



REDCLIFFE RED DRAGON BOAT CLUB

NEWSLETTER

COME n TRYS

On Saturday 9th April, Redcliffe Red Dragons ran a Council Come 'n' Try dragon boating session and were lucky enough to have Maggie & Ross Boyce from BRD come down to assist and watch how we ran the session and give advice and new ideas to assist us with future sessions.



Sunday 10th April we were fortunate enough to have Maggie and Ross Boyce return and spend just over 3 hours with our members for a special technique session to help bring us up to date with current trends.

Maggie showed us some good warm up exercises and then demonstrated to us the latest paddling technique and also suggested some training drills for us to practice with. Ross was able to assist the sweeps and trainees with an on water session and suggestions to practice.

We had approx. 40 members attend the session and they all enjoyed it immensely and were truly grateful to Ross and Maggie for giving up their time and coming to help develop our Club.

A great weekend was had by all that attended and we can't thank both of them enough for travelling down both days on the weekend (especially after just returning from Adelaide). It definitely gave the Redcliffe Red Dragons something to be excited about and help with our clubs vision.

Thank You Maggie & Ross,



Courtesy of Cheryl

The following Saturday the club had another Come n Try day.

I would like to thank all the club members who were able to assist with the Come and Try session on Saturday 16th.

While we did not get the anticipated numbers, we had enough attending to take 3 boats out on the water. The new paddlers seemed to enjoy the session, and hopefully we will see some of them back again, as a lot showed some real talent.

A special thanks to our fantastic sweeps, Del, Marla and Donna but of course it was the contribution of everyone that made the session successful. This includes the strokes who did a great job of leading the paddlers, the Redcliffe paddlers who paddled on the boats, helped set up all the gear and kit-out the visitors, provided and/or prepared the morning tea, stayed to chat with the new paddlers afterwards and helped clean up. An event such as this reminds me why Redcliffe is such a great team both on and off the water.



Also a special thanks to Jason for taking out the support boat. - Courtesy of Kay Roper



THANK YOU

I would like to thank everybody for donating sanitary, and essentials for their donations for the Share the dignity program.

Without their help & kindness we wouldn't have been able to make a difference. In total I delivered 3 boxes of products.

- *Courtesy of Donna Stein*



COACHING CORNER



Most of the venues for these regattas have been determined.

Please write these dates in your calendar so you are fully aware as to when you will be required if you are wanting to attend any of the seasons regattas and championships. These are all sports regattas and DBQ encourages all clubs to attend.

DATE	VENUE	HOST CLUB
10th July	Tin Can Bay	Cooloola
4th September	Murwillumbah Rowing Club	Mt Warning
18th September	TBA	TBA
2nd October	Broadwater - Southport	GC Chinese
30th October	Kawana	Manly
11th-12th November	Varsity Lakes	Pan Pacifics Masters
4th December	Varsity Lakes	Burleigh
29th January	Emerald Lakes	Broadwater
12th February	Kawana	BRD
5th March	Kawana	Te Waka
25th -26th March	Kawana	State Titles – DBQ

12th February and **5th March** regattas at Kawana will be 500m and 200m distance racing (respectively) in preparation for the States

The 2017 National Championships are being held at Gateway Lakes Wodonga, Victoria **18-24 April 2017** (the week after Easter).

Energy for Sport and Exercise (Pt 1)

Just like a car needs fuel to drive, your body needs energy to function and exercise. We get energy from food in the form of kilojoules (or calories). The amount of energy (or number of kilojoules) you need depends on a variety of factors such as your age, gender, whether you are trying to gain or lose weight, and your exercise intensity and duration. In general, for people who exercise or train very frequently, or when training sessions are long and intense, energy requirements will be high. For people who train infrequently, or where training sessions are short or easy, energy needs will be less.

The three main nutrients from food that supply the body with energy are carbohydrate, fat and protein. These are known as macronutrients.

This month we will talk about carbohydrate.

Carbohydrate

Carbohydrate is the body's preferred energy source for exercise and should form the base of an athlete's diet. When we eat carbohydrates, they are broken down into glucose and are stored in the muscles and liver as glycogen (energy reserves). During exercise, your muscles use the stored glycogen as the main energy source. Muscle can usually store enough glycogen for about 60 to 90 minutes of high-intensity exercise, provided you regularly eat a healthy, balanced diet that meets your daily energy needs. If you have not eaten enough carbohydrate, fatigue sets in and can affect performance.

Nutrient-rich carbohydrate foods include cereals, breads, pasta, rice, fruits, starchy vegetables (e.g. potatoes and sweet potatoes) and legumes. Milk and yoghurt are also nutritious sources of carbohydrates in the form of the natural milk sugar, lactose. Foods high in refined sugar, such as lollies, soft drink, honey and jam, also contain carbohydrate. These foods can be a useful additional source of carbohydrate for athletes with very high energy requirements and can play a role in topping up carbohydrate stores during long events. However, these foods have very few other nutrients and should not be a major part of the diet.

*Courtesy of Kay Roper
Coach*



FOODIE CORNER

BIRCHER MUESLI PANCAKES

Serves 4 (Makes 16)

Preparation Time: 25 minutes (+overnight chilling)

Cooking Time: 15 minutes

Ingredients

1 $\frac{3}{4}$ cups rolled oats
1 cup reduced fat milk
1 cup reduced fat vanilla yoghurt
2 tablespoons honey
4 apples, peeled, cored and quartered
2 tablespoons honey, extra
1 tablespoon water

$\frac{1}{2}$ teaspoon cinnamon
Finely grated rind of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ cup plain flour
1 $\frac{1}{2}$ teaspoons baking powder
2 eggs, lightly beaten
 $\frac{1}{4}$ cup reduced fat dairy spread, melted
Olive oil spray
1 cup reduced fat vanilla yoghurt, extra, to serve



Method:

1. Combine the oats, milk, yoghurt and honey in a large bowl. Cover and chill overnight
2. Place apples, extra honey, water, cinnamon and lemon in a microwave safe bowl. Cover and microwave on high for 2 minutes or until apple is tender.
3. Sift flour and baking powder into oat mixture. Combine eggs and melted dairy spread and stir into batter until smooth.
4. Spray a non-stick frypan with oil and heat over medium-high heat. Pour $\frac{1}{4}$ cup of batter into the pan and cook until bubbles form on the top, turn and cook the other side. Remove and keep warm while cooking remaining batter
5. To serve, arrange pancakes into stacks, pile apple on top and dollop with extra yoghurt.

Notes: Leftover pancakes can be individually wrapped and frozen for up to 1 month. Defrost and warm in the microwave as required. The honeyed apples can also be frozen in an airtight container for up to 3 months.

Nutrients per serve:

Energy (kj) 2760

Protein (g) 19.9

Total Fat (g) 18.1

- Saturated Fat (g) 7.0

Carbohydrate (g) 103.7

Dietary Fibre (g) 6.4

Sodium (mg) 797

Calcium (mg) 381

Iron (mg) 2.6

Sugars (g) 62.9

(Article and recipe courtesy of "Powering Active Adults" – produced by Dairy Australia and Sports Dietitians Australia)

Courtesy of Kay Roper



Birthdays for May

Kaye Parfitt
Karen Rolfe
Caitlin Lynch
Sue Harris
Toni Lutherborrow
Deb Watson
Brittnee McGrath
Rosetta Lynis
Maryanne Farrugia
Rosemary Van Stam
Sonia Anger
Wendy Weeks
Christine Law
Michelle Ferriday.
Del Martin

Birthdays for June

Leanne Speller
Arthur Heales
Gordon McKenzie
Mark Thacker
Lyn Stainlay
Julie Sommerfeld

Upcoming Events

MAY

Saturday 14th

Proposed working bee – Maintenance on Boats

Saturday 15th

Jayne Coe's "Flowers on the Water" ceremony
10am at Compound

Saturday 21st

General Meeting – Snapdragons
Redcliffe RSL 10am

Management Meeting – Redcliffe
8.30am

Management Committee Nomination Forms
are Due

Saturday 28th

Presentation Night
Dolphins HQ @ Redcliffe Leagues Club
6pm – 12pm
Buffet Meal

JUNE

Saturday 4th

AGM – Dolphins HQ at Dolphins League Club

General meeting after AGM

Sunday 12th

Narangba Gym Fun Day 9am-12pm

Friday 17th & Saturday 18th

DAA National Regatta – LAKE KAWANA

NOTE FROM TEAM MANAGER

Club membership forms are available to be downloaded via the link on the website.

The club is required to have at least 18 paying members on the database by mid June.

Your co-operation in this matter will be very much appreciated

<http://redcliffedragonboatclub.com/member/forms>