

September Edition



REDCLIFFE RED DRAGONS NEWSLETTER



COME n TRY

FITNESS
fernwood[®]

At the beginning of the month, 18 members from PETRIE came along for a Come n Try day. It was the last day of their 12 week challenge and they chose to spend it experiencing the sport of Dragon Boating.

The customary warm up was taken by Kay along with informing the paddlers



about the history of the sport. A basic technique session then followed so everyone had an idea of what was involved as well as safety instructions being given.

Two boats were taken out with 9 members in each. Cheryl and Doug swept each boat with Norma and Theresa, Karen and Jane happy to be strokes for the boats.

Once in the boats and on the water, the paddlers got to experience paddling in our training ground learning one of the most important things about Dragon Boat - TIMING. Jason was nearby in the safety boat keeping an eye on things in case some assistance was needed. After some more paddling drills, the paddlers were put through their paces with being shown how race starts were executed. As usual, this was when the competitive side of everyone began to show.



Fernwood Fitness Petrie were privileged to be the first group of Come n Try paddlers to come out to the compound since the Club's spectacular mural was painted on the roadside wall of the PADDLERS' DEN.

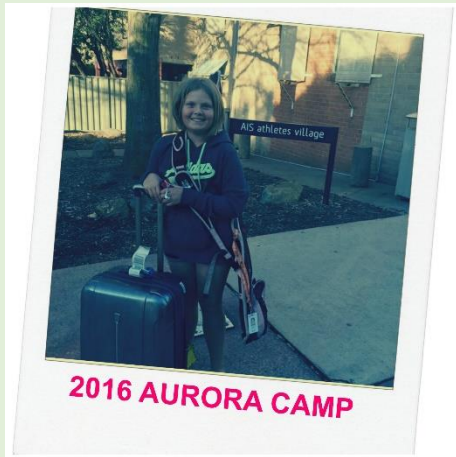
Usually a group photo is taken down by the water in front of the dragon boats. This day it was decided that a group photo be taken in front of the new mural. Everyone commented on how marvellous the artwork looked.



THANKS to all the volunteers who helped out on the day be it on or off the water. Without your help, these days would not be as successful as they are.

Keep up the great work everyone!

CONGRATULATIONS






Back in 2016, we saw one of our Juniors **TAHLIA HARLE** try out for the Auroras at the young age of 11 years old.



Unfortunately she was not selected.

Two years have passed and Tahlia again went on a Juniors Camp in September this year to try out for the Auroras Squad.

All the hard work and committment has definitely paid off as Tahlia (who is now 13) has been accepted into the Junior team for the Aurora Squad travelling to Thailand in August 2019



Thank you for participating in the recent Junior Auroras Selection Camp in Maroochydore.

These trials were held to select paddlers, drummers and sweeps for the 2019 Australian Auroras Dragon Boat Team to compete at the 14th IDBF World Nations Championships in Pattaya, Thailand 20-25th August 2019.

I am delighted to confirm that you have been successful in gaining selection into the Junior Auroras for this campaign. You have been selected as a *paddler*.

Well done and congratulation on marvellous effort in making the team for the World Championships in Thailand



REGATTA

NEWS

Over the second weekend of September 18 members from Redcliffe Red Dragons (along with 3 paddlers from Tewaka) drove down to Murwillumbah to participate in the Mt Warning Regatta along the Tweed River. The races consisted of a long distance race -10km (20's) and 7km (10's) on the Saturday and 200m sport races on the Sunday. Included in the long distance were two race sprints.



Saturday saw 6 clubs enter crews for the long distance races. There were 5 crews competing in the 10km race and 5 competing in the 7km – 1 women's crew and the other 4 mixed crews.

Redcliffe started off well and endured a ding dong battle along side of Lakers for most of the race. All of the Redcliffe paddlers were determined not to let Lakers get ahead of them. The crew did well considering they only had 17 paddlers and only 6 men.

The 7km winning team was **TWEED BLUE** in a time of 41.01min. They also won the sprints division. The 10km winning team was **MAROOCHY 2** with a time of

51.15mins. **MAROOCHY 1** managed to win the sprint division. Redcliffe finished in a time of 54.48 which was 5th place overall.

Sunday saw the sports divisions of Women 20's (10 entries), Mixed 20's (6 entries) and Open 10's (12 entries) racing. Redcliffe entered crews in all divisions. For the mixed division the club only had 17 paddlers and our women's crew was a mixture of half Redcliffe and half Lakers.



Redcliffe only made one final and that was the Women's division with the combined crew of



Redcliffe and Lakers **AKA RED LAKERS** doing a time of 1.07.03 only 4 seconds behind CURRUMBIN – the winners of the final.

This was the first regatta outing for our newly appointed coach – **CHARLENE POVEY** - who was very nervous on the day. Her nerves were soon settled as she watched her paddlers performing on the water.

At the end of the weekend Charlene was very proud of her paddlers great achievements and gave the thumbs up and no doubt will be looking forward to working with everyone in the upcoming weeks and months.





OCTOBER

Karen Burns

Robyn Simpson

Eva Anna-Marie

Carol Woodhouse

NOVEMBER

Gillian Robinson

Tina Van Kuyl

Donna Pascoe

Janice McDougal

Melissa Bate



UPCOMING EVENTS

OCTOBER

Fitness testing for State
Selections - TBC

Sunday 7th

Regatta - **GC CHINESE
FESTIVAL**

Saturday 13th

COME 'n' TRY - Moreton Bay
Council

Sunday 14th

Regatta - **MANLY**

@ Lake Kawana

Saturday 27th

Monthly Club BBQ

@**PADDLERS' DEN**

OCTOBER

Saturday 28th

Regatta - **KIDS IN NEED**

Jack Evans Bay Tweed Heads

NOVEMBER

Friday 2nd - Sunday 4th

PAN PAC MASTER GAMES

Sunday 18th

Regatta - **BURLEIGH FIRE
DRAGONS**

@ Varsity Lakes