

## **Bow Wave Update "2019-1" (Sept 17, 2018)**

**by Jim Farintosh**

Well, here we go...another year!

The past summer has been an eventful one for many of our campers and I can't wait to hear all the "war stories" from Florence, Szeged and at local festivals around the US and Canada. Personally, this is a significant season for me as I step back from full time coaching over the past 21 years. I am very proud of my program performance this summer and am working with the Warriors and Hounds crews to ensure that the program stays strong under new leadership, moving forward. I will still have lots to do...some coaching clinics and I will still work on making sure the camp continues as long as you all want to come! Someday I might try to write a dragon boat book too...we'll see!

Here it is, mid-September and that means that camp registration will begin in two weeks starting on September 30th. You have the camp registration package attached with this update and this gives you a bit of time to get organized. Some important changes, some introduced in the last update:

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1) You will source out your camp accommodation this year, some suggestions are listed in the registration package...lots of others as well! Housekeeping, houses, hotels...lots of options. Most of the campers have been doing this already for the past three years.

2) In response to many people feeling almost "too busy" in the week, both the Coaching course and Nutrition courses are being retired to allow the day to be simpler and more focused on your dragon boat experience...the primary reason you come! A better balance of focused time and relax/recovery time will be achieved with a cleaner day and the new schedule will reflect this...stay tuned! The supplementary program option offering for this year is streamlined to OC lessons only, with classes in both the morning and afternoon. The Coaching course option is also being phased out because I feel it does not really allow enough time to do a complete job and more campers every year are looking at the complete Dragon Boat Canada Level two course offered each fall as a better choice. Information on this course will be offered in later updates. There will be still opportunities for coaching help/education at camp, stay tuned...I have some ideas!

3) All the on-water and off-water activities will be very close together at the Oars and Paddles Park and the Ascension Lutheran Church. This will greatly lessen "commuting time" and make sure there is more quality free time in a busy week! Really excited to see how this works to improve the community feel of camp.

My annual attention to making the weekly program structure as beneficial as possible has always been the cornerstone of the camp improvements each year. I am always trying to "tweak" the experience for a better week and I trust that the changes will agree with you all. I look forward to your comments once we have tried everything out at our new home.

The typical basic camp week will still include yoga class every morning, two 90-minute paddle sessions and extra help every day, steering opportunities, a support stretch session between paddles, information talks, two video sessions (maybe something new here...), an OC experience for everyone in the camp, some camp social opportunities, A Causeway paddle and free afternoon, a 2000m regatta and a super-fun wrap up luncheon and skit show! Busy, but just the way we want it!

**The camp weeks are:**

- > **week one – April 7th to 13<sup>th</sup>**
- > **week two – April 14th to 20<sup>th</sup>**
- > **week three – April 21st to 27<sup>th</sup>**

Camp will start with a team meeting at 5:00pm on the Sunday afternoon of each week and finish around 3:30pm on the Saturday of each week. Please plan to stay for the whole week, your team will appreciate it at the final regatta!

So, that's it for now...have a look at the registration package, I've done my best to keep the cost close to last year...the cost has only gone up \$10 in three years and I'm proud of this. It's time to get groups together to take advantage of the team discount and get organized. If you have any questions, please feel free to contact me and I'll get back to you promptly. For new members, you will receive a Bow Wave Update about every 3-4 weeks with added camp information, training suggestions, general camp gossip and lots more. The next update will have more information about Joy Boat too! Remember that we also have a closed Facebook group page, Space Coast Dragon Boat Camp. Just ask to join and I'll accept you...it's very useful for daily announcements and such during camp week.

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Feel free to pass on my email to other interested team mates to send me a message and I'll add them to the email contact list...everything is word of mouth, the best way, I feel. Thank you in advance for your support, it is the reason we enjoy this special time every year!

Enjoy the fall paddling season and I look forward to hearing from you. Finally, a camp tradition when we were at the Pines...old, but part of our history! A new chapter next year!

[https://www.youtube.com/watch?v=wKgwhCpBd\\_w](https://www.youtube.com/watch?v=wKgwhCpBd_w)

Addicted to camp!

Jim