

Grand Masters Dragon Boat Club
General Meeting Minutes – October 10, 2023

Opening: Cheryl Moran

1. Meeting was called to order at 6:30 pm
2. The Pledge of Allegiance was led by President Cheryl Moran
3. 68 members were present
 - a. 10 first time attendees were present; all have been recruited to teams

Secretary Report:

1. Previous general meetings minutes from May were posted to the website
 - a. No updates were received
 - b. Motion to approve minutes by Per Olesen with 2nd by Bob passed unanimously.

Treasurer Report:

1. Budget and Treasury balance discussion
 - a. Current financial report was reviewed
 - Motion to approve report by John Townley with 2nd by John Glass passed unanimously.
2. Membership stands at 403

President Report:

1. Wow! We have breached the 400 club member mark and dragon boating is continuing to grow in The Villages
 - a. We anticipate that the club could be approaching 500 members by the end of next year
2. The club now has 10 teams and several new composite teams are being formed. Composite teams are made up of members from any of the existing 10 teams who qualify. These composite teams do not replace a club members current team.
 - a. GMDBC Composite Race team
 - This team has qualified for international competition in 2024. More information is noted below under General Topics, #4
 - b. A Breast Cancer Survivor and a Para-athlete composite team are being created as well. More information will be available soon regarding these new composite teams.

Vice President Report:

1. Annual Safety meeting
 - a. Today's General Meeting serves as the club's annual safety review
 - Club safety procedures were reviewed by Mary, club VP and Safety Officer.
 - Please review the documents on the GMDBC website if you were not able to attend the meeting at the link below:
<https://gmdbc.teamsnapsites.com/safety>
2. Lake Sumter AED replacement

- a. A new AED is in place at Lake Sumter
- b. A demo of the AED was provided by Mary
- 3. Heat index awareness
 - a. Mary reviewed best practices regarding excessive heat during practices

General Topics:

1. President Cheryl Moran asked for recognition of our team captains and for all the activities they are involved in to support the club. This includes coaching/training, scheduling, boat and equipment maintenance, long range planning, race coordination, activity coordination, etc.
 - a. Mary Lou Bremer, our boat czar, along with John Townley and Beth Bowen lead the boat maintenance boat task force; Per Olesen leads the long-range planning committee; Lee Cerovac is our new race coordinator
 - b. All captains are involved in additional activities to support dragon boating for all club members and their efforts are greatly appreciated
2. Emergency Incident Preparedness – Cheryl Moran
 - a. Should an emergency incident occur while out on the water 911 should be called as soon as possible; preferably before getting to the dock.
 - b. Steerers, along with at least one other person, should carry a cell phone with them on the boat
 - c. Three blasts of the horn will advise those onshore that assistance is needed
3. Boat Task Force - John Townley
 - a. A new task force led by Mary Lou Bremer has been formed to manage ongoing boat maintenance. The task force will work with representatives from each team to ensure that maintenance occurs as needed
 - i. A schedule for regular boat cleaning and maintenance submitted to the board was approved. Teams will be assigned to regular cleaning and maintenance activities per the schedule. Documented instructions will be available.
 - ii. Input from Mike Kirkland of Pan AM regarding boat maintenance is being pursued
 - iii. Chuck Coogan, who has been responsible for coordinating boat repairs, will be stepping out of that role at the end of the year. A volunteer for that role will need to be identified.
 - b. Hurricane protocol was documented by the task force and will be published
 - i. Lake Sumter is closed and opened by the Villages during adverse weather
 - ii. The club president will notify the team as those decisions are made
 - c. Additional boat needs
 - i. We have a 20-man boat in storage which is in need of repairs
 - ii. Occasions have arisen where an additional boat is needed. The expectation is that the need for boats will become more frequent as the club grows and as maintenance activities require boats to be rotated out of service.
 - d. A motion was made and approved by the board to purchase one 20-man buck boat and one 10-man club boat with costs not to exceed \$30,000.
 - i. This will be put up for a general electronic vote for club approval

- ii. Please watch for an email ballot from TeamSnap/Linda Braun and enter your vote during the 2-week voting window
 - iii. A question was raised as to sponsorships to help offset costs
 1. As a Villages club we are limited as to what can be approved by The Villages; Sumter Landing is considered a Rec Center and all of the associated rules apply
4. Grand Masters International Racing Team – Brad Smith
 - a. GMDBC has secured a mixed 20-person boat entry in Ravenna, Italy for 2024
 - b. Go/nogo is due by 10/15 and hotel reservations need to be made very soon
 - c. The race team needs a total of 25-26 people to commit for at least 1 week of travel for this adventure
 - d. Paddlers will need to pay their own way, estimated cost per person is \$3,500-\$5,000
 - e. Contact Brad or Carol Smith for information and to try out for the team asap

Special Presentations

Mary Wilson, who was selected to compete as a steerer for the first Team USA Paradrakon entry at the IDBF Worlds in Thailand in August of 2023, shared her experiences

Paradragons are defined by the IDBF as athletes that have some form of physical, psychological, neurological, sensory, developmental, or intellectual impairment. Mary is deaf.

The Paradrakon team was an open team, meaning that all ages and genders could compete together. Mary's team was made up of athletes who overcame different challenges such as blindness, deafness and those missing limbs.

Mary shared her experiences of being vetted for the team in events in Arizona and South Carolina with coaches pushing her to take on more and more difficult paddling situations. She obviously succeeded and traveled to Thailand (by herself for much of the trip!) to compete.

While Team USA did not fare as well as they had hoped in the final race, Mary and her teammates made lasting friendships, accomplished great strides in their athleticism and boosted their confidence both in paddling and in life. A gold medal winner on another team was so taken with Mary for competing at her age that he gifted her his medal. He thought she'd earned it because she "was so old!".

Congratulations on your accomplishments Mary!

Michele "Mickey" Lovell presented nutrition information for dragon boaters

Mickey, who was born and raised in Pittsburg, holds Physical Education and Master of Science in Exercise Physiology degrees from the University of Pittsburgh. She is a life-long athlete, competing in softball until she was 48 years old. Mickey has coaching experience with high school sprinters and girls' basketball and has spoken on sports nutrition at multiple team camps. Her background in nutrition comes through the International Sports Medicine Association. The education, dedication and knowledge on this topic was very evident as she spoke on when and what to eat for training sessions and races.

We learned that complex carbs are our friend when combined with protein to fuel intense exercise. And, that the meal the evening before a race is important preparation along with plenty of water! What we eat and when we eat it will contribute to our overall health and our athletic successes.

The document Mickey created with meal suggestions and links to additional information will be posted to TeamSnap for everyone's review.

Thank you, Mickey, for sharing this valuable information with the club!

Close

The meeting was adjourned at 8:05 PM

Next General Meeting will be January 9 at 6:30 PM at Sea Breeze Rec Center