

# PDBRC Dragon News –Fall/Winter 2020



## Mission

*Bring people and teams together in the mindset of community, comradery and competition through*

## Vision

*To create a culture of team spirit, personal development and mental,*

The PDBRC Annual AGM was held on September 30, 2020. Special thanks and appreciation to the past Executive.

### Past Executive 2019/2020

Cheryl Roose – President  
Nona German – Vice President  
Karen Ewanchuk – Treasurer  
Holly Resler – Secretary  
Suzanne Moquin – Book Keeper

Joanie Andrea - Fundraising

### New Executive 2020/2021

Laurie Massie - President  
Theresa Hills – Vice President  
Cheryl Roose – Past President  
Suzanne Moquin – Treasurer  
Deb Burke – Secretary

## Healthy Eating for Ultimate Performance!

### **Hot Chocolate Smoothie**

1 c. Unsweetened Almond Milk  
½ cup frozen cauliflower  
½ banana  
¼ c. Choc. Protein Powder  
2 tbsps. Cocoa Powder  
1 tbsp. Chia Seeds  
½ tsp. Sea Salt

In a small saucepot simmer over med. Low heat, add almond milk and bring to a boil and then add to blender. Add remaining ingredients. Blend carefully allowing for heat to escape. Serve warm and enjoy!

## PDBRC Club Highlights

Volunteers Needed: Recruiting positions for the 2021 water season:

Marketing: Harriet Nelson ☺  
Administrative Assistant – vacant  
Program Coordinator –vacant  
Grants/Fundraiser – vacant  
Registrar/Bookkeeper – vacant

Did you know the club owns?

- ☺ **Two 616s boats**
- ☺ **Six festival boats**
- ☺ **Enough paddles and PFD's to host a festival**

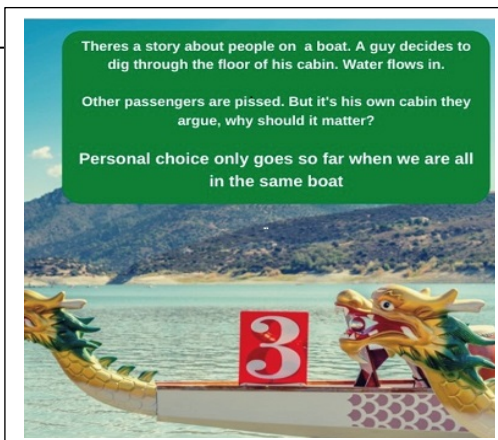
Check out the PDBRC website:  
[www.pdbrc.com](http://www.pdbrc.com)

## HOW TO GET STRONGER IN THE STROKE TO BE FASTER ON THE WATER:

- ✓ Energize different systems in the body
- ✓ Implement training tips from the experts
- ✓ Learn to calm the energy systems to increase focus
- ✓ Increase body awareness
- ✓ Gain strength
- ✓ Avoid injury and over training
- ✓ Move in full range of motion
- ✓ Create balance and vitality!
- ✓ Increase physical and mental focus
- ✓

For further information contact:

<https://cherylrooseconsulting.ca/paddlerprogram>



## *Coaches Corner*

Levels of teams: Let your level of fitness guide your decision of which level of team best suits you come next summer. For example:

- **Level 1** requires no skill or fitness level and the mandate is to have fun!
- **Level 2** requires no skill but is best suited to people looking to use practices to gain fitness. This means the sessions are more intense and an increased paddling time each practice. The mandate is to attend a few festivals locally.
- **Level 3** requires you have fitness prior to the paddle season and have a desire to compete. This means base level fitness is already achieved over the winter as the practices are longer in duration and more demanding physically from the onset of water training. This level starts competing in May and attend spring and summer camps for competition preparation. The mandate is to medal in festivals.

Choose the level of team based on where you are physically to best enjoy your season. Teams excel when they train together consistently with the same group of people regardless of whether they are on the water once, twice or three times a week. Creating a great team is learning how to paddle and fit in with "your people". You are an asset to a team that you blend with in mandate, fitness and mindset!

## *Covid Fatigue! How to stay fit during Covid!*

Off seasons are for cross training in functional ways that are NOT related to paddling. But this off season it is most crucial paddlers take time to heal injuries, recover from strain and stress and manage their emotional requirements. Try to choose activities that are new to you and fun. Try meditation, making new healthy recipes and train safely avoiding risk. Trying to go back to "normal activities" can be a stressor when we don't have access to the things we once used loved doing so try something new!

**Happy Holidays from our bubble to yours!**