

Section 2: Training Guide

Contents

Disclaimer	4
Advice	4
Medical and Health considerations as a member	5
Medical notes	5
Training Guide	6
Objectives	6
Training Program	6
Dry land Workouts.....	6
Pool Practices	7
Paddling Practices.....	7
Coaches & Trainers.....	7
Chemo Savvy On-the-water Leadership Team	8
Coach	9
Assistant coach	10
Steer	11
Practice leader.....	11
Drummer	12
Crew leader	12
Captain.....	13
Summary.....	13
The Dry Land Training Objectives.....	14
A Commitment to Exercise.....	14
General Health and Fitness Benefits	14
Improved Aerobic Fitness	15
Improved Strength.....	15
Cancer Specific Benefits	16
Training Goals and Expectations	17

Fitness Assessments	17
Medical Concerns	19
Injury.....	20
Lymphedema.....	21
Dehydration.....	21
Daily Physical Activity	22
Endurance.....	23
Flexibility.....	23
Strength	23
Chemo Savvy 7	24
Some other ideas for physical activity.....	24
Websites for exercises using minimal equipment at home	25
DynaBand and Core Strength Exercises	26
Upper Body Exercises	26
Seated Chest Press	26
Shoulder Pull back	27
Shoulder External Rotation	27
Shoulder Lateral Raise	28
Shoulder Upright Row	28
Shoulder Seated Row	29
Shoulder Overhead Press	29
Biceps Curl	30
Elbow Extension—Tricep Kick Back.....	30
Knee Extension	31
Upright Row.....	31
Plank—no band	32
Reverse Curl.....	32
Push up	33
Russian Twist	34
McGill Sit-up without Band	35
Bicycle.....	36
Knee Squat.....	37
Lunge	38

Hamstring Curl.....	39
Hip abduction	39
Strokes and Commands.....	40
Back paddle	40
Draw	41
Pry.....	41
Stabilize the Boat.....	41
Hold the Boat.....	41
Hold for Current	42
Let it Ride.....	42
Lock it in.....	42
Time it up.....	42
Paddles up	42
Paddles in	43
Take it away.....	43
Pivot Right.....	43
Pivot Left.....	43
Synchronization	44
Power.....	45
The Race Start.....	45
Chemo Savvy uses a 6-10 start	46
First six strokes : "1.,2.,3.,4.,5,..6"	46
Second ten strokes	47
Body of the Race.....	47
The Finish.....	47
Glossary of Chemo Savvy Terms.....	48

Disclaimer

No part of this manual may be used or reproduced in any manner whatsoever without written permission of the Board of Directors.

**The information expressed within this manual is not medical advice.
It represents the collective opinions and experiences of Chemo Savvy Inc. and its members.
It is solely for the informational and educational purposes of Chemo Savvy Inc. members.**

Chemo Savvy Inc., and its Board Members, training/paddling coaches, and volunteers are not responsible in any manner whatsoever for any injury or health conditions that may occur from following the advice in this Manual and Training Guide.

Any health, fitness or nutritional information presented is for informational purposes only and may not be appropriate for all individuals.

Advice

Members are encouraged to consult with their physicians and health care professionals before starting any exercise program or altering their diet.

For specific questions regarding any exercises in this manual, members can consult with Chemo Savvy Inc. trainers.

For specific advice or concerns regarding paddling or water safety, please speak to our coaches.

Medical and Health considerations as a member

- I acknowledge that I am responsible for my own health.
- I have notified my doctor that I am participating on a dragon boat team.
- I will notify my boat coach and personal physician if I experience an unusual medical problem.
- I will notify my training coordinator if I am unhappy with any aspect of the team or its organization and if I can no longer paddle for whatever reason.
- Should I need further treatment for my breast cancer, I will discuss the implications to my paddling with my oncologist and the Training Coordinator.

Medical notes

- I understand that a medical note from my physician may also be necessary if I am required to complete the ParMedX form in addition to the PARQ form.
- I further understand that it is my responsibility to ensure that my physician understands the level of physical activity required of a dragon boater before he or she gives consent.
- I will also report any changes to my health that may occur during the paddling season to the Training Coordinator.

Training Guide

Objectives

From the beginning, our goal has been to prove to others and ourselves that life after breast cancer can be physically active and enjoyable.

To do this, it is expected that team members will work hard to improve their overall fitness — thus becoming healthier in both mind and body — but it is also expected that team members will actively participate in keeping breast cancer front and centre in the public's awareness.

Training Program

The training program consists of a dry land phase and a paddling phase.

Weekly updated information about training is found in the weekly FOCUS

located on the website: www.chemosavvy.ca

**The FOCUS is prepared weekly during our active season,
and is placed on our website on Friday mornings.**

Dry land Workouts

Balmoral Hall School at 630 Westminster Ave. Winnipeg

- 7:00 pm to 9:00 pm every Wednesday evening
- Beginning the first week in February in the main gym unless otherwise indicated.
- Workouts will begin promptly at 7:00 and will conclude at 9:00 pm.
- **Team announcements are in the weekly FOCUS. Members are expected to read the FOCUS for updated announcements.**

- Any questions or concerns should be directed to the Training Chair (see Members' Directory on the website).

Pool Practices

Pool locations will be announced in the FOCUS

- These practices will usually take place on Monday or Wednesday nights;
 - Please wear bathing suit with t-shirt and bring a towel and drinking water.
- **Training Chair and paddling coaches will post schedule on the website for pool practices.**
 - Poolside paddling and some in water activities may take place — so come prepared.
- All members must demonstrate the ability to swim 100 metres wearing a PFD (lifejacket) every two years.

Paddling Practices

Locations will be announced in the FOCUS

- These practices normally take place on Monday and Wednesday evenings usually starting in June, depending on the river water conditions.
- **Paddling coaches will post schedules on the website.**
- Dress appropriately for the weather—lifejackets will be issued to each member for the season.
- Don't forget to sign attendance if appropriate.

Coaches & Trainers

- Our fitness trainers and paddling coaches are seasoned veterans with specialized training.
- They volunteer their time and their expertise and it is expected that each team member will be attentive and respectful during training sessions.
- Members are encouraged to maximize the benefit of their training sessions by being fully present and by being willing to push themselves.

Chemo Savvy On-the-water Leadership Team

The **Coach, Assistant Coach, Steersperson, Practice Leader, Drummer and Crew Leader** are our On-The-Water Leadership Team.

A **Captain** is also chosen for the crew of each boat as it enters a Festival.

The Training and Race Coordinators work closely in conjunction with the Coaches when making these appointments and it is important that open lines of communication exist amongst these individuals.

We are an inclusive team, committed to giving members of the team, opportunities to learn and develop skills and contribute to the overall objectives of our organization.

The six above-mentioned-positions are open to all members. Members can indicate their interest

- During annual registration;
- Reply to a specific call or
- Respond to a request from the Board.

We will work to actively promote our Mission, Vision and Values.

Coach

Coaches are appointed by the Board and operate under the umbrella of the Training Coordinator at the Board level.

Coaches will have completed basic training in coaching skills, and the Board will make additional training opportunities, specific to dragon boating, available to the appointed coaches.

The Board will appoint coaches and assistant coaches who demonstrate the following essential skills and aptitudes:

- In-depth knowledge of the sport of dragon boating
- Interest and capacity to stay current in training and skill development techniques
- A motivating person; one who can make practice both fun and challenging
- A person who leads by example, demonstrating
 - A positive and inclusive attitude and being a model of integrity, dignity and honesty
 - Excellent communication skills and the capacity to use respectful language
 - Excellent listening skills and empathy to ensure that team members' concerns are heard
 - A love of coaching/teaching
 - A strong understanding of the concept of team

Specific coaching duties include:

- Ensuring that all practices are managed within the spirit of Chemo Savvy's mission and values
- Always having the team's safety in mind while on the water working with them
- Setting all required practice schedules for the on-the-water season in conjunction with the Training Coordinator and the Race Coordinator
- Recruiting the On-The-Water Leadership team, Steer, and Captain for each crew, in conjunction with the Training Coordinator and the Race Coordinator
- Dividing the crew roster into crews for festivals where the fitness assessment results do not apply, in cooperation with the Race Coordinator and the Training Coordinator
- Establishing crew line ups for practice and race events, in cooperation with the Training and Race Coordinators.

- Setting practice plans for each on the water practice
 - Communicating them to the practice leader if the need arises
- Developing the proper paddling techniques of all team members and preparing the crews for the various festivals
- Working closely with and developing the skills of the On-The-Water Leadership Team
 - Assistant coach
 - Steer
 - Drummer
 - Crew leader and
 - Practice leader

- Managing any interpersonal issues that arise during training sessions, with the support of the Crew Leader and the Training Coordinator.

Assistant coach

Assistant Coaches are appointed by the coaches in cooperation with the Board.

They demonstrate qualities required for coaching and are interested in developing their skills to become team coaches.

- They are mentored by an appointed Coach and perform any and all coaching functions under the supervision of the appointed Coach.
- Assistant Coaches must be willing to take basic coach's training as well as training specific to dragon boating.
- Movement from Assistant Coach to Coach is a mutual decision among the Assistant Coach, Coaches and the Training Coordinator.

Steer

The Steer's primary functions are to steer the boat and to be responsible for the safety of the boat and its crew while in the steer position.

Steers must complete the Canadian Boating Safety Course and complete the Chemo Savvy steers-training-and-internship program. A steersperson must demonstrate skills in

- Moving away from the dock
- Maintaining a straight course and
- Docking the boat.

While on the water, the steer works cooperatively with the Coach, Assistant Coach, Practice Leader and Drummer to ensure that the members are safe and that the practice proceeds as planned.

Practice leader

A Practice Leader leads on the water-work-outs with the emphasis on paddling for exercise.

The practice leader

- Works closely with the coaches and assistant coach and
- Is provided with the practice plan by a coach or assistant coach.
- In general, they are team members who have paddled with the team for at least two years and demonstrate knowledge of our
 - Paddling techniques
 - Dragon boat commands and
 - Safety rules.

Drummer

The Drummer assists the Coach in setting the mood in the boat during practice times. During a race, the Drummer acts as

- The chief cheer leader, encouraging synchronicity and power as required.
- The voice at the front of the boat of the Steer, so that all paddlers may hear the instructions being given.

The Drummer may also be the Practice Leader.

Crew leader

A Crew Leader will be appointed by the coaches in conjunction with the Training and Race Coordinators in the event that a festival crew does not include one of the team coaches or a Crew Leader is deemed necessary for a particular festival.

The Crew Leader will run any out of town pre-race practices and provide any race management at a festival.

- This would include any necessary changes to line-ups, race preparation and debriefing.
- She is prepared and provided with a practice plan and given direction from a coach or assistant coach (to the extent possible).

The Crew Leader is a team member who has paddled with the team for at least two years and demonstrates knowledge of

- Our paddling techniques
- Race festival rules
- Dragon boat commands and
- Safety rules.

This person needs to be flexible and be aware of situations where her help would be beneficial.

Captain

The Captain is responsible for the "off-the-water activities" of a festival.

She would take care of

- Bus pickups at away festivals
- Flowers for the rose ceremony
- Waivers
- Overseeing social events
- Collecting monies for social events and
- Communicating pertinent information to the team regarding off-the-water activities.

All of the above mentioned positions work closely together during water practices and at festivals.

Summary

Each position has its specific duties but flexibility in working together is the key to making sure everything gets done in a timely and organized manner.

The Coaches, Race Coordinator and Training Coordinator will meet after the race rosters have been established to recruit and appoint the Steer, Drummer, Crew Leader, and Captain from among the names on the roster.

- These persons will maintain these roles for that particular crew only and need to be determined as early as possible so their skills can be developed in time for race day.

The Dry Land Training Objectives

A Commitment to Exercise

Physical activity throughout the entire year will encourage the healthy adoption of exercise as a lifestyle. This is very important as there are many measurable benefits to improved levels of fitness.

You will be exposed to many exercises throughout the program of dry land training. Variety is an important element to any training program.

There will be some exercises that are done repeatedly and will be important for you to repeat them often.

Like homework, once a week is not enough to achieve physical benefits.

- It will be important to do these exercises regularly, safely and correctly.
- Proper instruction and supervision will be given at our weekly sessions.

Included with this training guide is a series of exercises that we recommend, as well as a supplemental guide for daily physical activity.

If you require modification of any exercises, please consult with our trainers.

General Health and Fitness Benefits

These include improvements in overall muscle strength, endurance and power, improved flexibility and range of motion, improved mobility, reduction in body fat, increased lean body mass and subsequent maintenance of ideal body weight, decreased blood pressure, improved blood lipids, improved balance and posture, and an improved immune system.

Improved Aerobic Fitness

Cardio respiratory fitness is improved significantly by paddling, but it is to your advantage to include aerobic training in your fitness program.

- Choose an activity that uses as much muscle mass as possible.
 - Examples are walking, jogging, cycling, swimming, cross-country skiing, aerobic classes and Stairmaster. There are others.

Try to be continuously active for 20 to 40 minutes per session.

- Keep the intensity in the comfort zone
- You should be able to carry on a conversation with a training partner but at the same time feel warm, and have both increased rate of breathing and heart rate.

Follow each session with some stretches specific to the type of aerobic training.

Improved Strength

In addition to overall muscle strength, endurance and power there will be a weekly focus on areas of the body specifically targeted for paddling. These include the muscles that make up your core—abdominal and back muscles.

To provide the necessary resistance for these strength improvements you will be introduced to DynaBands, stability balls, balance boards, body bars and a whole host of fun equipment. Many of these are inexpensive and easy to use at home.

There is a list of websites you might like to check out for additional suggestions for home exercises. (see page 19)

You will be provided with a DynaBand to supplement your training throughout the week. Included with this training guide is a list and description of many of the exercises you will be doing on a weekly basis at Balmoral Hall. You are encouraged to do them at home.

Cancer Specific Benefits

Muscle wasting, or atrophy, as well as declines in bone density are commonly observed in patients receiving high dose catabolic steroids—drugs commonly included in cancer treatment protocols.

The combination of catabolic steroids and chemotherapy increase the potential for significant physical debilitation and predisposes patients to osteoporosis.

Resistance or strength training is extremely important for cancer patients.

Exercise will also help reduce the risk of having a reoccurrence of, or developing, lymphedema.

Training Goals and Expectations

Individual fitness assessments will determine paddler's placement in the boat. However, the final decisions regarding crew rosters **will be made at the discretion of the coaches.**

Fitness Assessments

Individual fitness assessments will determine paddler's placement in the boat. Fitness assessments are routinely done at the end of our dry land training period (May). The fitness assessment has a number of important objectives:

- it is a way that each member can monitor their own fitness and set goals for the future
- second it provides valuable information to our coaches so that they can personalize their coaching and
- achievement on the fitness assessment are used for boat placement where we have two boats in an event.

Everyone must complete an assessment in order to be eligible to paddle with the Chemo Savvy team.

The score on your fitness assessment—based on your performance in comparison to the rest of the team—will determine which boat you paddle in for the Manitoba Dragon Boat Festival.

- Combining similar levels of fitness skills on the same boat squad enhances personal feelings of accomplishment.
- Sharing a boat with teammates who have similar competitive goals can help eliminate pressures to perform beyond one's own capabilities as well as allowing everyone to have fun.

Overall fitness is assessed on cardiovascular endurance, flexibility, muscle strength and endurance based on a point system.

There will be several opportunities to race as the team travels to events away from Winnipeg. All members are encouraged to attend away festivals as they are fabulous team-building opportunities.

However, it is essential that each member has been regularly attending workout sessions.

Medical Concerns

Why and when should you avoid strenuous exercise?

With reference to breast cancer in general, it is necessary to recover adequately, both physically and mentally, from the treatment phase of this disease.

We recommend a minimum of three months recovery after completion of therapy before beginning this program.

Other reasons to avoid vigorous activity include

- High blood pressure
- Heart or respiratory disease and
- Severe arthritis.

Certain medications can limit your exercise capacity.

Although the program is developed to permit adaptation to the exercises, you must inform your family physician prior to beginning this program.

PARQ forms, distributed at the initial team meeting, must be signed and returned before you can participate in training.

With specific reference to breast cancer, there are several potential problems.

Injury

There are risks associated with unaccustomed physical activity.

Inadequate strength and flexibility can lead to overuse injuries once the paddling practices commence. Post-surgery, there may be a restricted range of motion in the shoulder; lack of use of the chest wall and shoulder muscles can result in loss of strength.

Thus, the physical preparation for training takes on an especially important role.

There is tremendous variation on how team members adapt to training exercises and paddling.

Some of the variability is related to original state of fitness.

- Members who exercise regularly will be less inclined to develop a physical problem.

Other factors include:

- Age
- Medical status
- The stage of breast cancer and its treatment
- The occupation of the Member
- The motivation of the Member and
- How well the program is followed.

Using gloves will protect the hands on the paddle from injury.

Because hands and arms get wet during practice and the Red River is not clean, it is important to treat any abrasion or other injury promptly to help avoid infection. Good hygiene and skin care are essential.

Lymphedema

Lymphedema may be a concern.

Chemo Savvy team members should discuss this issue with their doctors to decide which would be the best approach for them.

Any concerns about lymphedema should also be discussed with the Training Coordinator.

Training sessions are designed to increase flexibility and strength in the upper arms, back and shoulder girdle areas. These activities prepare the arm and shoulder for paddling.

It is important to progress in a slow, gradual fashion because there is a higher risk of developing lymphedema during this initial phase of increased activity.

Dehydration

The physical demands of the sport increase fluid requirements so hydration is important.

It is necessary to consume fluids prior to a workout, as well as during and after practice to maintain a satisfactory level of hydration. Remember, by the time you feel thirsty, dehydration has already occurred.

Water is just fine for re-hydration; however, if you prefer a commercial sports drink, choose one with the least amount of sugar, mineral, and vitamin additions. Additives such as these slow absorption.

Avoid drinks containing caffeine.

Daily Physical Activity

Be active every day in as many ways as you can—at home, at work, during leisure time and on the way to the program.

Accumulate 30-60 minutes of moderate physical activity daily to stay healthy or improve your health.

Add up your activities in periods of 10 minutes each.

Think of physical activity as an opportunity and not an inconvenience. It is an opportunity to improve health; to reduce stress or increase energy; to spend time with family and friends; to enjoy the outdoors, or to try a new activity.

Amount of Effort		Description
Level 1	Resting	You are breathing normally. It is very easy to talk.
Level 2	Light	You notice your breathing. You can talk.
Level 3	Moderate	You can hear yourself breathe. You can still talk.
Level 4	Vigorous	You are breathing heavily. It is hard to talk.
Level 5	Maximum	You are breathing very heavily. You cannot talk. You may feel pain.

It is recommended that you should participate in physical activities that include endurance, flexibility and strength to keep your body healthy.

Here are some easy every day examples to include these activities: **Endurance, Flexibility and Strength.**

Endurance

Endurance activities help your heart, lungs, and circulatory system stay healthy and give you more energy (aim to do these activities 4-7 days a week)

- Walking
- Skating
- Golfing (without a riding cart)
- Yard and garden work
- Continuous Cycling
- Swimming
- Tennis
- Propelling a wheelchair ("wheeling")
- Dancing

Flexibility

Activities that can help you to move easily, keeping your muscles relaxed and your joints mobile (aim to do these activities 4-7 days a week)

- Gardening
- Dancing
- Mopping the floor
- Curling
- Yard Work
- Yoga
- Vacuuming
- Bowling
- Stretching Exercises
- Tai Chi

Strength

Activities that help your muscles and bones stay strong, improve your posture and help to prevent diseases like osteoporosis. Aim to do these activities 2-4 days a week

- Heavy yard work, such as using a push mower, shoveling snow
- Raking and carrying leaves
- Lifting and carrying groceries
- Weight/strength training routines
- Abdominal crunches and push-ups
- Climbing stairs
- Wearing a backpack to carry books or groceries

Chemo Savvy 7

The Chemo Savvy 7 is a weekly work out log designed to help you at home when we are not at Balmoral Hall.

It comes out in the weekly *Focus* and is a good tool for incorporating fitness into your week with the exercises to which our trainers have introduced you.

Some other ideas for physical activity

- Get off the bus 10 minutes before your intended stop and walk
- Fit a 10 minute walk into your lunch break
- If you are a stay-at-home parent:
 - try a TV/DVD fitness program;
 - dance with your children for 10 minutes;
 - go to the park and actively play with your children
- Take the stairs instead of the elevator or walk up the escalator
- Take stretch breaks at your desk or while riding on the bus
- Be active when your children are participating in their lessons or activities
- Walk or cycle to do your errands
- Make physical activity a family event
- When going out with friends, think of activities where you can include physical activity

From Manitoba in Motion: www.manitobainmotion.ca

Websites for exercises using minimal equipment at home

All websites were checked as being operational in April, 2014.

www.onlinefit.com

Click on the **Get Fit** tab and choose the exercises from the menu on the left.

- Select the equipment from the list on the left.
- Select the exercise from the main screen

<http://www.pilatesdigest.com>

Click on the menu on the right hand side for a variety of exercises.

Read interesting articles about health and fitness

<http://greatist.com/fitness/50-bodyweight-exercises-you-can-do-anywhere>

No equipment needed exercises.

<http://www.womenshealthmag.com/fitness/no-equipment-workout>

Fourteen different routines requiring no equipment.

DynaBand and Core Strength Exercises

Upper Body Exercises

Seated Chest Press

Begin with the band wrapped around your upper back. Grasp both ends of the band with elbows bent and palms facing inwards.

Push band forward, extending your elbows to shoulder level. Slowly return to starting position.

For a **STANDING** Chest Press

Keep back and neck extended;
abdominals contracted, knees relaxed.

Shoulders should be relaxed and shoulder blades draw down towards hip pockets.



Shoulder Pull back

SEATED

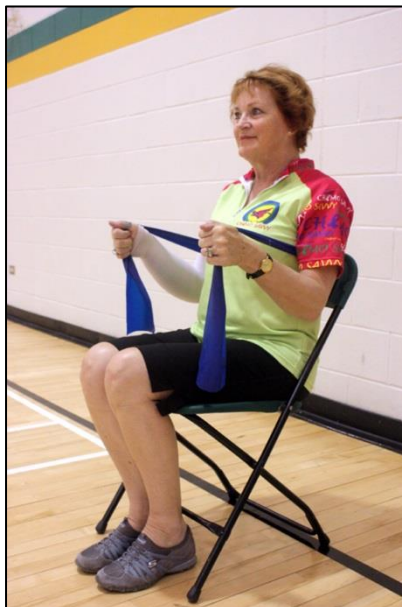
Grasp both ends of the band in front of you at shoulder height.

Position hands so that there is resistance on the band in the start position.

Pull the band outwards, while keeping your elbows extended.

Pull until you feel both shoulder blades pinch together.

Slowly return to the start position.



STANDING Shoulder Pull Back

Keep your lower back straight, and knees relaxed. Contract your abdominals, and relax your shoulders. Try not to shrug or lift shoulders to ears.

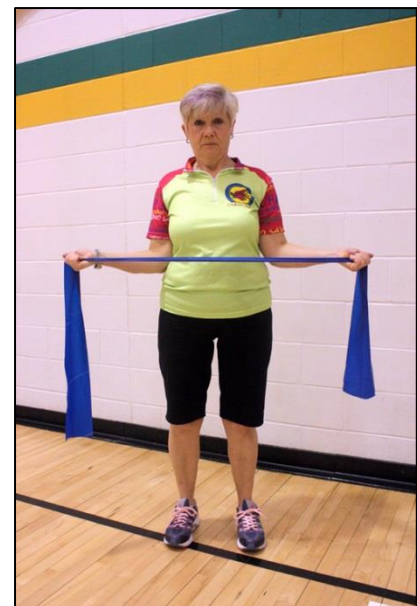
Shoulder External Rotation

Grasp band with both hands while keeping your elbows at your sides and forearms parallel to the ground.

Begin with tension on the band. Pull the ends of the band outwards. Hold, and slowly return to starting position.

Keep your elbows bent as you draw the band out to the sides of your body.

Imagine you are opening and closing a very large book.



Shoulder Lateral Raise

Place one foot or both feet in the middle of the band.

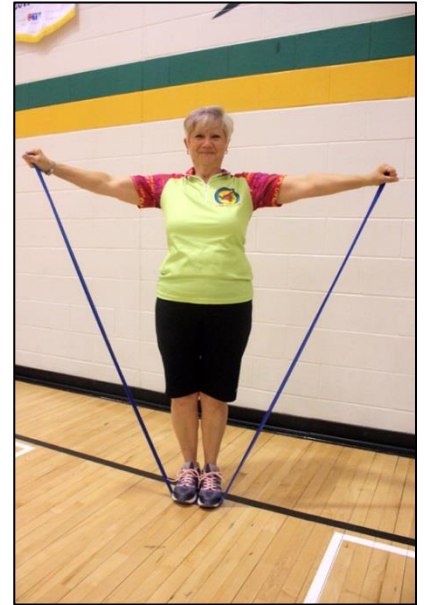
Grasp the ends of the band and lift the band upwards and away from the sides of your body.

Keep your elbows straight and your thumbs up.
Stop at shoulder height and return slowly to start position.

Avoid shrugging your shoulders.

Keep your shoulder blades drawing down towards your hip pockets.

Keep your back straight and your abdominals contracted.

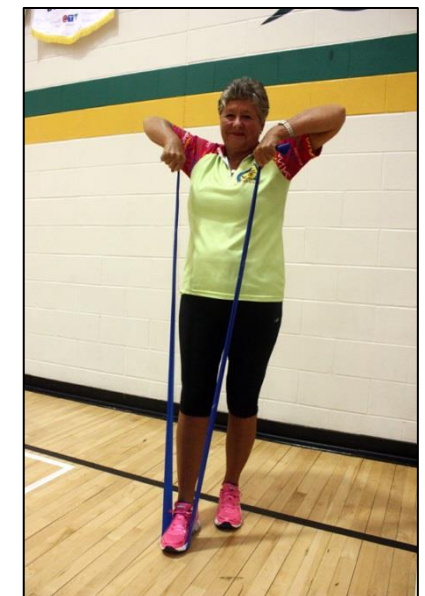


Shoulder Upright Row

Place the middle of the band under one or both feet and grasp each end of the band with palms facing down.

Pull the ends of the band upwards towards your chin, leading with your elbows.

Hold at the top and then slowly return to the start position.



Shoulder Seated Row

Sit on a ball, chair or the floor.

Place the middle of the band under both feet while pointing feet slightly to secure the band and prevent slipping.

Grasp both ends of the band while your arms are straight.

Pull the band slowly up and back until your elbows are flexed and behind your back.

Pause, then return to the starting position.



To prevent using body momentum, sit with your back as straight as possible and stationary.

Your upper body should not move forward or backward.

Shoulder Overhead Press

Place the centre of the band under one or both feet and grasp each end of the band with palms facing forward.

Lift your arms upwards to elbow extension and palms still facing forward.

Press arms upward to a full extension.

Slowly return to starting position.

Keep back and neck straight.

Your abdominals should be contracted.



Biceps Curl

Stand on the middle of the band.

Grasp each end of the band with palms facing up.

While keeping your elbows at your sides, and your wrists straight, pull the band up to your shoulders while bending both arms at the elbow.

Keep your back straight, abdominals contracted, and keep your bent elbows slightly away from your body.



Elbow Extension—Tricep Kick Back

Stand with one foot slightly ahead of the other while stepping on the middle of the band with the forward foot.

Begin by grasping the end of the band while your elbow is bent.

Extend your bent elbow backward to full extension.

Hold and slowly return.

Keep your back straight and your elbow behind you.

Begin with one arm at a time.



Knee Extension

Sit on the edge of a chair or on the floor.

Begin by looping the centre of the band around the ankle of the exercising leg.

Bring the ends of the band underneath the non-exercising foot and hold the band ends by your knee.

Slowly extend the knee as you press your foot forward.

Hold and slowly return.



Upright Row

Stand in the middle of the band.

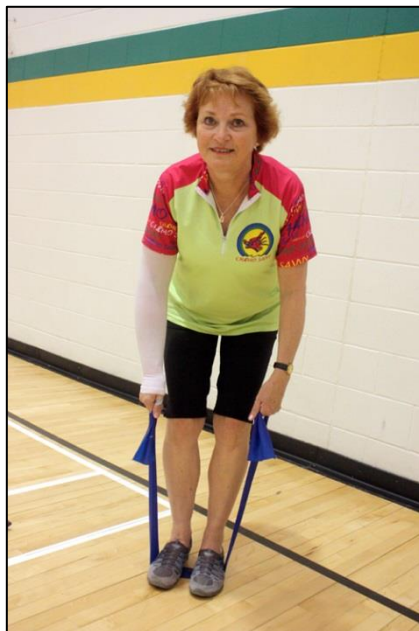
Grasp each side of the band with your hands.

Starting position is bent forward from the hips with hands positioned at your knees.

Draw the band upward until both elbows are flexed to 90 degrees.

Pause, and release back to your knees.

Stand up straight drawing the band up from your knees to rest around your hips with your arms straight.



Plank—no band

Support your body weight on your elbows, forearms, and toes.

The intent is to keep your torso straight and as low to the ground as possible.

Press back through your heels.

Attempt to hold the plank for as long as possible.

This exercise may be done on your knees as an easier exercise.



Reverse Curl

Begin with a tight band wrapped over both thighs. Knees are bent to 90 degrees, and arms are straight.

Pull both knees toward your chest. Hold, and then slowly release back to the start.

The tighter the band, the greater the resistance.



Push up

With the band:

Loop the band across your back, and grasp each end of the band in each hand until there is tension in the band.

Press upward against the tension of the band.



Push up

Without the band:

In the full pushup, keep the back and legs straight and off the floor.

Alternatively, push up from the knees.

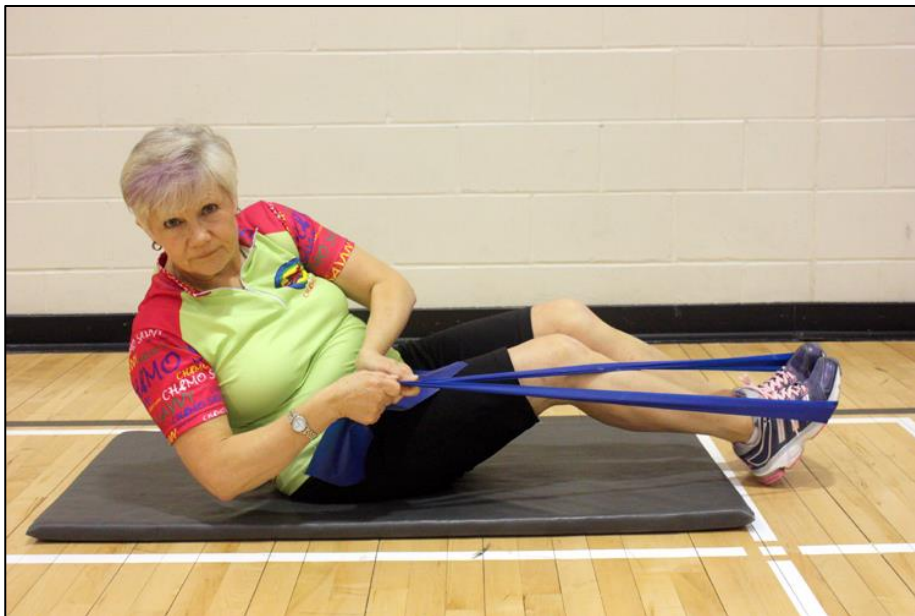


Russian Twist

Place band around both feet.

Grasp band with both hands.

With legs bent and torso leaning back from a sitting position, try to touch hands to floor at both the right and left sides.



McGill Sit-up without Band

Lay on your back with one leg extended and the other bent.

Position both arms at the sides of your body with the palms facing up.

Lift your head and shoulders off the floor, curling forward.

As you curl up, support the weight of your body on your elbows to increase the range of your lift.

Pause at the top, and release slowly back down.

Repeat on one side before switching legs

Note: keep your eyes focused on one spot on the wall/ceiling to avoid neck strain.



Bicycle

Lie down on your back with both hands resting behind your head.

With your feet off the floor, alternatively flex and extend your legs while twisting your torso to bring your opposite elbow to your knee.

The goal is to eventually lower the extended leg as close to the floor as possible.

Initially though, extend the leg at angle of 45 degrees. If you have difficulties keeping your lower back on the floor, increase the leg angle until you can.

Repeat 10 times per side before switching.



Knee Squat

Stand on the middle of the band with both feet.

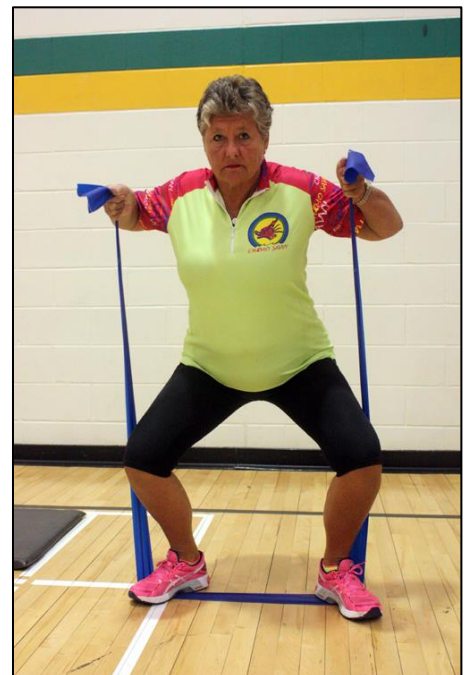
Grasp the ends of the band at hip level with lots of tension on the band.

Perform a squat while keeping both back and elbows straight.

Hold, and slowly return to start.

Keep tension on the band throughout the exercise.

Press through your heels on the way up.



Lunge

Stand on one foot on the middle of the band.

Grasp the ends of the band and wrap it once around your hands for a better grip.

Hold your hands at chest level with elbows bent.

Place your other leg behind with knee slightly bent.

While keeping your trunk upright, bend your front knee, lowering your body straight down to the floor and then return to the upright position.

Back knee should not touch the ground, but should be lowered as close to the floor as possible.

Do not lean forward with your torso.



Hamstring Curl

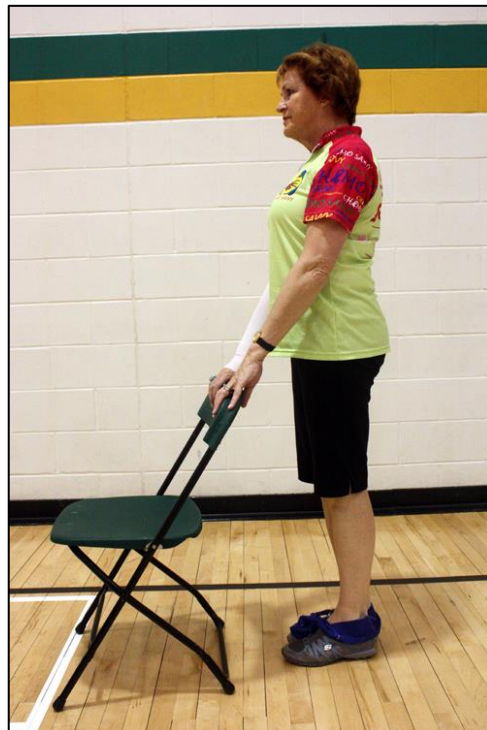
Tie your band to form a circle.

Place exercising ankle inside the loop while standing on the remaining loop with the opposite leg.

While balancing on the leg securing the band (use a wall or chair for support if necessary) lift your heel toward your buttocks while flexing the knee.

Hold and slowly return.

Keep your back straight and your support leg a little soft at the knee joint, and the knees parallel.



Hip abduction

Loop the band at or above your ankle with no slack in the band.

With knees straight and body balanced on foot, kick the other leg out to the side. (use a wall or a chair for support if necessary).

Continue kicking without letting the kick leg/foot touch the ground.

Repeat with the other leg.

Keep your back straight and avoid leaning or bending over.



What is the paddle doing?

It is important to note that "paddling better" and "looking like a better paddler" are two different things.

While the focus may seem to be only on technique, the purpose of a better paddling technique is to make the boat move forward at a faster speed.

It might help to ask yourself questions such as:

- Is my paddle doing what it is supposed to do to move the boat forward?
 - Is the paddle entering the water cleanly, quickly and vertically?
- On the pull, is the blade
 - Buried?
 - Vertical?
 - Square to the boat?
- Is maximum power used on the pull so that I am pulling my own weight and 1/20th of the boat's weight?
- Is the paddle exiting the water quickly and cleanly or is it creating a drag on the boat?
- Is the paddle movement synchronized with the team's paddle movement?

Strokes and Commands

Back paddle

Command: *Back it down*

- It is often used when bringing the boat into or away from the dock as well as for lining the boat up for the start of a race.
- It is done by holding the paddle behind the paddler, driving the paddle straight down and then pushing the water toward the front of the boat.
- The paddler looks at the pacers for timing.

Draw**Command: *Draw right, draw left***

- It is used to dock the boat and to line up the boat at the start of a race.
- The paddle is extended vertically out to the side, perpendicular to the boat, with the flat part of the blade facing the paddler.
- The paddle is driven into the water and the water is pulled (drawn) towards the boat.

Pry**Command: *Pry right, pry left***

- The paddle is driven straight down against the side of the boat with the blade flat against the hull.
- The top hand pulls the top of the paddle down towards the inside of the boat while the bottom hand acts as a buffer against the boat's side.
- The pry pushes the water away from the boat. This cause the boat to move away from the paddle side.

Stabilize the Boat**Command: *Stabilize the boat***

- Paddle is extended out to the side of the boat with the blade resting flat on the water.
- The shaft of the paddle is not touching the boat.
- This helps to stabilize the boat and make it less "tippy" in rough water, or in the wake of another boat.

Hold the Boat**Command: *Hold the boat***

- Paddles are buried deep in the water with the blade square to the boat, vertical and held in that position.
- This stops the boat or holds it in position at the start line.

Hold for Current

Command: *Hold for current*

- Paddles are buried deep in the water with the blade parallel to the boat. This keeps the boat from drifting sideways at the start line.

Let it Ride

Command: *Let it ride*

- Stop paddling and bring your paddle comfortably into the boat with it sitting across your knees. The boat will glide.

Lock it in

Command: *Lock it in*

- Paddlers to remain relaxed in a forward position with paddle resting across the gunwale to await paddles up command

Time it up

Command: *Time it up*

- The command to remind paddlers to focus on timing when synchronization is somehow compromised.
- Must be used with caution in case where only one or two paddlers are responsible for the collapse timing.

Paddles up

Command: *Paddles up*

- Command which indicates paddlers should be in full reach and rotation with paddle just above the water, ready to take the first stroke.

Paddles in

Command: *Paddles in*

- Command which indicates paddlers should be in full reach and rotation with paddle blade fully buried, ready to take the first stroke.

Take it away

Command: *Take it away*

- Command to begin paddling

Pivot Right

Command: *Pivot right*

- Refers to a maneuver by the crew and steersperson whereby the boat does a tight pivot to the right.
- Pivot right would have
 - The left front paddlers paddling forward and
 - The right back paddlers paddling backwards.
- The rest of the crew sits and awaits further commands.

Pivot Left

Command: *Pivot Left*

- Refers to a maneuver by the crew and steersperson whereby the boat does a tight pivot to the left.
- Pivot left would have
 - The right front paddlers paddling forward and
 - The left back paddlers paddling backwards.
- The rest of the crew sits and awaits further commands.

Synchronization

- The power (speed) of a dragon boat comes from
 - Proper paddling techniques,
 - Efficiency and
 - Team timing.
- Of those 3 components, timing is the most important.
 - Without absolute team synchronicity, the boat will go into a "caterpillar" movement and will lose its power to move forward.
 - Good timing allows the boat to glide and surge smoothly.
 - Poor timing will cause it to be sluggish.
- The 20 paddlers must work as a single unit with paddles
 - Entering the water at the same time,
 - Catching at the same time,
 - Pulling at the same time and with the same intensity and
 - Exiting at the same time.
- Although each paddler has unique optimum stroke rate, stroke length and stroke intensity, perfect team timing of these elements is crucial.

How is synchronization achieved?

The cues for perfect timing use a combination of senses: seeing, hearing and feeling.

- The "strokes" set the pace and the whole team emulates their movements by watching them at all times.
 - Looking straight ahead, paddlers time their top arm to drive down at the same time as the strokes.
- Through peripheral vision, the paddler is able to see teammates in front and beside her and also keep in time with her teammates.
- By feeling the surge and glide of the boat, the team times the pull at exactly the same moment matching the surge of the boat.
- By hearing the water dripping off the ends of the paddles during recovery, the team is aware of the rhythm of the recovery time.

- By always listening for commands, the team responds immediately and in unison.

Power

- The three important stroke variables are:
 - Stroke intensity (power),
 - Stroke length and
 - Stroke rate
- The power output (force of the stroke) contributed by each team member contributes to the speed of the boat.
- The power comes from the leg, back, shoulder and abdominal muscles.
- The blade must be vertical, buried and square to provide maximum power on the pull.
 - This "loads" and moves a maximum amount of water.
- **The power is from the pull in front of you.**
 - Once the paddle is past the mid-thigh region, there is very little power in the stroke.
- If the paddle does not enter into and exit from the water quickly and cleanly it will create a drag on the boat.

The Race Start

- Race starts can be called very quickly and catch teams off guard.
- A race can be won or lost on the start line.
- As the boats are lined up for the start of a race, all paddlers must focus their attention on the steer's commands.
 - Paddlers are in proper seating position and stabilized.
- When "starter has the race" is called, paddlers should be ready (lock it in) and anticipating the race calls which may vary between festivals.
 - It is important to know the calls prior to arriving at the start line.

- When "attention", or equivalent call is made:
 - Paddles are immediately up (or in the water),
 - Feet are braced,
 - Muscles are activated and the body stabilized;
 - you and your team mates are ready for the start signal.

Chemo Savvy uses a 6-10 start

- Six hard, powerful strokes are used to propel a dead weight boat forward.
- Then, ten short quick strokes follow to accelerate the boat speed.

First six strokes : "1.,2.,3.,4.,5,..6"

Stroke 1

- A slow, very powerful, deep stroke covering the back half of a full stroke.
 - There is a bit of rotation and a powerful leg drive.
- This gets the boat moving.

Stroke 2

- The powerful, deep, slow stroke covers the back $\frac{2}{3}$ ^{rds} of a full stroke.
- The rotation increases slightly and there is still a powerful leg drive.

Stroke 3

- A powerful three-quarter stroke increases the speed slightly.

Stroke 4

- The full stroke is still slow, deep and powerful.
- Stroke rate increases very slightly.

Stroke 5

- Full powerful, slow stroke with a slight increase in speed from stroke 4.

Stroke 6

- Another powerful, deep stroke.

Second ten strokes

COMMAND: "Up up up 4, 5, 6, 7, 8, 9, 10 power now"

- The "up up up 4-10 & power" can be thought of as **half-strokes** (the front half of the stroke).
 - The blade will be fully reached out in front but the pull will stop at about the paddler's knee, allowing for a much faster pace of stroke.
- "NOW" is the first full stroke performed at a race pace and is a full stroke.
- At end of these strokes, the boat should be "flying!": surging and gliding at race pace.

Body of the Race

- In the body of the race, the timing, technique and fitness of the paddlers are critical for success.
- A power series may be called in the body of a race.
 - The "**Focus for 10 in 3, 2, 1**" is a reminder to focus on technique and timing as fatigue sets in.
 - It is not meant for paddlers to pull harder or faster.
 - This call should be made with caution as to not discourage a crew that is already paddling at maximum effort and intense focus.
 - This call should be reserved for the drummer who has developed the connection with each paddler, and knows how to motivate them to get their best race if there is a breakdown within the race.

The Finish

- The strokes and drummer will determine whether to call a finish ("Pull") in the last 50-100 metres of a race, especially if it is a tight race.
 - It is a call for the team to paddle all out, channeling all reserve energy into the final strokes while maintaining timing and technique.
- Paddlers continue to paddle until the steersperson gives the command to **Let it ride** or **Hold the boat**.

Glossary of Chemo Savvy Terms

Term	Meaning
AGM	Chemo Savvy's annual General Meeting, usually held in November
Alternate	Members in reserve for space on a crew where roster is full (waiting list to get on a roster)
Baby T	The name of Chemo Savvy's half-size dragon boat. Baby T holds 10 paddlers, a steersperson, and a drummer.
Backs	The paddlers sitting in the back half of the boat.
Bailer	A jug or pitcher-like container used to remove water from the boat.
Bulkhead	A vertical partition within the boat, typically under a paddlers' seat, to restrict water movement.
Bumper	A plastic or rubber float tethered to the side of the boat to protect it from damage when tied to the dock or another boat.
Crew	The paddlers, steersperson, drummer and spares who may be on the boat at a Race Festival. The crew will comprise one steersperson and one drummer and up to twenty paddlers. A team may be comprised of many crews. Note: Chemo Savvy may have more than one crew per festival.
Dragon Boat	An open boat in a traditional Chinese style propelled solely by paddlers using single bladed paddles; steered by use of a steering oar; fitted with a drum, head and tail; and meeting this standard.
Drum	A drum in a traditional Chinese style attached to the deck above the gunwales at the front of the boat and intended to be beaten by a drummer during racing.
Drummer	The member of the crew who sits at the front of the boat, facing the crew. The drummer beats the drum in time with the strokes and offers encouragement to the crew.
Drummer's Seat	The seat attached to the deck above the gunwales at the front of the boat ahead of the drum and facing backwards, intended to seat the drummer.
Engine Room	Crew members sitting in the middle four rows of the boat.
Evens	Crew members sitting in the middle four rows of the boat.
FMG	Facility Marketing Group. This is the organization that manages the Manitoba Dragon Boat Festival.
FOCUS	Weekly announcements updated every Friday and found on the website: www.chemosavvy.ca
Footrest	A ridge fixed to the inside floor of the hull, underneath each paddlers' seat, used by the paddlers to brace themselves while paddling.
Freeboard	The distance between the waterline and the gunwale.
Fronts	The paddlers sitting in the front half of the boat.

Grey Owl	The brand of dragon boat paddle used by Chemo Savvy.
Gunwale	The uppermost edge of the hull surrounding the boat. Pronounced as gunn-el .
Head	The decorative dragon's head in a traditional Chinese style attached to the front of the boat.
Honour Boat	Refer to History in Section 1
Hull	The basic body of the boat.
IBCPC	International Breast Cancer Paddling Commission. Established in 2007 the IBCPC governs the inclusive festivals of the international breast cancer community.
IDBF	International Dragon Boat Federation. The international body that governs the sport of dragon boat racing.
Inside arm/leg	This refers to the paddler's arm/leg that is towards the middle of the boat.
Lefts	The paddlers sitting on the left side of the boat.
Line up	The boat seating plan for an individual race within a festival.
MPA	Manitoba Paddling Association. Located at 80 Churchill Drive. MPA manages the Manitoba High School Dragon Boat Festival, the River City Dragon Boat Festival, and the Wheat City Dragon Boat Festival.
Odds	The crew members sitting in odd numbered rows of the boat.
Outside arm/leg	This refers to the paddler's leg and arm on the gunwale side of the boat.
PFD	Personal flotation device or lifejacket
Pacers	The crew members sitting in the front three rows of the boat.
Paddlers' Seats	The seat(s) fixed across the boat inside the hull and below the gunwales, intended to seat the paddlers.
Paddling	The type of movement done in a dragon boat. Paddlers face forward in a boat.
Redboine Club	The marina where Chemo Savvy docks their boats. Located at 20 Churchill Drive in Winnipeg.
Rights	The paddlers sitting on the right side of the boat.
Rocket Boosters	The crew members sitting in the back three rows of the boat.
Rose Ceremony	Refer to History in Section 1

Roster	The official list of crew member names submitted to a festival organization. It is usually a maximum of 25 names per boat.
SAVVY	The name of our newsletter which is published three to four times a year
Six-sixteen	This refers to a particular start used at the beginning of a race. It also refers to the name of a dragon boat manufacturer in Vancouver. Chemo Savvy's Tiamat is a six-sixteen.
Six-ten start	Six hard, powerful strokes are used to propel a dead weight boat forward. Then, ten short quick strokes follow to accelerate the boat speed.
Spare	The members of a crew, designated to sit out one or more races at a festival, but who are listed on the roster.
Steering Arm	The cross member to which the steering oar is attached, fixed to the deck of the boat at the rear and projecting over the left side.
Steering Oar	The oar fastened to the steering arm and used to steer the boat.
Steersperson	The member of the crew who steers the boat using the steering oar. Also known as the <i>sweep</i> .
Stroke Rate	The number of paddle strokes per minute. Also known as the paddling pace.
Strokes	The paddlers in the first seat of the boat. The strokes set the pace for the team. This also refers to different methods of paddling in order to move the boat in different ways.
Tail	The decorative dragon's tail in a traditional Chinese style attached to the rear of the boat.
Team	The entire Chemo Savvy membership.
Tiamat	The name of Chemo Savvy's full size dragon boat. She holds 20 paddlers, a drummer and a steersperson. Tiamat, in Babylonian dragon lore, was the mother of all dragons. Her death resulted in the creation of the heavens and earth. Also the name of our Mascot!