



REDCLIFFE RED DRAGONS DRAGON BOAT RACING CLUB
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www.redcliffedragonboatclub.com

Happy New Year Redcliffe Red Dragons

January 2014 Newsletter



It's not about being the best...
It's about being better...
Than you were yesterday...





CLUB FITNESS ASSESSMENTS



The second club individual fitness assessments will be conducted at the compound on the following dates:

Sunday 23rd February 2014 and Sunday 2nd March 2014

7a.m. to 12p.m.

A roster will be available at training for paddlers to enter their desired time. Each paddler should allow 1 hour to complete their assessments.

(Depending on numbers per session, assistance may be needed in recording results etc. Please let me know if you would be available to help out on the day.)

It has been mentioned at training, what the requirements are if members are wanting to compete in the State and National Championships in March and April 2014. **First consideration will be given to those who have completed fitness testing and ERG work.**



For those of you considering the States and Nationals, it is strongly advised that you complete your fitness assessment if you are wanting to be in the mix when teams are selected for the respective championships.

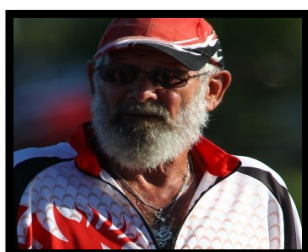


I hope ALL members will co-operate and attend on the above-mentioned dates. If it is not possible to do so, members are responsible for making alternative arrangements for their assessments to be completed.

Please remember that this is not a test of your fitness but a guide as to where you are at, in regards to your fitness. It is certainly not a competition between paddlers as to their fitness level BUT MERELY a guide for us as coaches as to the effectiveness of our coaching program.



Those members who wish to know their results from their last fitness test please contact me via email and I shall forward them on to you.



Arthur
(Head Coach)



Iciar (Shar)
(Assistant Coach)

Editors Note

Hi everyone. Happy New Year and welcome to Dragon Boating in 2014. It has been wonderful to see lots of new paddlers join prior to xmas and in the New Year. I hope you are all enjoying yourselves and continue to develop along with the club.

Being the start of a New Year I have not received as many articles from Committee members and club members as previous issues but I will endeavour to keep you up to date and make this issue just as informative as I can.

Last weekend we attended Varsity Lakes for the 500m Regatta and all I can say is "WOW". Not sure about anyone else but I had the best day. (Sorry Andrea)....but from what I heard all the teams improved their times with each race...fantastic effort.

I am looking forward to the next regatta.

Cheers

Kaye

- ◇ *If anyone would like to contribute to the newsletter at any time—please contact me at swim.all.seasons@gmail.com.*

Accommodation for States

March 2014

For anyone not sure about the procedure for the State Championships at Kawana:

The competition is run over 2 days: March 29 & 30 2014 at Kawana. Some members like to travel up to the Sunshine Coast after work on the Friday night and stay Fri/Sat night.

I have a recommendation for accommodation which is listed below. The deposit is \$100 and I am happy to co-ordinate this as long as I have your confirmation and cash by the end of next week.

It is \$340 for the weekend and will hold 4 people. One double bed and two singles. Fully self contained. The best idea would be to jump on their website and have a look. They have said we can have a bbq by the pool on the Saturday night. The apartments are Cheltenham Apartments and are situated behind the Kings Beach Hotel in Caloundra. www.cheltenhamapartments.com.au

There are 2 possibly 4 units left so if you are keen please don't leave it until the last minute. I have stayed there myself and have become friends of the manager and family.



Recipe of the month

37 CALORIES BROWNIES

(If you don't save these to your wall, then you are NUTS.. who doesn't love brownies??)

3/4 cup nonfat Greek yogurt (I used vanilla)
1/4 cup skim milk
1/2 cup Cocoa powder...
1/2 cup Old fashioned rolled oats (like Quaker)
1/2 cup Truvia (or any natural/stevia based sweetener that pours like sugar)
1 egg
1/3 cup applesauce
1 teaspoon baking powder
1 pinch salt

Preheat the oven to 400°F. Grease a square baking dish (I used 8"x8"). Combine all ingredients into a food processor or a blender, and blend until smooth (about 1 minute). Pour into the prepared dish and bake for about 15 minutes. Allow to cool completely before cutting into 9 large squares.

Cool completely before cutting into squares.



Upcoming Events:

January 22, 2014

- [Sports Training](#) **Time: 6:30 pm** at 6:30 pm
- January 25, 2014

- [Training](#) **Time: 6:30 am** at 6:30 am
- January 26, 2014

- [AUSTRALIA DAY](#) **AUSTRALIA DAY** all day
- January 27, 2014

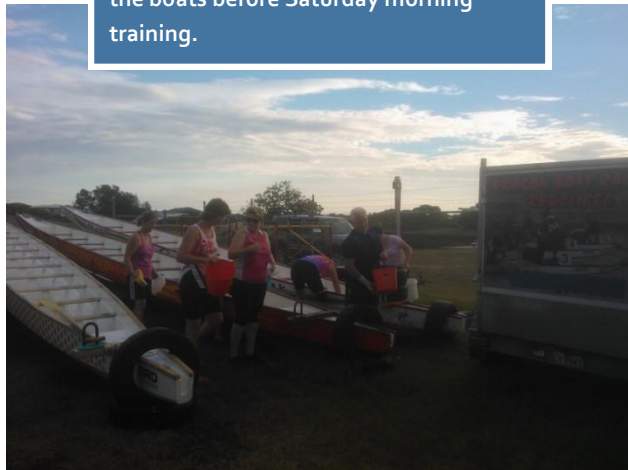
- [Training](#) **Time: 6:00 pm** **Technique** at 6:00 pm
- January 29, 2014

- [Sports Training](#) **Time: 6:30 pm** at 6:30 pm

February 1, 2014

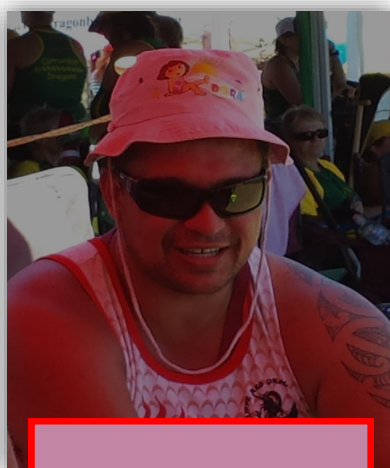
- [Training](#) **Time: 6:30 am** at 6:30 am
- February 3, 2014
- [Training](#) **Time: 6:00 pm** **Technique** at 6:00 pm

Team members pitching in to bail out the boats before Saturday morning training.



FEBRUARY 2014

DATE	DETAILS	CLUB	EVENT TYPE	VENUE
Sunday 9th February	Round 6	Broadwater DBC	Regatta	To Be Advised
Saturday 22nd February	QDBF Meeting	QDBF	QDBF Meeting	Sports House Milton



Captain Steve taking his job very seriously!

Congratulations to the group of club members for making it into the State Team for this years Nationals. Well done also to the young Sonics for being successful.

SONICS

Brittnee McGrath
Zharlea Lutherburrow
Lara Dargan
Courtney Bissett
Ella Wharemate
Ryan Weldon

SENIOR B

Tina Van Kuyl
Iciar Argus

SENIOR C

Lyn Stainlay

OLD TRAINING SHIRTS FOR SALE \$5

Training shirts

Sizes 14 (3)



Short Sleeved Rashee

Sizes A8 (1)

A10 (3)

A12 (1)

M (2)



Long Sleeve Rashee

Sizes S (9)

M (4)

L (5)



Racer Back

Sizes 12 (1)

M (1)



Information taken from the QDBF Newsletter



QUEENSLAND DRAGON BOATERS!

The QDBF State Titles Organising Committee needs

Enthusiastic Volunteers

to help make the **2014 State Titles** a Success!

Saturday 29 – Sunday 30 March 2014

at Lake Kawana, Sunshine Coast Qld

Please give your name to

Danielle: info@qdbf.com.au

2014 State Titles 29 - 30 March & 2014 AusChamps 15 - 20 April

at Lake Kawana, Sunshine Coast, Qld

EXPRESSION OF INTEREST for VOLUNTEERS...APPLY NOW

We are looking for people to assist with the following:

- ☐ **After Party** - venue has been found but need assistance with the food package & entertainment
- ☐ **Merchandise** - QDBF have some ideas but need the assistance of someone to complete the finer details
- ☐ **Food vendors** - QDBF have some contacts from those used at our State Titles but need someone to co-ordinate between vendor and QDBF State Titles and AusChamps Organising Committees
- ☐ **Site set up & pack up** - set up is on Monday, 14 April and pack up on Monday, 21 April. These are non-racing days & many hands make light work.

All of these roles should have minimal impact during actual race days so you will be able to still race (unlike officiating or volunteering during the event when unfortunately you cannot race as well).

If you are interested please email me at events@qdbf.com.au

Regards, Janine Lette, QDBF Events Director

SUNNY NEEDS YOU!!

"Beneath The Southern Cross We Stand..."

See You

BATTLE OF THE PADDLE

EMERALD LAKES 2014

Sun. 9th Feb

**BROADWATER DRAGONS
DRAGONBOAT SPORTS REGATTA**

**200M SPRINT RACES
10S & 20S BOAT**

Register your team today: events@broadwaterdragons.com

