

# *UCLA DBOAT*

*NEWSLETTER  
FALL 2014*

*COLLEGE CUP*

*SOCIALS*

*INTERVIEW WITH JANET LO*



# FIRST THINGS FIRST MEET THE NEWBIES

DENNIS



ERIC



ISAAC



KENNY



KEVIN



MITCHELL



TYLER



RYAN



VINCE



HARRY





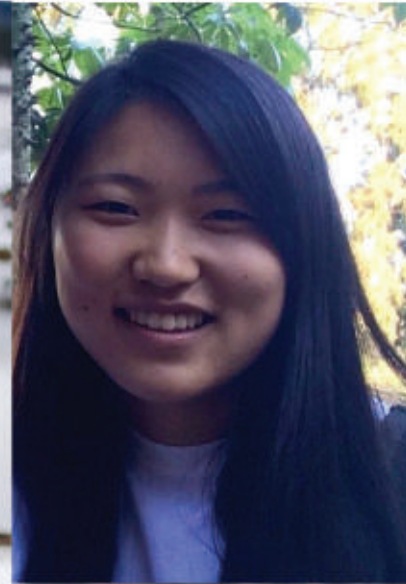
*SOPHIA*



*BRENDA*



*SOOHEE*



*MARGARET*



*ROBIN*



*VIVIAN*





# *2014 COLLEGE CUP WE BROUGHT IT HOME*

UCLA DRAGON BOAT HEADED TO LAKE MERCED IN SAN FRANCISCO FOR THE ANNUAL COLLEGE CUP DRAGON BOAT COMPETITION. THE RACE TOOK PLACE ON SUNDAY, NOVEMBER 9TH. THE TEAM FACED COMPETITION FROM COLLEGE TEAMS INCLUDING CAL, UCI, USC, UCSD, AND MANY MORE. UCLA BROUGHT TWO BOATS TO THE COMPETITION, BLUE AND GOLD. BOTH CREWS SWEEPED THE COMPETITION IN THE SEEDING AND QUALIFIERS, EARNING THEIR PLACES IN THE HIGHEST DIVISION FINAL RACE.



HAVING NOT WON IN FOUR YEARS, THE PRESSURE WAS ON AS BLUE AND GOLD APPROACHED THE FINISH LINE. THEY FACED FAMILIAR COMPETITION IN THE FINAL RACE, INCLUDING UCSD, THE DEFENDING CHAMPIONS OF LAST YEAR'S RACE. WITH A FINAL TIME OF 2:06 (5 SECONDS FASTER THAN LAST YEAR), BLUE BOAT FINISHED FIRST, AND TOOK HOME THE TROPHY. CAL FINISHED 2ND, AND IN 3RD PLACE WAS UCI. UPON CROSSING THE FINISH LINE, TEARS SWEEPED THROUGH THE BOAT AND THE TEAM MEMBERS AND ALUMNI CHEERING FROM SHORE. IN ADDITION, THE TEAM WON FIRST IN THE WOMEN'S DIVISION, AS WELL AS 3RD IN THE MEN'S DIVISION.







PRE-RACE HELD AT BRENDA CHAN'S

## *PADDLE CUTTING*

BOTH NEWBIES AND VETS GATHERED IN THE APARTMENTS FOR THE ANNUAL TRADITION OF THE PADDLE CUTTING PARTY. EACH NEWBIE TOOK THE RITE OF PASSAGE OF SANDING THEIR PADDLES ON THE SIDEWALK. MEANWHILE THEY ALSO PLAYED BOARD GAMES, JUST DANCE AND SOCIALIZED.





# SECRET SANTA





## *SKI TRIP 2014*

THE TEAM WAS JOINED BY A DOZEN ALUMNI FOR A WEEKEND OF FUN AT BIG BEAR. DURING THE DAY, THEY HEADED TO THE SLOPES, EXPLORED THE LAKE, WATCHED COUNTLESS MOVIES, AND PLAYED BOARD GAMES. OTHER FUN ACTIVITIES WERE HELD AT NIGHT. THANKS ALUMNI FOR COMING AND HOPE TO SEE YOU ALL AGAIN!











## *INTERVIEW WITH THE CO FOUNDER*

JANET LO AND  
DERRICK CHAN  
FOUNDED THE TEAM  
IN 2003. IN THIS  
INTERVIEW, SHE  
DESCRIBES HER  
EXPERIENCES AND  
EFFORTS, THAT LEAD  
TO THE LEGACY THAT  
WE KNOW NOW.





## *HOW DID IT ALL BEGIN?*

I WAS CO-FOUNDER WITH DCHAN IN 2003. HE APPROACHED ME AT AN ACA EVENT (I WAS ON ACA STAFF THEN) ASKING IF ACA SUPPORTED OR KNEW IF UCLA HAD ANY DRAGONBOAT TEAMS. I TOLD HIM I HAD PADDLED ALL THROUGHOUT HIGH SCHOOL IN TORONTO ON VERY COMPETITIVE TEAMS AND WAS ALREADY PADDLING DOWN AT LONG BEACH WITH THE AEROSPACE CORP'S AERODRAGONS TEAM. THAT'S ACTUALLY WHERE I FIRST MET OUR MENTORING COACH DEE LOWE. AFTER TALKING TO DERRICK ABOUT MY INTEREST IN STARTING A TEAM AT UCLA, I WAS SURPRISED AT HOW SERIOUS AND PASSIONATE HE WAS IN CONTINUING THE CONVERSATION. WE MET AND TALKED ABOUT GOALS AND ASPIRATIONS AND THEN IT JUST SNOWBALLED FROM THERE.

I STILL REMEMBER THE DAY WE MET WITH THE PRESIDENT OF THE UCLA RECREATION PROGRAM AT WOODEN TO GET SPONSORSHIP AND SIGN ALL THE PAPERS. IT WAS PRETTY DARN COOL WALKING OUT OF THAT OFFICE FEELING LIKE WE HAD JUST STARTED SOMETHING. WE BOTH HOPED THAT IT WOULD BE A LEGACY, BUT IT WAS WAY TOO EARLY TO EVEN THINK ABOUT THAT. I REMEMBER LOOKING OVER AT DERRICK AND SAYING "OH MY GOD. WE DID IT! WE'RE OFFICIAL!" AND IT FELT INCREDIBLE.

THEN IT WAS TIME TO GET TO WORK. ONE OF OUR FIRST TRY-OUTS WAS ACTUALLY AT THE NEW POOL ACROSS FROM ACKERMAN/KIRKOFF. WE RAN SOME PADDLING DRILLS TO SEE WHO CAME IN AT WHAT SKILL LEVEL OF THOSE INTERESTED. WE HAD A PRETTY GOOD TURNOUT! IT WAS REALLY EXCITING TO SEE EVERYONE WHO CAME OUT TO PADDLE AND BE SO INTERESTED IN BUILDING SOMETHING TOGETHER.

## WHAT WAS ONE MOMENT THAT DEFINED YOUR EXPERIENCE ON THE TEAM?

WHERE DO I BEGIN. THAT FIRST YEAR WAS INTENSELY CRAZY. ALBIET I'M NOT VERY PROUD OF SOME OF THE FREAKOUTS I HAD, TRYING TO SECURE PRACTICE TIMES AND PLACES IN THE MIDDLE OF MIDTERMS AND LIKE 4 PEOPLE WOULD SHOW UP TO PRACTICE. I WAS ALSO TAKING 22 UNITS A QUARTER THAT YEAR AND HAD CLASS 6 DAYS A WEEK. IT WAS PRETTY INSANE. WE WOULD ALL CARPOOL DOWN TO LONG BEACH ON SUNDAYS (I WOULD ALSO DRIVE) AND PADDLE AND THAT SERVED AS MY TIME TO JUST LET IT ALL GO. DEE LOWE WAS OUR MENTORING COACH THAT YEAR SO I WAS ABLE TO SIT BACK A BIT AND JUST PADDLE WHEN WE GOT INTO THE BOAT (THANK GOD). ANYTIME I HAD ANY FREE TIME, I GAVE IT ALL INTO BUILDING THE TEAM. BALANCING BOAT ORDERS AND WEIGHTS AND HANDLING ALL THE ADMINISTRATIVE THINGS ALONG WITH FUNDRAISING WAS CRAZY. WE DECIDED TO DELEGATE AND START OFFICER/STAFF POSITIONS TO HELP ALLEVIATE THE AMOUNT OF WORK NEEDED TO JUST GET US INTO THE BOATS. WE SWITCHED OFF LEADING PRACTICES AT DIFFERING INTENSITY LEVELS AND MET A LOT TO TALK ABOUT HOW WE COULD IMPROVE. THE MOST FUN PART WAS GETTING ALL THE SWAG. I THINK WE WERE ALL JUST REALLY PROUD TO BE WEARING THE UCLA DRAGONBOAT NAME.

IN THE END, I THINK THAT'S WHAT MADE IT SO SPECIAL TO ME. I KNEW HOW MUCH BLOOD, SWEAT AND TEARS WE WERE ALL THROWING INTO IT, SO IT WAS REALLY REWARDING TO SEE AND VALIDATE OUR CONCEPTION OF THE TEAM.

SO I GUESS ONE OF THE DEFINING MOMENTS WAS WHEN WE WON ONE OF OUR FIRST RACES DOWN IN LAKE LAS VEGAS. IT WAS REALLY FUN GETTING THE TEAM PACKED INTO THREE VANS WITH ONLY 3 PPL OVER THE AGE OF 21 OUT OF LIKE 40 OF US. WE RENTED A RETREAT HOUSE AND JUST COOKED A CRAP TON OF FOOD THE NIGHT BEFORE AND BONDED AND HAD A GOOD TIME. IT WAS A LOW STAKES FESTIVAL (MORE RECREATIONAL THAN COMPETITIVE) BUT WE STILL REPRESENTED OUR SCHOOL AND FESTIVAL SERVED AS GOOD PREP FOR THE LONG BEACH RACES THAT WERE SO ANTICIPATED THAT YEAR BECAUSE IT WAS OUR DEBUT TO THE COMMUNITY.

I ALSO REMEMBER HOW GOOD WE WERE AT STARTS THAT YEAR AND HOW CRAPPY OUR ENDURANCE WAS. I REMEMBER DEE SAYING TO US THAT WE HAD ONE OF THE FASTEST STARTS HE HAD EVER SEEN OF ANY TEAM (AND HE WAS A FORMER CANADIAN NATIONAL MENS TEAM COACH!) AND THAT WE NEEDED TO FOCUS MORE ON BUILDING ENDURANCE. SO NEEDLESS TO SAY, WE KILLED IT DURING THE SPRINT RACES THAT YEAR IN LONG BEACH. BUT STILL HAD A LONG WAY TO GO IN TERMS OF ENDURANCE...





## *WAS THERE ANYONE ON THE TEAM WHO INSPIRED YOU?*

DERRICK AND I WERE REALLY GOOD AT PASSING THE BATON OVER TO EACH OTHER WHEN NEEDED, AND TO THIS DAY I AM STILL VERY GRATEFUL AND FOND OF THE BOND WE HAD BUILT WORKING AND COACHING TOGETHER. HE ALWAYS BELIEVED IN THE PRIDE OF CARRYING THE UCLA NAME ON OUR BACKS AND THAT WAS VERY INSPIRING TO ME. HE SWEATED OUT PASSION LIKE THOSE ATHLETES DO IN GATORADE COMMERCIALS, AND ALWAYS ACTED AS A TRUE, CALM AND HUMBLE LEADER. I AM STILL AMAZED AT HOW HE KEPT HIS COMPOSURE AND PATIENCE AT TIMES WHEN I LOST IT, AND IT WAS A PLEASURE AND HONOUR TO HAVE SHARED THAT EXPERIENCE WITH HIM.

WE ALSO WORKED VERY HARD TO BUILD TRADITIONS AND STRUCTURES THAT WOULD HELP PASS ON THE BATON TO THE NEXT GENERATION OF PADDLERS. I KNEW IT WAS ALWAYS DERRICK'S GOAL TO START A LEGACY, AND IT'S SO AMAZING TO SEE HOW FAR THE TEAM HAS COME, AND HOW FAR WE'VE COME.

## *WHAT SKILLS DID YOU LEARN FROM THIS EXPERIENCE?*

TIME MANAGEMENT.



*CAN YOU DESCRIBE IT IN  
ONE SENTENCE?*

DRAGON BOAT: PASSION + DRIVE + DEDICATION =  
GRATIFYING EXPERIENCE.

*DO YOU HAVE ANY ADVICE  
FOR NEWBIES?*

CHECK YOUR EGO AT THE DOOR AND DON'T TAKE  
ANYTHING FOR GRANTED. I REMEMBER THINKING  
"OMG YOU GUYS CAN PRACTICE ALL YEAR ROUND  
IN CALI?! IN TORONTO BECAUSE OF WEATHER WE  
HAD 6 BOAT PRACTICES - IF LUCKY AND COSTLY,  
PER YEAR!"

IF YOU THINK YOU CAN DO A BETTER JOB  
COACHING OR LEADING, STEP UP! HAVE PRIDE IN  
WHAT YOU DO, WORK HARD AND SUPPORT YOUR  
TEAM MEMBERS. IF YOU'RE ALL IN IT TOGETHER,  
FIGHT FOR THE SAME GOAL AND HAVE FUN.  
THAT'S ALL THAT REALLY MATTERS IN THE END.  
CONGRATS ON ALL YOUR SUCCESS SO FAR. BEST  
OF LUCK AND ENJOY!





*HAPPY 10TH ANNIVERSARY, ENGINE 9!  
WITH DBOAT LOVE, YOUR OFFICERS.*

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