishments.

Taking personal time and resources required to complete this training shows her added commitment to dragon boat and to Tellico Heat. We are fortunate to have her as a coach and paddler.

Thank you and Congratulations, Cat!

Thank You Lynne Schwartz!

The input from new members regarding their introductory and on-boarding experience has been very positive!

It all began with Lynne Schwartz, the person behind info@tellicoheat. She organized prospect lists, correspondence, waivers and practice sign-ups using Google Workplace. Workplace is a resource THDBC added earlier this year and Lynne's expertise has provided efficient and effective communications. Lynne's work was a tremendous help before we arrived at Tugaloo!

A HUGE THANK YOU, LYNNE

May 5th Team Meeting Highlights

- ❖ Doug Elkins, Club Manager, called the meeting to order welcoming the attendees and asking the new members present to introduce themselves.
- ❖ Coach Denise Burns thanked the members that completed the request for expression of interest in paddling the categories for the coming season. She reported that after a lengthy review of your choices and a deep dive into the USDBF requirements for Club Crew in October, the decision was made to defer the USDBF Club Crew for the future. Our current pool of paddlers for this season indicated a higher degree of interest in community festival racing. She noted that this provides a great opportunity to select the Community Festival races based on the ability to commit time for practice and travel and related costs. This year's races are very diverse including in 200 meter and 500 meter races whether in a 20-paddler boat or 10-paddler boat. The options provide a great potential for an exciting season. Denise introduced the group to the event providers/managers that would be seen in the coming season; Pan Am Dragon Boat, GWN Dragon Boat and Dynamic Dragon Boat.
- ❖ Regarding paddling schedule – Coach Denise reported that the schedule will remain the same which provides excellent experiences for non-racers/fitness and race teams.
 - Mondays, Wednesdays and Saturdays are devoted to those interested in racing. Two boats will be available to accommodate 30 or 40 paddlers signed up.
 - Tuesdays and Fridays are for non-racers/fitness paddlers. Coaches will be on the boats to help continue to sharpen technical skills and lead an exercise format.
 - The Endurance Paddles on Thursdays present a different challenge. But don't be intimidated! There are rest and hydration periods and it's absolutely fine to center your paddle for added rest.
- ❖ Up next, Coach Dee Foster presented the 2025 Season Race Schedule. Please refer below for the schedule and ways to get more information.

She noted that at least 4-weeks out from a festival, a practice boat for the specific Festival will be designated as an event on InstaTeam. If you have signed up for a Festival, be sure to sign up for that practice boat.

During this time, there will be a second boat for all racers who are looking to participate in other festivals (Monday, Wednesday and Friday). Coaches will make adjustments to the line-ups/boats as appropriate for the paddlers in attendance.

- ❖ Coach Kevin and Marita Kelly are again coordinating the purchase of team jerseys. Working with the vendor SM Athletics, the process has been streamlined. The vendor will be establishing an on-line store for team jerseys and a second store for other apparel. There are several styles for both men and women. There will be a 2-week window for ordering. Orders will be individually packaged and picked up by Kevin & Marita for delivery to members.

These jerseys have the logo that was decided upon late last season. If you choose not to purchase a new shirt, feel free to utilize the older for races. New members, who wish not to order a jersey and wish to race, may reach out to other members who have extra shirts.

Note: THDBC never uses Facebook to sell apparel. Any posting on Facebook selling anything is a scam!! If you see solicitation for purchasing anything on the Tellico Heat Facebook Site, contact Rob Thrush. He will remove the post.

- ❖ Social Committee Chair, Marita Kelly spoke about last years' successful membership gatherings including movie night, bowling, Smokin F's dinner, and the holiday cookies and cocoa. The committee will be seeking suggestions! Be on the look out!

Mark Your Calendars! July 8th Raft Off. Many boat owners are happy to have guests join them for the ride over.

Every month Tellico Heat has a table at the New Villager's meeting. This provides great exposure for THDBC and been a source of new members. The meetings/socials are the **first Thursday of each month**. Unfortunately, only a few members have consistently volunteered to man this table. **Volunteers are needed to promote the club at the New Villagers gatherings.**

Please contact Kevin, Marita or Doug to volunteer to share the benefits and joy of dragon boat with the Tellico Community.

Race Schedule

June 14 th	Montgomery, Alabama Captain: Virginia	https://www.montgomerydragonboats.com/
		<i>***Virginia has secured a block of 40 seats to the Biscuits Baseball Game on Saturday Night. Watch for more information***</i>
July 26th	Chicago, Illinois Captain: Julie	https://mldb.gwnevents.com/chicago
August 23rd	Johnson City, TN Captain: Mary Pat	https://honorflightah.org/fundraiser/
Sept. 6th	Alexandria, Kentucky Captain: Deb Smith	https://www.p4ca.org/
Sept. 20th	Macon, Georgia Captain: TBD	https://www.panamdragonboat.com/races/2025-heart-of-georgia-dragon-boat-festival/
Nov. 1st	Hernando, Florida Captain: TBD	TBD
TBD	Intra-Club Races Captain: Jodie	

Summary information for each race may be found on the Tellico Heat website > Club Info. > Jan 2025 Team Meetings > Race Presentation; <https://tellicoheat.com/wp-content/uploads/2025-race-Presentation.pdf>

The Festival Captains will liaison with the event managers and will pass on details as they become available.

Practice Paddles Timing

A couple of words about practice paddles:

1. Please arrive ½ hour before posted paddle start.
This is to allow time for greeting your teammates and an adequate warm up to prevent injury to cold muscles! ! In addition, it helps to mentally prepare you to "Focus" on the task at hand.
"Preparation is everything, and focus is the key."
~ Unknown
2. Practices are designed to be back at the posted time. However, there are times when the outing may take us slightly beyond; we're have darn too much fun!
3. Please let the coaches know before practice if you have a commitment that requires you to be back on time! And we'll watch the time extra carefully.
4. Also, before practice, let the coach know if you are in anyway unwell or have physical limitations.

Communication/Media Committee

The Communications/Media Committee chaired by Rob Thrush met earlier this week to establish short- and long-term goals. The focus was optimal use of InstaTeam, the website and Google. Each is a valuable asset for communication on many levels including event organization and social/ informal. There was a great exchange of ideas and willingness to tackle the tasks.

The resources only work effectively and successfully if Club members utilize. We encourage you to read messages regarding developments and integrate to your usage.

I am pleased to introduce the members of the Committee:

- Rob Thrush
- Deb Hyde
- Karen Thrush
- Lynne Schwartz
- Jane Coggins
- Virginia Kendrick
- Paula Doherty
- Sean Daly [Continues to work with use remotely from Northern California]

The members bring lots of systems, application and communication channel experience and expertise to the group. Thank you, all!