



PADDLE POOL USA

AT MAIN LINE HEALTH & FITNESS

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Friend us on Facebook, and
 you could win a free
 buttpad and book!

FROM THE DRUMMER'S SEAT

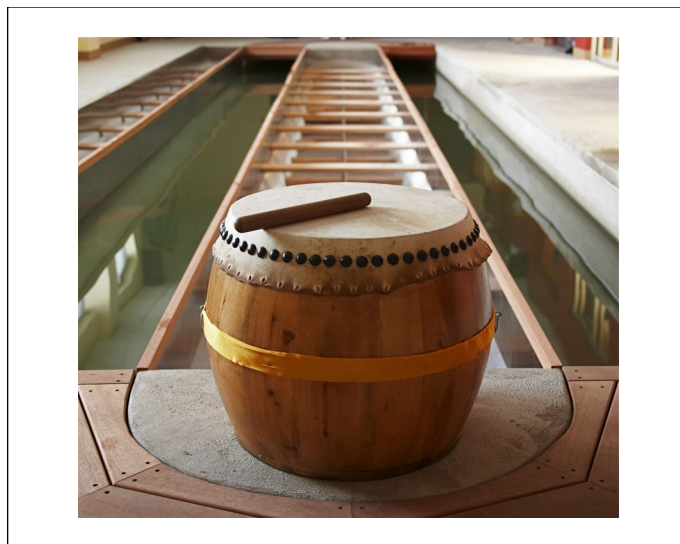
BY MARY HACKETT, PADDLE POOL USA

Welcome, paddlers! It's the first official newsletter of the Paddle Pool at Main Line Health and Fitness! Thanks for being part of our community.

While the on-water season has just called to "let it run," winter training is "sitting ready." Since there really is no off season, we've got a boatful of training options for every level of paddler. Check out page 3 for a list of our classes and membership rates.

Be sure to read our regular feature columns, including Paddler Profile, Coach's Corner, and Trainer's Report. And in this issue, look for coupons, contests, and other fun stuff!

Finally, all our readers are welcome to use our classified ad space on the last page of the newsletter. Looking to sell a paddle?



Caption describing picture or graphic.

Ready to buy an OC1? Place your ad here for \$25 for up to 50 words. Our newsletter goes out to paddlers in three states!

We hope you find this newsletter as useful to read as we found it fun to write. Your feedback is

welcome—please drop us a line at mary@mlhf.com. In the meantime, happy training and Paddles Up!

Mary Hackett is the Director of the Paddle Pool at MLHF.

CAFÉ 931 @ MLHF

\$1 OFF

ANY RECOVERY SHAKE

One per customer please.



COUPON EXPIRES 11-31-11

MY THREE FEET OF WATER

OCTOBER PADDLER PROFILE: CAROL DAILEY

This past August, Team USA won the 2011 International Dragon Boat World Championships in Tampa, Florida. We brought home the Nation's Cup, which is awarded to the team with the highest overall point total. It was an incredible roller coaster season of moments both high and low, and one I will never forget.

The season began on a high note: The opening of Paddle Pool USA, which allowed us to begin training indoors when other athletes could only dream

of being on the water.

That auspicious start didn't last long. In early spring, I went to an outrigger camp in California in the hope of a little warm weather paddling. However, it turned out to be cold and damp; then, I headed to the Team USA training camp but that was beset by lightning and tornadoes!

Early summer began on a high moment when, after two good time trials, I was selected for Team USA. But then, midsummer, I was hospitalized after a tick bite that left me worried about both my health

and my place on the team. Added to that, for the month prior to Worlds, Philadelphia was gripped by a record heat wave that sent the heat index well above 100 most days, making our workouts even more challenging than usual.

Through it all—the hard practices, the

bad weather, the illnesses and injuries, the good time trials and the bad—the paddlers that made up Team USA formed bonds of friendship and trust that laid the groundwork for our World Championship victory. We worked out together, raced together, talked, laughed, yelled, and shed tears together. By the time we arrived in Tampa for the Opening Ceremonies, we knew we had been through just about everything and had arrived fit and ready to race.

After five days of racing over four distances, Team USA won its second World Championship, this one on US soil. I will never forget standing at the podium as the American flag was slowly raised overhead and listening to our national anthem, arm in arm with my teammates.

Carol Dailey is a two-time member of Team USA.



Carol Dailey (top, center) and Team USA celebrating their victory at the Dragon Boat World Championships in Tampa, FL.

COACH'S CORNER

BY ROBIN PARKER, DBC & HOPE AFLOAT COACH

Fighter. Determined. Never gives up. These are words you hear about breast cancer survivors, and while those names do apply, there is so much more to them. These men and women are symbols for other survivors, role models for their friends and family, and living examples of the benefits of exercise.

As the coach of a BCS team, when I look down the boat, I don't see cancer survivors. I

see a team of athletic women who want to train hard and compete just as much as any other athletes in a dragon boat. Like other teams, Hope Afloat is on the water from April to October. And during the winter, they are in the gym, training hard as a team. These women are ready to meet any demand put on them.

In the past, some may have had the idea that a BCS team

was "limited" or not as strong. But BCS teams have changed a lot in the past ten years. They are competing well not only in the BCS divisions but in the Women's divisions as well. In fact, in recognition of the growth of BCS crews, the IDBF will have a BCS division at the 2012 Club Crew World Championships!

Robin Parker is the coach of DBC and Hope Afloat.

ATTENTION!

Leg Drive!

WHO WANTS IT?!

3 and 30!

Let it Run!

Power 10!

EMPTY THE TANK!

Paddles Up!

REALIZE YOUR POTENTIAL

BY ROGER SCHWAB, MAIN LINE HEALTH & FITNESS

The racing season is winding down, and winter training is underway here at MLHF. How, then, to make the best use of your time off the water in order to have a successful competitive season in 2012? Quite simply, by strength training.

A stronger paddler will always be a better paddler. If you are a dragon boat competitor at any level, you owe it to yourself and your teammates to be the best that you can be. And strength training is the way to get you there.

With consistent strength training, you will prevent injury and come into the season stronger. On our MLHF website, we have a strength training circuit workout specifically for

dragon boating. It incorporates strength, cardio-respiratory efficiency, and flexibility all in the same workout.

Train intensely and safely. Lift and lower the resistance slowly and with control. Move quickly from machine to machine in the circuit to keep the heart rate up. Our trainers are here to answer any questions you might have.



Roger Schwab opened Main Line Health & Fitness in 1976.

THE TRAINING TABLE

BY KRISTA MCHARDY, MED, ATC, CSCS

As the season winds down, it's easy to overlook the equally important off-season. Too often one of two things happen: Athletes take too much time off and end up out of shape, or they schedule too many or too intense workouts and come into the season sick, injured, or fatigued.

The off-season is the time to rehabilitate any injuries and nagging pains from the racing season as well as prepare to come back stronger and faster next season. It gives your body a fitness base and allows time to adjust to an increasing workload to prepare for the

demands of the racing season.

The key to the off-season is planning! The time immediately after the season should be a rest period. The suggested time is two weeks unless injuries require longer. This time allows for a physical and mental



Fuel your inner dragon with proper off-season training!

break: Have fun, spend time with friends and family, or try a new activity. After the break, get to work on your technique and address any weaknesses or imbalances. Incorporate strength training and establish a base. Once your base is established, you can begin ramping up the duration of the workouts so you are ready to go when the season starts—strong and injury free!

Krista McHurdy is an Athletic Trainer at Temple University and a member of the Schuylkill Dragons.

PADDLE POOL CLASSES @ MLHF

Looking for a fun workout? Try our group fitness classes in the pool! Free to MLHF members; only \$20 for non-members (includes day pass).

- Mondays @ 6 pm
- Saturdays @ 10 am

HEY, MLHF MEMBERS!

Did you know that you can use the paddle pool for FREE for 15 minutes any time?

You can work on your off side! Or warm up before your regular workout! Just call or email Mary Hackett to reserve your time!

Mary Hackett

mary@mlhf.com

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MAIN LINE HEALTH & FITNESS

Revolutionizing Fitness

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UPCOMING EVENTS

Bow Wave Training Camp

- April 8-14
(Melbourne, FL)
- April 15-21
(Melbourne, FL)

GWN Training Camp

April 9-14 (Orlando, FL)

IDBF 8th CCWC

July 4-8 (Hong Kong)

COMING SOON!

Monthly Dragon Boat
Training Open Houses @
MLHF

CLASSIFIED ADS HERE!

Got an OC1 you'd like to sell? Looking for a gently-used paddle?

Place your classified ad here for \$25 (up to 50 words).

Our newsletter goes out to nearly 1000 dragon boaters in three states!

Your ad will run for two months.

Send your text and photos to

Aimee Rodriguez at

paddleaimee@yahoo.com

LIKE US AND WIN!

Did you know that Paddle Pool USA is on Facebook? We send out daily updates, tips, and other items of interest.

Liked us on Facebook now and be entered to win a FREE buttpad and a copy of the book

“Paddles Up!” by Arlene Chan and Susan Humphries. All you need to do is like us and post “Who Wants It?!” on our page to be entered! Winners will be announced in our next newsletter!

