



# REDCLIFFE RED DRAGON BOAT CLUB NEWSLETTER



In January, one of the club members Bruce Brewster had a surprise birthday party to celebrate him turning 60 and becoming a Great Grand Dragon. The theme of the party was to come dressed up as something starting with the letters of B.R.U.C.E. Some of Bruce's paddling buddies from Redcliffe attended.

There was a variety of characters present at the party and a fun night was had by all with all Redcliffe crew up singing and dancing till end of the night. Hope Bruce had a great night!









# RIP

## Peggy Matthews



"I'd like to thank everyone for the chocolates and lovely crystal vase given to me on Jan 31st at Emerald Lakes. Your thoughtfulness was greatly appreciated."

My mum was a supporter for a few years until ill health prevented her, giving many hours manning a pinkie stall at Redcliffe corporate regattas and cheering both reds and pinks during races.



She knew that my extended family were my dragon boat friends and always encouraged me to keep participating as she knew she would eventually pass away and I'd need the close friendships I'd made in the dragon boat community.

She always said "even if I die while you're away I still want you to go and do what you love doing".



Courtesy Dell Martin



# BROADWATER REGATTA (Battle of the Paddle)



At the end of the month, the club attended the second last sports regatta for the year held by Broadwater at Varsity Lakes.

A total of 25 sports paddlers competed in the usual categories of Mixed, Women's and Open teams. Half way through the day some of our paddlers had to leave in order to fly out to New Zealand for the regatta being held in Wellington the next day.

We may not have won any races but at the end of the day as always everyone enjoyed themselves both on and off the water, gave their 100% and showed the usual sportsmanship Redcliffe is renowned for.

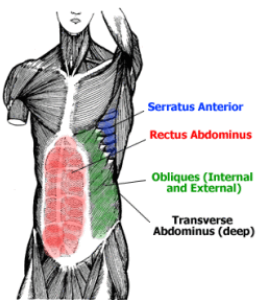


## COACHING CORNER



# How To: Strengthen your Core and Improve your Paddling

Your "core" encompasses your abdominal and back muscles, specifically the rectus abdominus, obliques, lower back, and the glutes.



It is important to strengthen the core muscles, because these muscles provide stability to both the upper and lower body in all activities: walking, sitting, paddling, etc.... **In other words, a strong core is also vital in preventing injury, as it is a cylindrical support system that gives stability to your center.** When your core is strong and well-trained, your performance, strength, coordination, and balance are improved.

When choosing your core exercises, specifically those involving the abdominals, it is important to keep your low back in mind in regards to preventing injury.

### 1. Medicine Ball Crunches: (Straight crunch and oblique crunches)



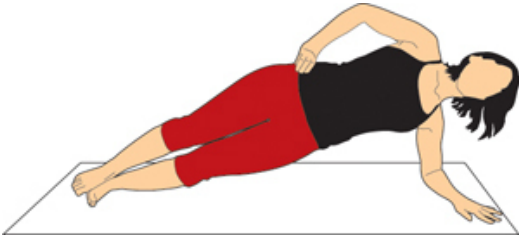
Sit on a standard exercise ball, then roll down slightly so the ball is at the mid/low back, giving support to your hips and back. With arms across your chest, or behind your head, contract your abs, and lift your chest upward off the ball. As you lift, keep your chin OFF your chest, coming up as high as you can, then slowly return to the start position to finish 1 rep. Repeat until fatigue. 3 set of however many reps your need to fatigue.

**2. Planks:** Planks are a great way to build muscle endurance, and address those small core stabilizer muscles.



Lying face down on a mat, resting on forearms, with palms flat on the floor. Push up off the floor, raising up onto toes and forearms. Hold this position, as you maintain a flat back (avoid sagging at the abdominals, or sticking your butt up in the air) by contracting your glutes, and abdominals. Hold until you cannot hold any longer or until proper form is lost, and repeat for 3-5 reps. If you feel this exercise in your shoulders, push back into your toes, and it will take some pressure off the shoulders. If you are having lower back pain, chances are you are sagging at your abdominals and need to rest.

#### **Variation: Side Planks**



Start laying on your side, supported by your elbow. Upon inhaling, lift your hips toward the ceiling. Hold this position, maintaining a straight line from shoulders to feet. Upon fatigue or loss of proper form, rest. Repeat 2-3 times.

#### **3) V-Up/Roll Up:**

Lie down with the legs straight. Do a sit-up, keeping your chin off your chest, and touch your toes. As you pull away from your toes, roll up your legs; in other words as you lay back down raise your legs in the air. When you are about halfway lying down (your arms always remain in the air) touch your toes again. Leave your hands in the air and bring your legs back down. Repeat. Each time you touch your toes counts as one rep. *Sit up, and then sit up with legs in the air.* 3 set of however many reps your need to fatigue.

#### **4) Bridges:** You'll feel this one in your low back and glutes.



Laying on the ground on your back, making sure your lower back is flat on the ground, perform a "kegel". The kegel is performed as though you were to stop the urine flow midstream. It causes the contraction of your deep lower abdominal muscles, muscles commonly ignored in most exercise programs. Holding the kegel, lift your hips toward the ceiling, hold for 2-3 seconds, slowly lower back to the ground, and release the kegel. Repeat until you fatigue or lose proper form. Don't forget to breathe.

When first learning the bridge, place your hands on the top of your hips. When lifting them toward the ceiling, both left and right sides should be level. If one side is higher than the other, make corrections so they are even, and proceed with your bridge. 3 set of however many reps your need to fatigue or lose proper form.

**Variation:** If you have excellent form and have to do 100 normal bridges to fatigue, it's time to move on to the next progression.



Perform the bridge normally, however do so holding the Right leg up in the air for 30 reps, and the Left leg up in the air for 30 reps. Be sure to hold the kegel throughout the exercise, and **MAINTAIN PROPER FORM**. If the right leg is being held in the air, It is common when getting tired for the right hip to "drop" toward the ground, leaving the body unsupported, and hips uneven. Same with the left leg. As suggested with the standard bridge, when first learning this variation of the bridge, place your hands on the top of your hips. When lifting them toward the ceiling, both left and right sides should be level. If one side is higher than the other, make corrections so they are even, and proceed with your bridge. If you are unable to keep level hips throughout the movement return to the standard bridge.

### 5. Reverse Crunch:

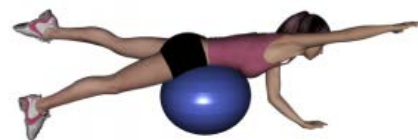
Lie on the floor, legs in the air, above your body, and arms at your sides. Contract your abs to curl hips off the floor, reaching your feet toward the ceiling. Lower, and repeat until fatigue. 3 sets of however many reps it takes you to fatigue. The straighter you keep you legs, the harder it will be. Tip: Focus on pushing your heels toward the ceiling, rather than bringing your feet over your head. Also, this is a very small movement, so try to avoid using momentum between reps.



### 6. Bird-Dog on the Exercise Ball:

Begin sitting in front of an exercise ball. Roll yourself onto the ball, so the ball is under your hips and your shoulders/feet are about shoulder width apart. Contract your abdominals, and raise your left arm/right leg simultaneously while keeping a neutral spine (head and neck neutral). Return left arm/right leg to original position, and repeat with right arm/left leg.

Tip: When choosing an exercise ball for this exercise: The exercise ball should be large enough to make you need to stabilize your body, but not so large that you have trouble touching your hands and feet down at the same time.



All of these exercises can be performed in the comfort of your home, and take little time to complete. With a regular core regimen, you will find yourself performing better on the water before you know it!

# FOODIE CORNER

## Grab and Go Muesli Bars

### Ingredients:

1 ½ cups (185g) almond meal  
150g toasted muesli  
12 Medjool dates, pitted, chopped  
1 cup (170g) pitted prunes, chopped  
1/3 cup (50g) currants, chopped  
1/3 cup (50g) dried cranberries, chopped  
½ cup (80g) sunflower seeds  
2 tbs linseed or chia seeds  
2/3 cup (110g) almonds, lightly toasted, chopped  
2 tbs raw cacao powder or Dutch cocoa powder  
2 tsp ground cinnamon  
2 tbs tahini  
1/3 cup (80ml) maple syrup  
2 tbs apple juice



### Method:

1. Grease and line the base and sides of a 20cm square cake pan with baking paper.
2. Combine all the dry ingredients, reserving 100g muesli, in a bowl. In a separate bowl, combine the tahini, maple syrup and apple juice, whisking until smooth. Pour over the dry ingredients and stir to combine. Add extra juice if mixture is dry.
3. Press mixture into cake pan, sprinkle over remaining muesli, then cover with plastic wrap and chill overnight.





## **Birthdays for February**

Jason Pukallus  
Jill Aplin  
Margery Barnes  
Sarah Firman

## **Birthdays for March**

Kay Roper  
Rita Beadsmoore  
Doug Trott  
Kaylene McGrath

# **Upcoming Events**

**FEBRUARY 21<sup>ST</sup>**

State Training @ 7am  
State Breakfast @ 8.30am Sea Salt and Vine

**FEBRUARY 27<sup>th</sup> & 28<sup>th</sup>**

State Championships @ Bucca, Bundaberg



Our Easter Raffle is underway.

It would be greatly appreciated if members could donate an easter egg of any size, shape and place in the basket at training. Raffle tickets will be given out after States.

# UNIFORMS FOR SALE

The club has some second hand uniforms for sale.

Please contact Jane Kennedy at: [janekenedy61@yahoo.com](mailto:janekenedy61@yahoo.com)



**1 - Small Full Zip Paddle Top**

**\$10- \$15**



**1 - XL new style singlet**

**\$10**



**2 - XL original singlets**

**\$10**



**1 - 3XL Polo shirt \$10 - \$15**



**2 - Small T- Back singlet**  
**\$7**



**1 - Small old red singlet**  
**\$5**



**1 - Medium long sleeve old**  
**Training shirt \$5**