

2010 Long Beach
Dragon Boat Festival

Race Information



KILLER GUPPIES

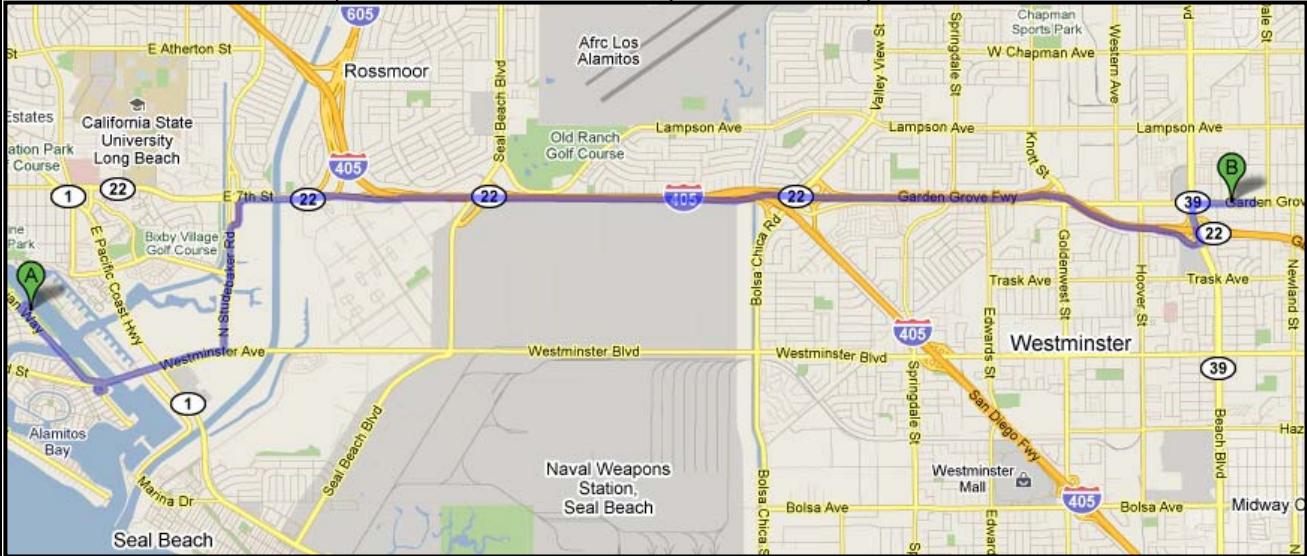
TABLE OF CONTENTS

Weekend Schedule	3
Tent Area Rules	4
Parking	4
Food (Gwen).....	5
What to bring.....	5
Team Conduct Race Preparation Guidelines	6
Team Conduct (Siori)	6
Race Preparation Guidelines.....	6
Race Preparation (John T.).....	6
Before the Race – on land.....	6
Before the Race – on the water	6
The Start.....	7
During the Race.....	7
After the Race – on the water	7
After the Race – on land	7



Weekend Schedule

Saturday (7/31):

7:00 am	Meet at race site and setup tables & breakfast
8:30 am	Warm up & marshall for FIRST race of the day
9:00 am – 6:00 pm	500m races
7:00 pm – 9:00 pm	Dinner w/ Dragon Warriors (see below)
7:00 pm - 9:00pm	Dinner w/ Dragon Warriors Star Korean BBQ (Cerritos) Cost = \$17.99 + Tax + Tip 8295 Garden Grove Blvd, Garden Grove, CA 92844-1000
	
<p>Directions:</p> <ul style="list-style-type: none"> Take 2nd Street East to Studebaker Rd Left on Studebaker Rd. Take 22 Freeway East bound and Stay on 22 Freeway Exit Beach Blvd Left (north bound) on Beach Blvd Right (east bound) on Garden Grove Blvd. Restaurant is on left hand size. It's about 100 yards from Beach Blvd. 	

Sunday (8/01):

7:00 am	Meet at Race Site (TENTATIVE – check w/ your captain on Saturday!)
8:30 am – 12:30pm	500m races
12:50 pm – 3:00pm	200m races
3:00pm – 3:15pm	Championships B & A (in that order)
3:40 pm	Closing Ceremonies – HELP breakdown team site.

Tent Area Rules

Marine stadium is in a residential area and as such the residents don't always welcome our awesome festival. The following are the residential area rules we need to abide by:

- No loud noises – especially before 10am
- Do not use the walkways between houses for loading & unloading – these are private walkways even if they don't look like it.
- Dogs are not allowed on the beach, meaning the sand, with or without a leash. Leashed dogs can be walked on the driveway/sidewalk. As much as we love our four-legged friends, it's better if they are left at home.
- No walking/standing/ sitting in planters or along the short wall separating the stadium from the houses. Last year it was threatened it could be grounds for penalties.

Parking



Food & Drinks (Gwen & Natalie)

Breakfast (Sat & Sun)	Organized by Guppies for all hosted teams.
Lunch (Sat)	Salad & Sandwich Bar Don't forget the salad competition!!!
Lunch (Sun)	Catered lunch – Chinese food
Snacks (Sat & Sun)	Fruit, Granola Bars, etc...
Drinks (Sat & Sun)	Water, Gatorade & some juices

What to bring

- Team Uniform – Killer Guppies jersey and black shorts/pants
- Racing equipment (if you have these items):
 - Running shoes
 - Paddle
 - PFD* (life vest)
 - Paddling gloves
 - Paddle wax
 - Butt pads (less than 1 inch thick)
- Sun block
- Snacks & drinks –Bring your own power bars or anything other special food or drink that you prefer.
- Small folding chairs and/or beach towels.

The Team will provide the following:

KG Banner & Flags	Tarps & Tables	Rope & Bungee cords
Clipboard & Pen	Roster Board	Coolers & Water
Paddler & Vest hangers		

Team Conduct Race Preparation Guidelines

Team Conduct (Siori)

- **BE ON TIME - WE WILL NOT WAIT FOR YOU!** We are a large group of people. Please be considerate of your teammates by being punctual. There is nothing more stressful and distracting than trying to find your crew before heading out to the marshalling area.
- **KEEP YOUR LEADERS IN THE LOOP** - At the tournament always let your boat captain know your whereabouts.
- **NO BLAMING** - We win as a team. We lose as a team. Please keep comments positive and directed at the entire team. If you feel a teammate could make an adjustment, please speak to Siori or Kevin only and have them handle it.
- **BE A GOOD AMBASSADOR** – You represent the Killer Guppies Team and Southern California dragon boating. Let's show everyone we are a fun, class act!

Race Preparation Guidelines

Race Preparation (John T.)

These are some suggestions for how to prepare and perform your best on race day!

- **Rest up** – Athletes taper their workouts in the days leading up to a race – they reduce the intensity of exercise to rest their muscles. Avoid doing any new or strenuous activities in the week before, and especially the day before a race. Also, avoid walking around too much on race day – the hot sun can take a lot out of you!
- **Sleep well** – You know how much sleep you need to feel rested the next day. Plan to give yourself a little bit more – often you'll be excited about racing and won't fall asleep as easily.
- **Eat well** – Moderation is the key! Before the races, try not to eat anything that will upset your digestive system. During the races, eat enough to keep you going, but don't pig out. You can eat all you want once the races are over!
- **Drink well** – avoid caffeinated and alcoholic beverages before and during the races. Both are diuretics – they cause your body to shed water and can leave you dehydrated. Also, it will be hot, and you'll definitely be paddling hard, so be sure to drink plenty of water during the day.
- **Know your limits Fri and Sat night** - The tournament is TWO DAYS of intense racing. So while we hope you relax and enjoy yourselves Saturday night, keep in mind that what we do Saturday night has an effect on Sunday's performance.

Before the Race – on land

- Try to stay near the tent (and in the shade) when not warming up or racing. Stay alert for instructions.
- If you leave the tent to watch races or to use the bathroom, please tell your boat captain.
- The team will meet approximately 45 minutes before each race (or set of races) to warm up.
- Stay focused; listen to the team leaders for instructions on lining up and loading the boats.

Before the Race – on the water

- There is no talking on the boat. Stay focused and listen to the drummer for instructions.



- You will paddle the boats to the starting line; use this time to warm up, loosen up, and focus. Visualize your perfect form; feel your power. You are prepared, you are strong, you want it!
- Keep your eyes inside the boat to avoid distraction. You should not be looking at or listening to other boats. Yours is the only boat in the race.
- The drummer and steersman will give you exact instructions to move the boat into position on the starting line. The race officials will also be giving instructions – **DO NOT FOLLOW THEIR DIRECTIONS**. The drummer & steersman hear the Starter and will instruct you on what to do.

The Start

- The Starter will start the race when all boats are *relatively* lined up (in the Starter’s opinion, under the best possible conditions for a fair start).
- The start commands from the race officials will be:
 - “WE HAVE ALIGNMENT”
 - “ATTENTION PLEASE”
 - A cannon shot, an air horn blast or similar signal (from 1-5 seconds after “attention please”)
- **PLEASE NOTE** you need to pay close attention to the **drummer!** He/she will make the following calls at the start:
 - “STAND BY”
 - “READY – IN” – when the drummer sees that most boats are lined up; this may be before the Starter makes this call. Note that it may feel like a long time; stay alert and keep your paddles in until the drummer says otherwise.
 - “GO” – at the sound of the horn blast.
- Keep your head up and your eyes on the Stokers.
- Do not stop paddling. It is not uncommon for the boat to pass next to a buoy at the start of the race – if it gets in your way, paddle through it or push off it!

During the Race

- Keep your eyes on the stokers, midboat stokers or the person in front of you. Do not look around at the other boats; timing is more important than anything!
- Stay focused and listen for the calls.
- Never, ever stop paddling! Tell yourself you’re getting stronger, and focus on your form.
- Sometimes boats will veer very close to each other during the race. Don’t stop paddling! Push off the other boat if necessary.

After the Race – on the water

- No matter what the outcome, stay positive. There is no blaming - pass the fives.
- Stay focused and quiet. Listen to the drummer and steersman – you may have to make quick maneuvers to avoid hitting other boats and/or to move back to the docking area.

After the Race – on land

- Unless otherwise instructed, head immediately back to the tent for a team meeting to discuss the race.