



REDCLIFFE RED DRAGON BOAT CLUB NEWSLETTER

CONGRATULATIONS

Two of our paddlers – Eva Anna Maria and Karen Rolfe participated in the second biennial Great Barrier Reef Masters Games which was held from 13 to 16 August in Cairns, Queensland this year. Close to 2,000 masters-aged men and women from Australia, Oceania and South East Asia converged on stunning Tropical North Queensland to take part in this great sporting event.

Eva, Karen and other paddlers from various clubs joined the Cairns composite team of CORAL SEA DRAGONS to paddle in two 13.2km races around Admiralty Island over the two days. They were successful in attaining silver in both races.

The results for those two races are as follows:

Friday 14 August

Gold Outback Dragons (Dubbo) 1:15:16

Silver Coral Sea Dragons (Cairns) 1:28:55

Bronze Cairns Composite Team (Cairns) 1:30:08

Saturday 15 August 2015

Gold Outback Dragons (Dubbo) 1:14:15



Silver Coral Sea Dragons Comp. (Cairns) 1:20:00

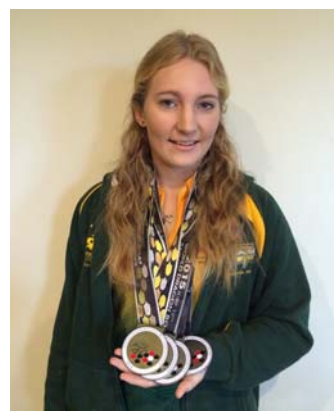


12th IDBF World Dragon Boat Championships, Welland, Canada



Two of our juniors Brittnee and Courtney travelled over to Welland, Canada to compete in the 12th IDBF World Dragon Boat Championships. Both girls did extremely well in their respective divisions – Brittnee under 16's and Courtney under 18's – collectively coming away with all colours of medals. Overall the Auroras medal tally was as follows:

  				
12 th IDBF World Dragon Boat Racing Championships Welland Canada Final Medal Tally				
Day	Gold	Silver	Bronze	Total
One	5	7	6	18
Two	1	4	1	6
Three	2	1	2	5
Four	3	11	4	18
Five	1	7	4	12
Total	12	30	17	59



Brittnee - Medal Tally

GOLD

Women 200m 10's
Mixed 1km 10's

BRONZE

Mixed 2km 10's
Women 2km 10's
Women 500m 10's

Courtney - Medal Tally

GOLD

Women 2km 10's

SILVER

Mixed 500m 20's
Women 200m 10's
Women 500m 10's

RAINBOW REGION REGATTA

We would like to say a HUGE Thank You to [Rainbow Region Dragon Boat Club](#) for allowing us to attend their regatta held over the weekend of 22nd & 23rd August.

After a great trip south we arrived lunchtime Saturday to a beautiful spot at Shaws Bay, Ballina & would like to commend the Club on their Organisation & Friendliness & for allocating us next to another great club - Coffs Coast - and as part of the 'sister club program' introduced by DBNSW as of 1st July 2013, we were approached by them to be part of the program.



(L-R) Cheryl, Stephanie Frost from Coffs Coast Sister club and Iciar



We entered the events on Saturday with our highlight being the State of Origin race with six of our paddlers being in the winning Qld team and accepting the Trophy (Smiles are priceless).

On Sunday we arrived full of hope and ready to spend another day with all the friendly competitors & volunteers not to be disappointed. Our Men started us off by winning both their heats and doing us proud with a very close 2nd place in the final, it could have gone to either boat as down to the last stroke. Then not wanting to be shown up, our Mixed crew who placed 2nd and first in their heats, proved good for the task of improving their positioning & getting into the top 4 to make the final.



This incredible bunch of 19 Paddlers showed their spirit and gave their all to take 3rd place in again what was another exciting battle to the end. Then as unaccustomed as we are to accepting trophies (yes you receive trophies for 2nd & 3rd places) Iciar and Cheryl, who we all know are very camera shy, raced up & forgot to receive the trophy. They left the poor man standing & asking if they wanted to accept it, WHOOPS.

Again a HUGE thanks to Rainbow Regions Dragon Boat Club for hosting such a Fun / Organised event which helped build our Team morale & spirit while allowing us to enjoy our days competing & socialising and also lending us 3 great men- Mark, Phil and Geoff - to help our men's team.



Trophy for 3rd place
sports 20's mixed crew



Qld Team 1 winning
team of State o Origin



Redcliffe contingent in
the QLD state of origin
winning side



2nd place Sports Men 10's

COACHING CORNER



One might think that by having the biggest, strongest paddlers available, you'd have an easy time winning races. Not so. More than simple physical strength, successful teams have three things going for them:

- Timing
- Pacing
- Form

Timing

At the start of a race, all paddlers "sit ready". When the race official yells "paddlers are you ready", we've got our paddles poised, and we're ready to go. Timing starts with the first stroke, and is extremely important throughout the entire race. Our first stroke is hard, and intended to break the surface tension of the water. The next 5 strokes are increasingly longer and harder. The following 18 strokes are faster, shorter, and about as hard as one can pull. These first 18 strokes can make or break a team: stay in timing with each other, pulling hard *together*, and you'll get the bow (front of the boat) out of the water first. If even one person's timing is off, you'll find your team riding in the wake of your opponents, playing catch-up for the remainder of the race.

Pacing

After the first 24 strokes (called 6-18), the sweep, or caller, tells the team to "power, power, power", slowing their pace to the race rate and simultaneously reaching farther forward to produce a longer stroke. The idea is to keep the paddle in the water for as long as possible, pulling more water than air. Timing remains critical during the rest of the race - any one person out of time can pull everyone behind her or him out of time. The result of an out-of-time boat resembles a caterpillar, which works fine for the caterpillar, but effectively slows down the boat, as if the two sides of the boat are pulling against each other.

Pacing is also critical. What's most important is a consistent pace that emphasises long, strong strokes with all paddlers entering and leaving the water at the same time.

Communication is the critical component of effective pacing and timing. On a dragon boat, the lead paddlers (strokes) set the pace according to the race rate, and each subsequent paddler stays in time with the strokes. If the sweep notices off timing, he/she calls it out to get everyone back in synch.

Form

How one paddles determines the volume of water pushed by the paddle, as much as the strength of the paddler. A strong paddler working inefficiently won't have as much pull as a weaker paddler pulling with proper form. The greatest challenge for any dragon boat team is for all paddlers to maintain efficient form throughout the race, especially when fatigued. It's SO easy to slack off on form when your muscles are tired, and you feel as though your lungs are about to burst. The moment form goes, timing will also fail. Each paddler understands his or her position in the boat, and does all they can to maintain proper form throughout the race.

Just remember T.E.A.M. - Together Everyone Achieves More!

“One man can be a crucial ingredient on a team, but one man cannot make a team.” – Kareem Abdul-Jabbar

22 Lessons and Things You Learned from Dragon Boat



1. The first and the most essential lesson you have learned from dragon boat is synchronicity. Paddling in perfect synchrony will give your team the edge against your competitor.
2. You learned that whether you win or lose in the race, the most important thing is that your team is intact; and that everyone is safe and happy to be racing together. You also learned humility. You then move on and get ready for the next race lined up.
3. You have learned to always remain focused in the boat, to block the pain, breathe properly, and keep up with the stroke rate of your pacers or what you have practiced as a team for a specific race distance.
4. The knowledge and skills that your coach has imparted to you can be easily learned if you learn it by heart. The quick (and quality) development of the paddlers/crew may be one of your Coach's measures of satisfaction. Learn the technique quickly but forget it slowly (or forget it never).
5. Apart from the physical skills you've learned from your President/Team Captain/Coach, you also learned that the unconditional trust and respect you have on their leadership is reflective of your commitment to the 'team'. You appreciate their inspiring words before, during and after the races.
6. While dragon boat is a tough sport to learn and to be at, you have learned that apart from the camaraderie it fosters, there is so much to smile and laugh about (at trainings or in races). Yes, dragon boaters are tough yet fun-loving athletes, too.
7. While in your business attire, you carry a sports bag filled with a seat pad, board shorts, a team jersey, compression shorts, changing clothes, bananas, power bars, recovery drinks and other DB stuff.
8. When you see a boat (any boat in fact) you associate it with a dragon boat. You imagine a scenario of you paddling in it. That's right: 'paddling', not rowing.
9. When you see someone carrying a paddle, you feel happy. It's like you've seen a brother or a sister. (In your mind you say, *'Keep it up, we're in the best sport ever!'*)
10. In a massage session, you will kindly instruct the masseur/masseuse to go gentle on your ass. You mean your fresh blister from training or race.

11. After each heat (and you're still panting), it is a joy for you to cheer and shake hands with other teams in the embarkation area. **That's real sportsmanship!**
12. Majority of the content in your laundry basket are clothes made with Dri-Fit fabric. You have several batches of those week after week after week.
13. Flip-flops are considered to be 'very formal' footwear in the 'dragon boat culture'.
14. You know a fellow paddler when the shoulders and the upper limbs are suntanned. When naked, there's a visible tan line in the shape of a jersey or a sports bra for ladies. Yeah, the dragon boater's legs are two-toned too.
15. After paddling, all your stresses are gone (or at least eased up). On the contrary, if you can not paddle because you have classes or you need to work or travel, you are stressed.
16. Your weekends are spent in the water. You'd like to have more sleep but you need to show up on time for practice. It taught you discipline.
17. You have saved on gym membership as the land trainings alone already make you too shattered. If you have a gym membership, you might have not visited for a long time or you're not utilising the monthly fee being charged on your credit card.
18. You instantly know what to do when you hear the command: **'Jam Stop!'**
19. You know that the command **'Hold water!'** means that you do not actually hold the water with your hands. You hold your paddle perpendicular to the water to stop the glide of the boat.
20. In your email ending or personal email signature, you would use 'Paddles Up!' instead of 'All the best!' or 'Yours faithfully'. It actually means to signal the paddlers to get ready to paddle or to assume the catch position.
21. Carb-loading. You have learned that it is important to start carbohydrate loading, 3 or 4 days before and in the morning the actual race. Experts say, "it's good to have a small portion of carbs for about 3 to 4 hours before the race."
22. It is normal to feel a little bit nervous before the race (not scared, because there is nothing to be scared about). That nervous feeling has taught you how to be brave. You know that it goes away right after your first heat.

(Courtesy of paddlechica.com.au)

FOODIE CORNER

Ricotta and rocket quesadillas with fried egg



Ingredients:

4 pieces wholemeal Lebanese bread
250g fresh low-fat ricotta
40g rocket leaves
Olive oil spray
4 eggs
1 x 250g punnet cherry tomatoes, quartered
½ red onion, finely chopped
1 long fresh red chilli, halved, deseeded, thinly sliced
2 tablespoons chopped fresh coriander
1 tablespoon fresh lime juice
Fresh coriander leaves, to serve

Method:

1. Preheat sandwich press. Place the bread on a clean work surface. Divide the ricotta evenly among the bread and spread over one-half of each piece of bread. Top with rocket. Fold in half to enclose filling. Spray with olive oil spray. Add 1 sandwich to the sandwich press and cook for 2 minutes or until toasted. Transfer to plate and cover with foil to keep warm. Repeat with the remaining sandwich.
2. Spray a non-stick frypan with olive oil spray. Heat over medium heat. Crack the eggs into the pan and cook for 3 minutes or until cooked to your liking.
3. Combine the tomato, onion, chilli, chopped coriander and lime juice in a bowl. Cut the quesadillas into wedges. Divide among serving plates. Top with eggs, salsa and coriander leave to serve.

If you have a recipe you would like to share please email your recipe to michelle.ferriday@bigpond.com



Birthdays for September

Lyn Grigg

Maureen Hyde

Shelly Baumann

Jessica Adshead

Upcoming Events

19 th September	OLDER & BOLDER 10am-12.30pm
20 th September	TEWAKA regatta @ KAWANA WATERS
27 th September	Long Distance Training @ 7am
18 th October	MANLY regatta @ KAWANA WATERS
24 th October	State Training @ 8.30am
31 st October	Grafton Regatta

EXTRA TRAINING FOR CLUB MEMBERS



Long distance training will be starting this month for members who are interested. The date and time of these sessions will be decided on by the date that most paddlers can attend. ***The first session is scheduled for 27th September at 7a.m.***

Next month extra training sessions will be starting for paddlers interested in competing in the 2016 State Championships in February. ***First training session will be held on 24th October at 8.30am (after normal training session on Saturday).***

The schedule for extra State training will be distributed in the next couple of weeks.

Bunnings BBQ

29th August seen Redcliffe Red Dragons at Bunnings Rothwell selling sausages, drinks and raffle tickets (Father's Day).



Thanks to all of the wonderful volunteers who helped out on this day. Makes the day so much easier.

We raised over \$1200 which will be going towards our Building Fund.

Our Fathers' Day Raffle was a small success. Thanks to all who gave items for the raffle and to those that sold tickets.

1st Prize – W. May (Eva's College Colleague)

2nd Prize – Chris H. (Eva's College Colleague)

3rd Prize – Marla Harris