



*So... let's get ready to rumble!*

## **Stoke Your Stroke Workshop!**

On Saturday, May 22<sup>nd</sup> the Philadelphia International Dragon Boat Festival will host its first annual ***STOKE YOUR STROKE*** Workshop. This all day event will take place at Lloyd Hall beginning at 9:00 A.M. and finishing at approximately 4:00 P.M. The day will begin with a dynamic keynote address by Mr. Mike Kerkmann. Mike has been involved in the governance and development of the sport of dragon boat racing for over 20 years. He is the current Pan American Development Commissioner for the International Dragon Boat Federation and the Technical Director for the 2011 IDBF World Dragon Boat Racing Championships being held in Tampa, Florida. Following Mike's address, Ms. Evelyn Orenbuch will present the latest trends in high efficiency stroke mechanics including some fresh thinking based on the overwhelming success of Asian teams at the 2009 IDBF World Dragon Boat Racing Championships held in Prague. Evelyn is a highly decorated national and international athlete who has won medals with the USA National Premier & Senior Women's and Mixed Crews at IDBF World Dragon Boat Racing Championships from 2004 through 2009.

### **SCHEDULE:**

**9:00 A.M. – Keynote Address: Mr. Mike Kerkmann, IDBF PanAm Development Commissioner**

**9:15 A.M. – Introduction of Ms. Evelyn Orenbuch and presentation of session elements:**

- **Technical Stroke Elements**
  - Posture & bracing in the boat... lock & load!
  - Hand, Arm & Torso position to achieve maximum potential energy
  - Timing cues & stroke tempo
  - Stroke mechanics – current trends – what we've learned from China and the Philippines
  - Starting stroke – this element will make or break your race – find out why and how to master it!

**10:30 A.M. – Warm Up and On Water Session**

- **Athlete Evaluation: on water session with video analysis**
  - Crew Set-up: Lloyd Hall Docks
  - 1 hour on-water session

**12:00 Noon – Lunch (provided)**

**1:00 P.M. – Video Assessment and interpretation of results: Lloyd Hall Auditorium**

**3:30 P.M. - Closing remarks – Q&A - Social**