



Redcliffe Red Dragons  
Newsletter – August  
2013 – welcome to the  
wonderful world of  
Dragon Boat  
Racing...we know you  
will enjoy the ride...

Redcliffe Red Dragons Dragon  
Boat Club  
Talobilla Park  
Scarborough  
0499774698

# A word from our choach.....

While the boss is away...the three amegos will play...



Well, our coach went AWOL last week and was away doing what he loves doing – fishing! In his absence – his three trainee coaches have been filling in for him and doing a great job.

## ...so, a few words from our trainee coaches...



I cannot speak for my co assistant coaches but it is a pleasure to be involved with such an awesome group of paddlers.

Your commitment to training and patience whilst I find my feet in this new chapter in the dragon boating sport is making the transmission, although a tad daunting, an absolute pleasure.

Thanks to you all.

Let's enjoy our great sport and have FUN.  
Brian.



I have completed my first week of coaching. I am on my way to completing my twelve

sessions, within the next 6 months, in order to gain my accreditation. I am scheduled to take the training sessions every three weeks. Through Arthur's guidance and the help of our other two assistant

coaches, Maz and Brian, I believe I will gain the confidence needed to be able to plan a session that will be beneficial to all club members and help to achieve goals and objectives set by the club i.e Redcliffe Red Dragon Boat Club to become a much stronger team across all categories at State Championships and National Championships.

I look forward to seeing you all at training and joining in with you as we all '**bury** those blades, paddle **long and strong**, keep **in time**' and enjoy ourselves.

Assistant Coach

Iciar (Sharzee)

## "Coachling" Mazzi has this to say:

Some 12 months ago when I was given the opportunity to coach our first ever "social and new paddlers boat" on Saturday mornings, I found myself in a role that I have always enjoyed and felt right at home and that is being a teacher/leader. It is with the support of fellow paddlers that have encouraged me and made this journey very worthwhile and for me, to be able to take a "fully fledged newbie" with no experience in the boat to a place where they have loved their first time experience on the water, and be able to say with a smile on their face ... "I loved that, thanks Maz" ... is what makes this role so enjoyable. I also would like to thank Arthur for trusting me with this role as I have taken this very seriously albeit a social outing.

Now, with the opportunity to step up and be a fully fledged coach with the support of Arthur and you my fellow paddlers, I am excited albeit nervous. Having paddled now for 5.5 years I know there is lots to still learn and to perfect when it comes to the art of dragonboating – but I am prepared to put in the hard yards so that I can become a "great all round coach". Your patience as I learn the ropes is so appreciated.

So c ya all on the water.

Coachling (one day Coach) Mazzi ☺

# Presidents Piece



Firstly I would like to introduce myself to any paddlers that don't know me. My name is Andrea and a few months back I was elected

as Club President. This has been a busy few months for both me and my co-committee members working hard to get a forward thinking club and I am very excited at where our club is heading. Membership has increased and we are not even into the warmer months as yet!

I was introduced to the world of Dragon Boat Racing just a year ago, when I spoke with Lyn Grigg and Jayne Coe at the Redcliffe Festival. I came for my first paddling session and I was hooked. After a month I was doing my first regatta and only a couple of weeks later I was in the Pan Pacific Games!! This was something that I never thought I would be able to achieve. And I thoroughly loved every bit of it even though my body was aching for days. I have since participated in various sports regattas and the state championships. Dragon Boat racing has been a god send. It is a sport that I can grow older with and at the same time can participate in the sport with my partner Brad who is one of your sweeps (usually on the social boat).

I am very honoured that I am in the role of President and would always value a members input. You can always speak with me at training or feel free to email me. The best way to have input into the club is to attend our General Meetings and these are marked on our Club Calendar.

The committee and Iciar (Shar) in particular in conjunction with Alistair Munro have been working hard in developing our new club website. We feel this will be an informative website for both new and existing members so keep an eye out for it shortly when it goes live. Well done Iciar!!

We have our first sports regatta coming up in a couple of weeks (8<sup>th</sup> September) up at Kawana. For a couple of you this will be your first regatta and I am sure you will enjoy just as much as those members who

competed in the Tin Can Bay regatta for the first time. The one word of advice I can give the new paddlers and it also applies to those veteran paddlers "Just go out and have fun". This is something that our club has always managed to do and I know that for this reason we are the envy of many clubs. You can always see us smiling and really enjoying the day. This is what Dragon Boat Racing is all about. So please remember that on the day.

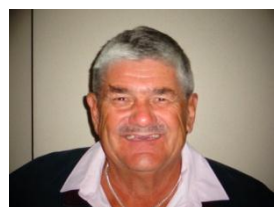
That is all from me for now – See you on the water!!

Cheers

Andrea

## QDBF AGM

With Vice President – Brian Bichel



I attended the AGM of QDBF on Saturday 24th and although attended by a number of clubs it was a bit disappointing in that there were a lot of clubs

who did not attend.

This is the body that controls our sport and the lack of support was a little disconcerting.

Having said that those members who were in attendance seemed to be fully committed to moving our sport forward in a positive way.

This year is very important in that the nationals are being held at Kawana in April of 2014 and it is vital that Queensland show the rest of Australia how things should be done.

There are two vital positions that were not filled, that of the secretary and that of the treasurer. If you think you would like to become involved at state level in either of the positions then feel free to talk to me.

Positions filled at present are:-

|                         |                     |
|-------------------------|---------------------|
| President               | Jason Ferrari       |
| <b>Vice President</b>   | <b>Brian Bichel</b> |
| Admin Director          | no moninations      |
| Treasurer               | no nominations      |
| Insurance Director      | Judy New            |
| Sub Committee Director  | Jo Grammatico       |
| Development Director    | Cliff Eames         |
| Events Director         | Janine Lette        |
| Technical Director      | no nominations      |
| Communications Director | no nominations      |



# from the Team Manager's desk.....



Our first Sports regatta of the new season is only just over 2 weeks away....hopefully everyone will by now have seen my Expression of Interest email for the Sunshine Coast club's regatta coming up on Sunday, September 8....if you haven't

seen that email or my sign on sheet at training last Saturday morning and would like to put your name down to paddle please email or phone me asap or my sign on sheet will be at training again first thing Saturday morning. This EOI will be closing next Wednesday, August 28. Closer to the regatta date I will send you an email with regatta day details.

The names I have so far are:

Del, Marla, Jill Aplin, Iciar, Margery Barnes, Robyn Symons, Kaylene, Brittnee & Tom McGrath, Andrea Douglas, Donna Stein, Kaye Turnbull, Mazzi, Jo Clarke, Brian Bichel, Lyn Stainlay, Maureen Hyde, Kay Roper, Caitlan Crome, Cheryl Rigby, Chris Somerville, Loretta Pears, Cheryl Evans, Wendy Weeks, Dani Blanch, Karen Burns, Susan Harris, Toby Capewell, Penny Barnard, Rita Beadsmoore, Rebecca Kersten, Eva Cverkus, Laurie Nicholson, Bruce Brewster, Donna Pascoe, Lyn Munro, Steve Wharemate, Shaun Kydd, Lorretta Compton, Julie Sommerfeld, Janine Rasmussen.

Last week I emailed a form relating to "photographic consent" to all members, I also had copies at training last Saturday morning, we need for everyone to have submitted a signed copy of one of these forms to allow us to use your photos for a few reasons one of which is our new Redcliffe website which should be up and running shortly. If you haven't submitted one of those forms if you could do so as soon as possible that would be greatly appreciated. If you need me to email one of the forms to you again please let me know. I will also have some copies available on Saturday morning before you head out for training. I won't be available after training as I'll be at the Bunnings BBQ.

We also have a few members whose registration for the 2013/2014 season is still outstanding. For the

club this means that you are not covered for insurance purposes to be out in the boats. Could you please see one of the coaches or myself at training to receive a copy of the necessary paperwork.

Cheers

Lyn G



## Joke of the month



Old man sitting in his chair suddenly gets up and puts on his coat. His wife who is sitting by him says "Where are you going?" Old man replies "To the doctor

to get me some of those viagra pills"

Next thing, the wife starts to get up and put on her coat also. Her husband asks "Where are you going?"

Wife replies "If you're going to start using that rusty old thing again then I'm going to get a tetanus shot."

: Joke submitted this month by club member Jo.

# Fundraising fun...



Hi All,

We have just had a successful BBQ at Bunnings Rothwell raising **\$1609.05** from the BBQ and **\$270** from the Raffle. That is a

grand total of **\$1879.05**. Thank you to everyone who helped out beforehand & on the day and to Barb, Iciar & Jo for organising the Raffle.

We have another Bunning's BBQ on Saturday 21st December.

Next Weekend Sat. 31st August your Committee & a few Fellow Paddlers are participating in the Community Challenge Day at Pine Rivers Park to try and win some money, spectators are welcome to come and watch and encourage us. It runs all day from 9 - 4pm. So far we have raised approx. \$1,000 in this challenge from the sales of the Supporter Packs & Donations.

While on that topic, I have contacted the Mon Komo as the voucher for the Buy 1 Pizza get 1 Free was for Mon - Thur at lunchtime. They have said they will consider a night time booking for us on a Mon - Thurs night so if you are interested in redeeming your voucher in a group outing please let me know your preference. I am thinking a Monday night after training as it finishes a bit earlier than Wednesday night training and saves going out another night. Please let me know what you think!!! Are you interested???

We have been given the opportunity through Paul to run the BBQ at a Train Day at McPherson Park, Denham Street Brackenridge. The local Lions Club likes to give to community groups to run and keep the profits. They run miniature trains around the park for all the family to ride on. (Looks like fun) and only \$2 for a ride or 10 for \$10.00. Good day out for the kids or grand kids.

They have a vacancy on Sunday 24th November, so I have told them we are available to run it. They sell approx. 300 sausages which might be donated along with the onions and we only have to buy the bread. We would have to be there from 8am till approx. 3pm **SO PLEASE MARK THIS DAY ON YOUR CALENDAR** as many hands

make light work and it is to raise funds for your Club to maintain items or purchase new ones. I will talk about this more at future meetings. There may be opportunities to run this again next year if we decide it was successful and we can get enough volunteers.

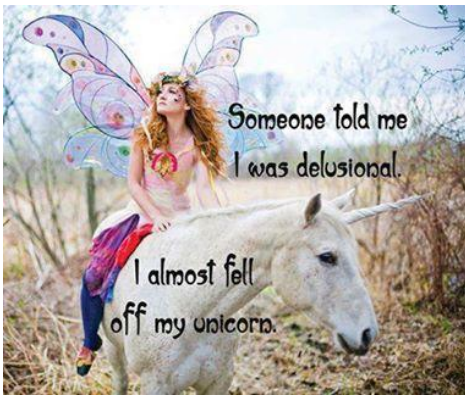
That's all for me know, I'll leave you alone for awhile,

Cheryl



*Yes...we did actually have some customers in the afternoon....*





Ah! The Power of Motivation! Today I heard a story about a ten-year old boy. He was racing his go-cart when his engine

stopped. The boy was understandably very upset for failing to finish his race. The boy's father went out to his son. However the boy wasn't consoled but berated for not winning the race. It made me think about motivation, I've heard motivation being described as a fire within us that is ignited by a dream and fuelled by passion. When we understand what motivates us great things are possible. As adults we bring our life experiences with us everywhere we go. Some of those experiences will have had positive outcomes, some not so positive. Most if not all of us have busy lives outside of our dragon boat club with lots of professional, personal and family commitments so what motivates us to stay connected with our club and our team? Research identified motivation in sport depends on three key factors which relate to the degree you feel you can achieve have control and responsibility for what you do feel connected to others in your sport; What's your motivator? Does paddling allow you to achieve your personal goals, does it help you to develop as a person or is achievement in paddling fundamental to who you are? Recently I took the time to reflect on what motivates me to continue paddling, I looked at the positives and the negatives and for me the positives won by a long way. I then thought about when I have felt positively motivated to achieve success. It was when I had trained hard and I was physically fit and mentally ready to race - oh what a great feeling! Then I thought of the time I was negatively motivated to avoid failure; I didn't want to be the person who screwed up. It wasn't a nice feeling. I was anxious and nervous not looking forward to racing. I just wanted it over. On both occasions I was responsible for how I felt emotionally and in reality there probably wasn't much difference in my fitness level or my technical ability but it was the connection that I had with my teammates that made the difference. When I was positively motivated my team members made me feel included and valued; it

was a rewarding experience that reinforced my dedication to paddling and being the best paddler that I could possibly be. When I was trying to avoid failure I wasn't connected to some team members. It did however make me determined to prove I was as strong and as technically capable as they were; this was motivating but it certainly didn't create a sense of attachment to my team. That young ten-year old boy in his next race might feel negatively motivated to win, for most of us it's not a pleasant experience. I'm guessing you are all thinking of how you would have handled the situation differently: compassionate, sensitive and thoughtful wanting to rebuild his confidence and self esteem, reassuring, encouraging him not to give up. In reality is that boy's need any different to our own? We as team members can encourage each other. We can build confidence in each other through kind words and gestures by acknowledging and respecting each other's uniqueness. We don't need to give critical feedback - it is our coaches responsibility to give us constructive critiquing. We can all contribute to building a positive inclusive environment that helps new and old paddlers to achieve, to feel in control and to be connected and motivated. We are a team. We are a club. We are the Redcliffe Red Dragons. Let's ignite that flame and help it to burn bright so together we can achieve great things. Happy paddling! Anonymous

*Editors note: This article was sent to me but the author has asked to remain anonymous. I am always open to entries being sent and as long as they are relevant to our club and of interest to our paddlers I am happy to include them in the newsletter. It is wonderful to get different perspectives from our club members and I hope you enjoy this piece as much as I did. Thank you Anonymous.*

*I also would like to thank everyone who contributed to this months' edition. I have had an overwhelming response for articles and I don't know about you but I think this is the best one yet. Please keep up the good work and email me if you have anything you want included for next month.*

*Cheers*

*Kaye*

# Achievements



The IDBF World Championships were held in Hungary in July. Team Australia spent 6 days in an intensive finishing camp in Győr Hungary, prior to 7 days in Szeged. 5 of the 7 days were competition.

The weather was hot and competition fierce. It was a glorious campaign with our team 100% committed to performance. The senior C (60+age) 9 events and 9 medals. For me in the Women's team, our result was: 2000m Silver, 200m Silver, 500m Gold. What a great crew, coaches, sweeps, drummers, paddlers, captains, manager and team fitness experts. Many friendships were forged and memories will stay with me for a life time. It was with great pleasure I represented Australia. A great privilege to wear the Coat of Arms and to stand on the podium singing the National Anthem.

2 points of interest at competition were: the Matyer National Olympic Regatta Centre itself a monument to excellent planning and design. The other was the electronic start system, with docking cup for the dragon head and a camera for each lane. This was the first time Dragon Boats used the electronic start. LynS

Although I was the youngest in the auroras it was a great experience. I am definitely going to try out again in two years time again for the auroras which will take us to Canada which I have never been to, and I am look forward to it very much. I was also the smallest in the group, which is not a surprise, it was a lot of fun and I hope there will be more paddlers like me to try out for the auroras. Anyone can go for the auroras even if u haven't even paddled for a long time like me I started in September 2012 and loved it so I went for the auroras and ,well... I GOT IN







**HOORAY.....  
IT'S FINALLY HERE**

Tuesday 27<sup>th</sup> August 2013

Yes, it has been a long time coming, but finally fellow members, the wait is over and it is here.

## OUR NEW WEBSITE

I did not know what I was in for when I put my hand up for the web maintenance position at the Annual General Meeting in June this year. Although I had no experience in this matter, I have surprisingly enjoyed working on the new site. With the help, guidance and input of the Club's committee, my offsider Cheryl (Thelma ), our head coach, Arthur and of course,

Alistair Munroe, I believe we have developed a new website that is bigger, better and brighter than ever and one Redcliffe Red Dragons members can be proud of.

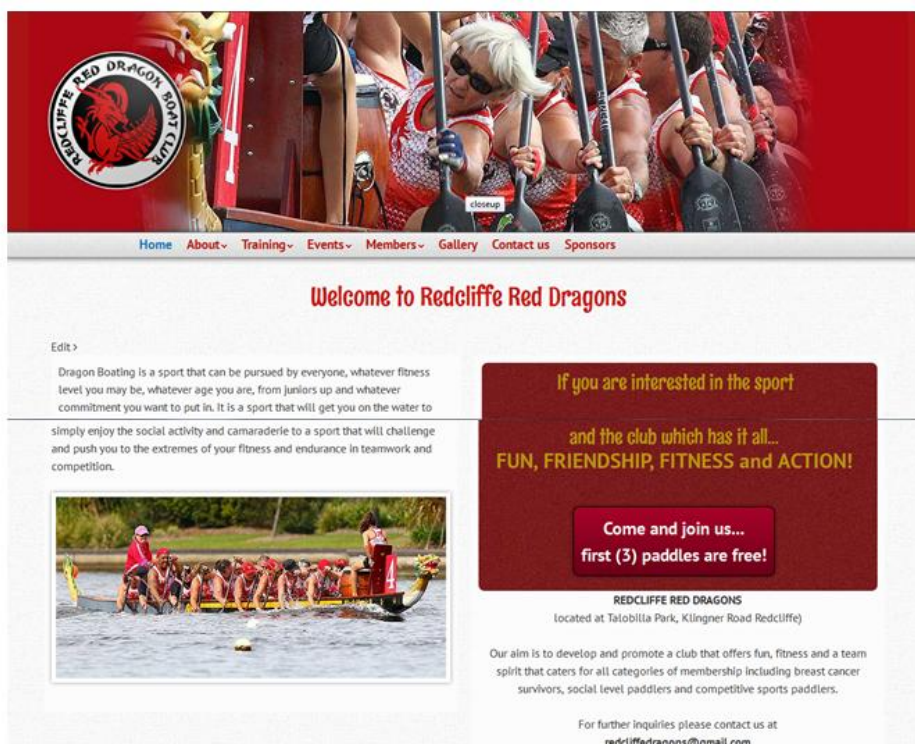
Below is just a preview of our home page. The site will be up and running by Tuesday 27<sup>th</sup> August so I suggest all club members go to:

[www.redcliffedragonboatclub.com](http://www.redcliffedragonboatclub.com)

...and view it in its entirety. I hope all members will be proud of the finished product as I know I am.

Web Maintenance

Iciar (Shar)





# Sunday at Suttons with Mazzi

Wow, Wow, this has been a huge success. We are now four weeks into our cross training (interval) programme and I am so excited to see so many paddlers turn up for some extra fitness routines that will only help our paddling experience in the boat.



Week One (1) there were nine (9) of us descending upon Suttons Beach where we enjoyed an hour of interval training. We then made the most of brekky at Sails - yes everyone worked really hard and deserved a treat. Four (4) weeks later, today's session saw 29 people attending - Wow team Redcliffe, this is only the beginning.

I also would like to point out in our last two sessions we have had seven (7) "mother and daughter duos turn up – very impressive ladies. Now on that note gentlemen, we have only had one mere male turn up to each of our sessions – we all know who that might be – Awesome work Brian ☺ He is not allowed to not come as I have been training with him now for 16 months. Brian is certainly testament of what interval training can do for on and I am sure he would happily share his story with you over a few beers!!!

Each week I bring to the table a variety of exercises that I schedule together to form a routine which is known as "interval Training". This type of training has the best results in achieving strength, endurance, aerobic fitness and yes, you guessed it – weight loss if that is what you need.

If you are shy of coming as you think your fitness level is not up to scratch – THINK AGAIN - I structure my

programme to suit all levels of fitness and capabilities which accommodates those that may have old injuries and limitations or those who may be presently recovering from an injury . Yahoo – everyone can participate.

At each paddling training session, there is a sign on sheet for you to register for Sunday at Suttons. I need to have numbers so that I can plan appropriately each week – yes the session plan changes often.

Go on – give it a go, you might be pleasantly surprised.

Cheers

Mazzi. ☺



TODAY  
eat right  
exercise  
day dream  
sleep well  
love yourself  
and  
REPEAT