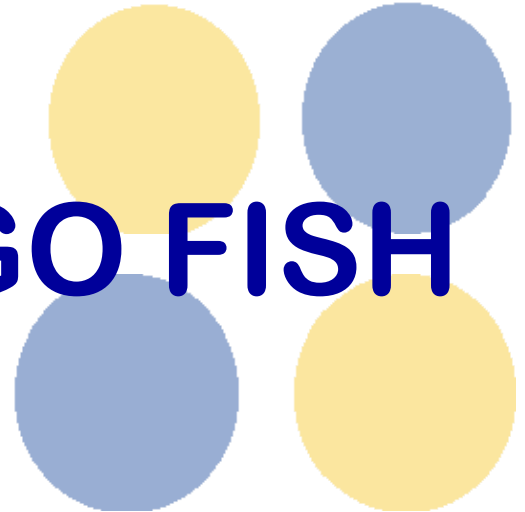




GO FISH



June 12, 2008

Volume 1, Issue 2

Up Coming Events!

June 21-22	Toronto Race
July 25-27	National Championship in Long Beach
Oct 4-5	San Francisco Race

Captain's Message

- Steve K

The official race results are available on the festival website:

http://www.azdba.com/Festival/festival_index.htm

We competed in the Mixed, Open and Women's division. For the gender races we combined with our new friends the L.A. Thunder Dragons and the local team Gila Dragons. The Mixed team advanced to the Comp A Semi-final where we placed third (only first place advanced). The Open (men's) team just missed advancing to the finals by .6 seconds. The women's team, however, advanced to the finals where they finished fourth against San Diego, Wasabi and B.A.D. Keep in mind this was a combined 3-team boat that had no practice time together.

Way to go KG women! In the Collegiate division, USC finished third and has improved significantly over last year. Great job everyone!

As our first race of the season, Arizona was a valuable experience. The new team members got their first taste of racing, we had fun and made new friends and most importantly we saw how we measure up to our competition. Although the team did well, we still have work to do. Our competition has been training hard and it showed at Tempe. LARD and San Diego beat the Canadian team overall and (gasp!) Space Dragons beat us head-to-head and advanced to the finals!

We welcome the challenge that LARD and the

Space Dragons present us. It will help push us to greater achievement. Already the team members who raced at Tempe want to get better and train more. I'm sure those who didn't get to go to Tempe want to get in the game. Now is the time to get fired up and re-dedicate yourself to practice. The past two months were a warm-up. Now begins the important training. We have the technique and we'll develop the physical conditioning over the next four months. And we'll race to gain experience and the confidence to achieve our goal: Comp A finals in San Francisco!

What can you do to help?

See Capt Msg on page 3

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Setting Goals to Achieve Greatness (Or at least fitness) -Rebecca V

Largely adapted from Chapter 3 of *Fitness for Dummies*, by Suzanne Schlosberg and Liz Neporent

Setting and working toward goals is a great way of keeping your priorities in focus and motivating yourself to achieve great things.

This is true in all aspects of life, including fitness.

Perhaps you've already been motivated by the goals that the KG Fitness Staff has presented to you. These include individual long-term goals of reaching running, pullup, pushup, and situp standards, and weekly team goals of

reaching totals in cardio and strength exercises.

But in addition to goals the team leadership has set, it is useful to set your own, personal fitness goals, to help yourself achieve what is important to you. Since

See Fitness on page 4

Coach's Message

- Gary C

Volume 1, Issue 2

Thank you to everyone that made the LONG trek to Tempe, AZ. I hope

you all had a good time, especially the newbies who experienced their first dragon boat competition. In fact, I think some of the newbies had more paddling time than the KG vets, as they were helping out other local teams from LA.

According to Tempe's final posted results on Sunday morning, we were ranked 6th overall in the highest division (A) out of 55 teams

respectively. Although, we didn't receive any hardware, I felt we did an outstanding job considering we had a crew consisting mostly of newbie paddlers.

Competing in a competitive sport, an athlete must be both physically fit and always strive to perfection in their skills and technique in their respective sport. Of course, physical fitness as you are painfully aware of is a very important aspect of competing. The fitness staff will have weekly programs for us to do, so that we can maintain our conditioning and progressively become stronger.

Additionally, they will set achievable fitness goals for you to meet before each tournament. Please stay tuned as it will be posted on

the KG Website. Do your part and participate!

To continue our success, I encourage you to come out to as many practices as possible, so we can continue our quest to fine tune our stroke and nail down our form to perfection. During competition, we are always making adjustments after each and every race until the final race of the day. Keeping to this race strategy, we'll continue to make improvements each and every practice before race day. Come

and join us at Mother's Beach to get stronger and stronger after each and every tournament until we ultimately take Gold in SF! Are you with me?

Ellen Yu made a profound comment after our Tempe tournament, "No one is going to give you the race. You must earn and fight for it." As you can see, dragon boat is a competitive sport. To be a good team

and stay on top of your game, it takes enthusiasm, commitment, physical conditioning, team spirit, skill and competitive greatness.

Do you have what it takes to be a great team? If you do, let's take our KG competitive greatness to the next level!



AZ Recap

- Caroline T

It was a perfect weekend for a race in Tempe Arizona. The sun was shining and the weather warm with a cool breeze, which was a nice variation from the chilly winter we've been having.

Our first started off bright and early. By 9:56AM the Guppies were already in the festival boats and on their way to the starting line. At the end of 2 minutes and 11 second, Harry Tam, Chris Ryan, Kelly Murtha, Lex Beltran, Joey, Nagin Cox, and Joe Yang were christened into the racing world.

The competition was fierce with [insert number] of teams competing. Including one international team. The Guppies put up a tough battle against the opposition. Infact, there was so much bite in the Guppy spirits that both the Men's and Ladies teams decided to join forces with other competing teams to form the Killer Guppies and friends. Thos who joined us were Arizona's Gila dragons and LA Thunder Dragons.

But enough jabbering from me. Let's get to the juicy stuff, the scores:

Tempe AZ Race March 29-30, 2008

Saturday's Results

Heat 7 (KG Mixed)	
2:11.5	1st Place
Heat 11 (KG Men)	
2:15.0	3rd Place
Heat 13 (KG Ladies)	
2:29.9	2nd Place
Heat 26 (KG Mixed)	
2:19.9	2nd Place
Heat 31 (KG Mien)	
2:30.6	3rdPlace
Heat 33 (KG Ladies)	
2:45.4	3rd Place

Sunday's Results

Heat 2: Semi Finals (KG Mixed)	
2:17.2	3rd Place
Heat 13: Semi Finals (KG Men)	
2:09.3	2nd Place
Heat 14 (KG Ladies) Semi Final	
2:28.5	2nd Place (4th Place overall)

CAPT MESSAGE

Attend as many practices as possible. This is the most important thing you can do for the team. . No matter what your ability level is, coming to practice helps the team get better.

Participate in the team challenges and fitness tests organized by the fitness staff. This additional training benefits you individually as it makes the physical aspects of dragon boating easier over time.

Every time a team member skips a workout, our competition gets stronger.

Race, race, race! LB Spring May 11, Toronto June 21-22, Long Beach July 25-27, San Francisco October 4-5.

Recruit new members. Because not everyone can participate all the time, bigger is better. Having two or three boats is ideal for accommodating the various ability levels at practice. Larger teams have more say with Dr. Chen and SCDBC.

Support USC and other potential partner teams. We want to have closer ties to USC this year including joint practices and social events. Both teams can benefit from cooperation in the short and long term. My goal is for the Trojans and Guppies to consider each other as teammates.

I hope this message gets you as excited about participating in KG as I am! The Killer Guppies are at the edge of something great this year. If we all do our best we will succeed. Anything less will give our competition the opportunity to pass us.

Now I'd like to thank everyone who attended the Tempe races and those who helped us prepare:

Gary continues to do a tremendous job teaching, inspiring and leading our team. The stokers, callers, steersmen and everyone who paddled. The officers, coaching staff and fitness team members. Kevin and Cris worked hard leading the USC team and paddling with KG. It was Kevin who realized our heat had been rescheduled earlier Sunday morning. Thunder Dragons and Gila Dragons. Thanks to everyone who sacrificed their time to attend practices and to travel to Arizona especially those who were able to join at the last minute.

We had our first Wednesday evening practice this week. We have practice Saturday and the parade on Sunday.

I hope to see you there.

Fish Bites:

This year started with a bang. There must be something in the waters because our newbies are kicking butt. Here's what a few newbies had to say...

Harry Tam

How did you hear about dragon boating: heard about dragon boating from father who had paddled 30 year prior. also heard about it during college when canoe paddling.

How did you hear about us: did research (web) on different groups of dragon boating clubs in the LA/Long Beach area.

Why us: felt that this team was more playful, enduring, and experienced than the other local teams. some of the other teams seem to have particular requirements to join.

Seriously, why us: killer guppies have a funny name.

Okay, let's be serious, how has it changed your life: i have new friends in a team sport.

Have you raced with is yet? if so how was it: yes. it was fun, but hopefully we can develop to the top competitive team of the LA area.

Is it what you'd expect it to be: no

Are you pumped up about future races: yes

How about recruit some friends: in the process

Want to help recruit some friends: sure, just as long as i don't get arrested for soliciting spam.

[More Fish Bites on Page 5](#)

Spring Race recap

- **Caroline T**

The day started out gloomy, but by the afternoon, the sun was up and the Guppies were pumped as the last boat geared up in the Mixed 200M final race. This year, Coach Gary made a bold decision to let the newbie paddle in the final race of the day, the Final 200M race. With the veteran boat leading the team to qualify the Guppies in the final race, it was up to the newbies to take us the rest of the way. And what an exciting race. What started off as a rocky morning ended with a sure fire bang as the newbies finished the race in second place and second overall. The veterans didn't do too bad themselves as they took home their own set of hardware. Here's the results from the Spring Race:

Race Mixed 500M		
Place	Team Name	Time
1	Space Dragon I	2:25:56
2	DPW I	2:26:47
3	Aero Dragons	2:30:06
4	Killer Guppies	2:30:40

Race Mixed 200M		
Place	Team Name	Time
1	LARD Black	0:54:12
2	Killer Guppies	0:56:15
3	DPW I	0:56:18
4	Space Dragon I	0:56:25

you've recently had your fitness tested, you are in a good place to evaluate where you'd like to improve, and to set goals to achieve these improvements. Use the goal sheet below to help.

Why get fit?

Begin by asking yourself why you want to get (more) fit. One reason may be to become a better, more competitive paddler. But you may also want to improve your health, or to slim down and tone up for swimsuit season. ;) Clarifying your reasons for improving your fitness will help you set appropriate goals.

Long-term goals

Next, choose a long-term goal – something you'd like to achieve in the next 3-6 months. Be realistic about what is possible – you probably won't be able to climb Mt. Everest in six months – but shoot for something that excites you. If difficult challenges motivate you, set difficult goals for yourself. If not, be more conservative; reaching your goal earlier than expected allows you to set and work toward another.

Example long-term goals:

- Run 1 mile in under 8 minutes
- Do 20 pull-ups by the San Francisco races
- Lose 10 lbs by Thanksgiving

Short-term goals

Six months is a long time to stay motivated. To help you stay on track to achieve your big goals, set mini goals for yourself. These short-term goals should span the next couple of weeks to a month.

Example short-term goals:

- Attend 7 practices in the next month
 - Run 4 x 400m intervals once a week for the next 4 weeks
 - Improve my situp testing number by 10%
- Increase my weekly running mileage to 12 miles (from 9)

Weekly and daily goals

The shortest of the 'short-term' goals, weekly and daily goals help you work out the nuts and bolts of how you are going to achieve your big goals. Writing down what you hope to accomplish each week and setting goals daily, before each workout, helps you follow through with the work. You can use the KG weekly challenge to help – for example, think about how many points you'd like to contribute each week, and what activities you'll do each day to reach that point total. You may also want to add in additional personal goals.

Example weekly and daily goals:

- Contribute 8 points to this week's team goal
- Do 20 minutes of cardio exercise, 3 days this week
- Attend Wednesday & Saturday practices
- Drink 6 glasses of water today
- Today's workout: run 2 miles, do 2 x 30 situps, then

stretch for 10 minutes

Post today's workout to the email group

Back-up goals

It's important to have a back-up goal, in case something happens to prevent you from reaching your main goal as soon as you'd like. Having a back-up goal doubles your chances of achieving a long-term goal, and it keeps you from feeling like a failure if your main goal doesn't work out. For example, you may be trying to improve your 1 mile running time, but you end up spraining your ankle. If you also have a goal of doing 5 pull-ups, you can still work on that.

Rewarding yourself

You work hard to achieve your goals, so treat yourself when you reach them. Let yourself watch that TV show if you do today's workout. Treat yourself to a massage for lifting weights twice a week for the past month. Or buy that new mp3 player for dropping your mile time by 30 seconds. Bribery works! The rewards will help reinforce your short-term achievements, and they'll motivate you to keep working toward those long-term goals.

Now that you've set some goals for yourself, you hopefully feel excited and motivated to improve your fitness. It will take regular, hard work to get there, but you are absolutely capable of doing it. And you're not alone. You have your teammates and the KG Fitness Staff to help you. So why not share one of your goals with the team, and let us help you achieve greatness!

Check out the full version of Rebecca's Fitness Goal Chart on www.killerguppies.org!

My Fitness Goals	
Why do I want to get fit?	
Long-term goals (3-6 months)	Long-term rewards
Back-up long-term goals	
Short-term goals (up to 1 month)	Short-term rewards
Weekly goals	Weekly rewards
Daily goals	Daily rewards

Cont. from page 3

FISH BITES

Lex Beltran

How did you hear about dragon boating: Where I came from (Philippines), dragon boating has been around since 1989. I had a fellow worker in Pizza Hut who invited me to try paddling, this was in 1993. So I joined their team (PDRT-Drago Pilipinas), from 1993 to early 1995. Then come mid 1995 to 1996 I tried out for the National Training pool, where I stayed for 1 year. Then after the SEA games, I decided to quit due to financial reasons (Had to find myself a career).

How did you hear about us: I was browsing the internet and looking for a sport which I was previously was involved with in the Philippines (dragon boat, Practical shooting and badminton). I was searching for a venue/place/group near the place where we live right now (Anaheim OC). Then I stumbled upon the ladragonboat.com website. I clicked some links, and pictures. I came across a picture of Bong Comilang, who was my former teammate in the nationals in one of the pictures of KG. So that's how it all started for me and the KG.

Why us: I thought Bong was still with the team though. So I thought to myself, well any team will do, as long as I get to meet him and have a little exercise also.

Seriously, why us: After meeting some of the KGs members and coaching staff/fitness team, I decided to stick with this team, coz I can feel that these people are really serious about the sport. They have the dedication and passion for it and the attitude that makes a winner. (I wish I can say that as well with the other members though), hehehe.

OKay, let's be serious, how has it changed your life: It thought me discipline and I bought out the competitiveness in me. To give it my All, even if it means I will collapse at the end of the race. To never surrender to pain, instead love the pain, and treat Pain as pleasure.

Have you raced with is yet? if so how was it: yes. Arizona and Mothers day race (May 11). It was ok, though the people in charge (May 11) with the starting line don't really know what they're doing. Lousy start I ever experienced in my paddling career. But the crew is something else. They are really awesome, newbie and veteran alike. A little fine tuning will help. Muscle endurance inside the boat is very crucial. You can be strong outside the boat, but inside the boat you easily give up to muscular pain. Love the pain and it will take

mental powers/mindsets as well. Attitude determines our aptitude.

How about recruit some friends: Yah. Have done that already. (Joey & Marlon)

Want to help recruit some friends: In every chance I get. I try to introduce the sport. Some people are interested, some are not.

The newbie boat took in 2nd place in the 200M finals at the Spring Race!

Coach Gary Chan made a bold decision to allow the Newbie boat to race in the finals after the veteran boat made it to the qualifying round!

Chris Ryan

My original intention was to join their Sunday morning recreational team thinking that it would be a great way to get some fresh air, be by/on the water (since I live in California for God's sake - I guess I should take advantage of that!), and get some exercise - all the while hopeful that it would be a distraction from my ongoing wayward desire to catch a puff. But, I soon found that I really enjoyed it, and the people on the team, and, before I realized what was happening, my (slightly) competitive spirit kicked in and I was off to the races with them for a weekend tournament in Arizona. I had a blast! I did some races with them (we're called the "Killer Guppies" - the name never fails to bring a smile to my face) and I also joined other teams that were short-handed. Most of the races were 500 meters and, ideally, only lasted about 2 minutes long, but, within that short time span, it seems as if a lifetime transpires; the start, and then an ever increasing crescendo to the desired speed to be maintained for most of the way (typically, it was at this point that my mind would start to wonder and thoughts like these would come to me; such as, "WHAT in the HELL was I thinking?", "Please, just let me hang on for a little bit longer!", and "Damn/ouch, I wish I would have thought to bring one of those cushiony things to sit on!" and then the final surge towards the end. Oy! My last race of the weekend was a 250 meter no holds barred/all out/insane mad dash to the finish line and, afterwards (much), once we caught our breaths; we were all ready to go again. Thank god we didn't though - I may not have survived to tell the tale!

How did I come to hear about Dragon boating and the Guppies? Well, I believe it is just my very good fortune and perhaps a bit of fate - I am on a two-person pool team and we are called the "Twin Dragons". :^) It was actually through Craig's list and, up until the point at which I came across Ellen's ad; the extent of my interaction on the website had been a lengthy and ongoing search for my dream piano. But, on one fateful day in January, for some reason, the recreational area caught my eye, and I started looking through the postings and found Ellen's ad.

Why am I planning on staying with the Guppies? Since my very first introduction to the team, everyone has been extremely welcoming, incredibly supportive and wonderfully encouraging. Many thanks.

I look forward future races and my first (gulp!) pull-up.