

Killer Guppies Long Beach Info

July 26 – 27, 2008

Marine Stadium, Long Beach, CA

www.lbdragonboat.com

Steve's cell: 626-373-6079

Weekend Schedule

Saturday:

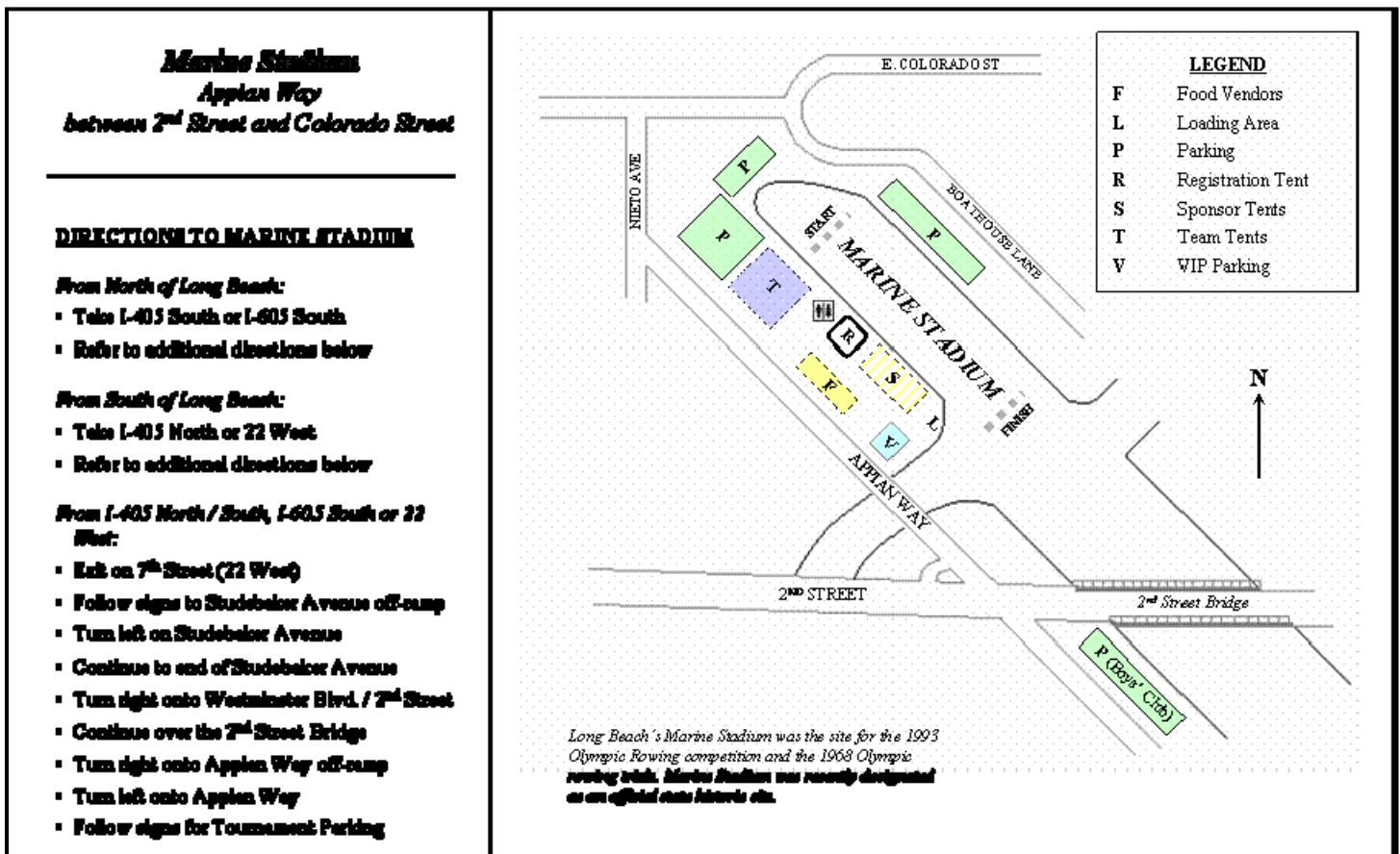
7:30 am Meet at KG Tent
9 am – 5pm Races
7:30 pm Dinner with Dragon Warriors @ TBD Cerritos, CA

Sunday:

7:30 am Meet at KG tent to help set up.
3:30 pm Closing ceremonies
5:00 pm Clean up tent area

PARKING: PLEASE DO NOT PARK ON THE STREET!!! Park in Marine Stadium lots and please carpool.

Long Beach Marine Stadium Site Map



What to bring

- Team Uniform – Killer Guppies jersey and black shorts
- Racing equipment (if you have these items):
 - Paddle
 - PFD (life vest)
 - Paddling gloves
 - AquaSox or other paddling shoes
 - Paddle wax
 - butt pads
- Sunblock
- Snacks & drinks –Bring your own power bars or anything other special food or drink that you prefer.
- Small folding chairs &/or beach towels. In the past we've had chairs, but not enough for everybody.
- Bengay, Tiger Balm, or another pain reliever. You'll be sore on Sunday and Monday!

Team Conduct and Race Preparation Guidelines

Team Conduct

- **BE ON TIME** – We will not wait for you! We are a very 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 so you can go to the marshalling area.
- **KEEP YOUR LEADERS IN THE LOOP** - At the tournament (7am-5pm Sat and Sun) always let Gary or Steve know your whereabouts. Steve's cell: 626-373-6079
- **NO BLAMING** - We win as a team. We lose as a team. Please keep comments positive and directed at the entire team. Making negative comments on a teammate's performance and/or holding an individual responsible for a bad race outcome will not be tolerated. If you feel a teammate could make an adjustment, please speak to Gary and Steve only and have them handle it.
- **BE A GOOD AMBASSADOR** – You represent the Killer Guppies. Let's show everyone we are a fun, class act!

Race Preparation

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, know that what we do Saturday night has an effect on Sunday morning. And please, don't do anything that would cause you to violate team conduct guidelines!

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 an officer.
- 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 what to do.

During the Race

- Keep your eyes on the stroke or on 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! Hit the paddles of the other team!

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 to move back to the docking area.

After the Race – on land

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

**Please realize that it is very likely that the information above will change. Specifically the meeting times and parking instructions will probably be updated. So be sure to get the updated information when it becomes available. I will notify you by email and at practice of changes as they become known.*

Steve