



Redcliffe Red Dragon Boat Club

Newsletter

NO MATTER HOW YOU FEEL, GET UP, DRESS UP, SHOW UP AND NEVER GIVE UP.

OCTOBER, 2021

A Note from the President

Hi Everyone,

Spring has sprung and we attended our first regatta for the season. Te Waka held their regatta at Lake Kawana on the 26th September. We had a small number of members compete in the Mixed, Ladies and Open events. Thank you to members who towed the trailer and boats to the event, as well as everyone who help erect the tent. Congratulations to Shelly for handling her first regatta as team registrar.

A big thank you to all our members who volunteered at the Qld Tri Series. It is hard work on the water stations! Each time we provide support at this type of event, our club receive payment of approximately \$600 which is used for the day to day running of our club. Again, I thank you for your commitment to our club.

Paul H continues to work in the background completing maintenance projects for the committee. The safety boat motor has been serviced, small repairs have been completed on the boats and various other matters have been attended to. Thank you!

The Burleigh Fire Dragons regatta is scheduled for Sunday 24th October. It would be great to see more members willing to attend this regatta. If any new members have any queries about what happens or what is required to attend these regatta's, please speak to our coach Charlene or the team registrar, Shelly.

Cheers, Norma

Note from the Editor

Hi Everyone- thanks so much to everyone who sent me items for the newsletter- its much appreciated! Keep them coming 😊

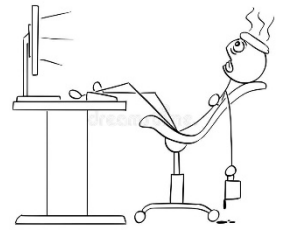
My favourite part of the newsletter is the Paddlers Journey. I love reading how club members came to be at Redcliffe and on the water in Dragon Boats. If you would be willing to share your story, please let me know – I'd be super grateful.

I have also taken out the recipe page as I am the worst cook in the world so felt a bit of a fraud! If anyone would like to see this continue let me know and I am also happy to include recipes that may be a family tradition in your house or you have any that you're super keen to share !

Articles and updates should be in by the end of the month with the aim to get the newsletter out the first week of every month. This varies slightly due to work commitments but its my aim !

Send all your things to: andreacoe101@hotmail.com !

Andy



Team Manager's Report



Yeah! We finally got to compete in a sport regatta!

The Te Waka Regatta, Sunday 26th September was my first official event as Team Manager, and everything went smoothly, so I would like to thank everyone for the help and support during the day.

Here are our times for the day, as well as the best times for each category on the day. Let's use these times as benchmark to train hard and be competitive.

	Our Time	Best Time on the day
Mixed 500m Small Boat	2.38.00	
Mixed 500m Small Boat	2.33.72	2.20.31
Mixed 500m Small Boat(final)	results not posted	
Womens 200m Small Boat	1.09.31	
Womens 200m Small Boat	1.05.19	57.75
Opens 200m Small Boat	1.02.38	
Opens 200m Small Boat	59.50	
Opens 200m Small Boat	1.00.40	47.75

Everyone in our small team, helped and encouraged each other throughout the day, unloading boats and setting up tents. But the thing I am most proud of is, in the typical Redcliffe Red Dragon '*never give up*' attitude, when Burleigh pulled out of the Open 200m repo charge, and although we had packed our gear up, not one person hesitated when asked if they wanted to race. You did us proud!



Last but not least, I would like to welcome our new member who has joined us this month :

- Desley Di Salvo

Shelly

Redcliffe Pink Snapdragons Inc



The winner of our Father's Day raffle a \$500 Bunnings Gift Voucher Anthony Taylor being presented with his voucher by Neil GreenTree. Anthony's wife has stage 1V breast cancer and is doing well at the moment under treatment. Anthony bought a lot of tickets and was ecstatic with the win.

Neil is The Snapdragons number one supporter, whenever support is needed Neil is there, when it comes to selling raffle tickets Neil is the man for the job. A big thank you Neil from us all.

An early morning rise for a few Snapdragons last Sunday morning who joined the volunteers at the Clontarf Marathon. We have the job down pat now keeping the cups of water up to the runners, who run past grabbing a cup of water or two. A fun morning is had by all.

Stay safe and well everyone.

Fran



New Members

Welcome to those new paddlers who joined us in September.

We would like to welcome:

- Desley Di Salvo
- Charlie Moala

Paddler's Journey by Debra Hall

My introduction to dragon boating was entirely coincidental.

At the end of 2016, a recently retired friend happened upon the Pinks' Tuesday morning walking group down at the Redcliffe jetty. These lively and engaging ladies (Sarah F., Christine L., Ann and Deb W.) told her about all the fun and fitness which awaited her if she came along to try dragon boating with the Redcliffe Red Dragons and Pink Snapdragons Clubs at nearby Newport.



Debra with her preemie grandson, Joseph.

My friend suggested that I might like to come along with her to give this a try. After all - we had lots to gain and nothing to lose if it didn't work out. So we checked out the Reds and the Pinks on their websites; kitted ourselves out and along we went the next Monday evening to the compound at Talobilla Park.

And what a warm welcome we received from those same lively ladies she'd met at the Redcliffe Jetty. They made introductions, had us fill in the paperwork with Iciar; organised some paddles and handed us over to the lovely Lyn Stanley for some tuition on land and in the boat.

Whilst somewhat confused by the dragon boat paddling style and worn out by the work out, we did appreciate the encouragement offered by Kay and Rita who sat behind us in the boat that first night - and coincidentally for some outings thereafter.

Driving home after that first training session, we agreed that we'd give dragon boating a go; that we would attend all 3 sessions each week; that we'd car pool so that this commitment would be easier to keep; that we'd join the walking group; go along to breakfast at Preeces; improve our fitness and that we'd have fun!

My friend and I stuck to our commitment and eventually we got the hang of the paddling technique of going forward, stretching out and getting our down chests to our knees - all whilst staying in time with someone called a stroke up in the front of the boat and listening to directions from a steerer at the back and a coach for the session who was not usually either of these people.

What sustained us during those challenging first months - and continues to sustain me today - is the inclusivity of those lively Pink ladies who welcomed us so warmly as Supporters; who inspired us with their resilience and courage as Survivors and who live their values to search for a cure through the direct support of breast cancer research at UQ.

My friend developed bursitis in her hip and her daughter was diagnosed with ovarian cancer and so her dragon boat journey ended in 2018.

continued over ...

My journey continues - and considering regatta participation has never really been my ambition - I have had some memorable experiences including winning my first medal ever (Silver in the Cancer Survivors race at the State titles in 2016 when I had only gone up to Kawana as a last minute call up to fill in for Tina who had broken her wrist); participating in the Sydney Lunar New Year Dragon Boat Festival in 2019; and winning a hard fought silver in the 55+ women's Water Warriors team at Pan Pacs.

I have widened my horizons by becoming an AusDBF accredited Official - and enjoyed very much being part of the Marshalling teams at the 2021 State titles and at the Coast to Coast Carnival. I continue to enjoy the camaraderie which comes from supporting the Red Dragons and Pink Snapdragons at fund raising events and the challenges of service on the Management Committees.

Dragon boating has fulfilled the promise of those lively ladies my friend met at Redcliffe Jetty 5 years ago - and as a bonus it has facilitated friendships which extend beyond training sessions at the Paddlers' Den.

In other news

Thanks to Icair for this excellent article, hopefully the first in a series helping us to understand the rules and regulation of AUSDBF 😊



AUSDBF RULES AND REGULATIONS

Dragon Boating racing is always conducted under a set of Competition Regulations and Rules. AusDBF adapts the IDBF Competition Regulations and Rules. These rules are amended, updated and reformatted as need arises. These changes are made only between the end of AusCHAMPS (March-April) and AusDBF AGM in any given year (**R11**). The latest rules in place are Edition 9.2, were updated 3/02/2021 and can be found on the AusDBF website in their policy section. <https://www.ausdbf.com.au/policies/>

AusDBF Competition Regulations and Rules of Racing

Edition 9.2 (updated 03/02/2021)

Approved 13th October 2020

As paddlers may not be aware of some of the rules that relate to dragon boat racing, over the coming months, included in the club's newsletters, will be a selection of some of those rules.

The modern sport of Dragon Boating consists of a long canoe (approx 12 metres) with **twenty paddlers** who sit ten long and two

abreast, one **drummer** who sits at the front and keeps time, and a **sweep/steerer**, who stands at the back and steers. For the boat to move smoothly through the water, all team members need to be paddling in unison and take their timing from the front two paddlers who are called '**strokes**', as they set the stroke rate.

This month's newsletter will concentrate on the role and responsibilities of....



DRUMMERS



ROLE

The drummer serves a vital role on a dragon boat team and is mandatory during racing events resembling the heartbeat of the dragon. They are considered the 'pulse' or 'drumbeat' of the team leading the crew throughout a race with the rhythmic beating of a drum to indicate the timing and frequency of paddling strokes.

Drummers need to have visual awareness as well as listening to what is going on around them in order to provide feedback and communication to the sweep if there are any issues the sweep are not aware of eg Red flag being raised behind the boat by umpire and act accordingly (otherwise penalties will be applied) or convey instructions to sweep. They should be prepared to take control and to give instructions if sweep is unable eg gone overboard or sweep is not aware of any impending collisions.

Issuing commands to the crew as well as relaying any commands of the sweep to the paddlers is also part of the drummer's role. They should concentrate on their own crew and generally exhort them to perform at their peak as well as keeping positive, calm and composed themselves.

When loading the boat for racing, the drummer is to hold the boat while the crew loads, ensure the drum and drummer's seat are all screwed on tight before leaving the boat loading area and double check there are drumsticks to use. They are usually the last person on the boat. Upon returning to boat loading after racing, the drummer will be first off (waiting until the boat is stopped and steady before hopping off) and hold the boat till the rest of the crew disembarks.

RULES

CR2 Racing Category, Age Divisions and Distances

Mixed and Open categories, drummer can be either gender whereas all female crews they **must** be female (CR2.1)
All drummers must be a minimum of 12 years of age as at 31st December in the year of competition. (CR2.2)

R4.4 The Drummer



The **drummer** shall sit on the drummer's seat provided and once the boat has cleared the starting area, which is deemed to be 50 meters from the start, must actively beat the drum throughout the race, i.e. the drum must be clearly seen to be struck with a drum stick by raising their hand above their head, on the top of the drum skin at short, regular intervals.

Failure to actively beat the drum will result in disciplinary action of 5 seconds time penalty being incurred if directions from Course Umpire not heeded. **(R10.10)**

R6.6 Starter's Commands

When the starter is satisfied that all boats are correctly aligned, he shall alert the crews by saying 'Are you ready?' If the crew is not ready, then and **ONLY THEN** can the **drummer** immediately raise their hand straight above head height to indicate the situation to the starter. The drummer should not take such action prior to this question especially when all crews are under starter's orders moving up to the line.

R6.11 The Drummer's Task

The **drummer** is required to watch the Starter and Water Umpire to instruct the crew to '**STOP**' when a False Start has been called.

A False Start is made if a crew starts after the word 'Attention' and before the word 'GO'. A false start is indicated by raising a red flag. The Starter shall immediately recall the crews by either shouting '**STOP, STOP, STOP**', firing a second gunshot, or by repeating the alternative starting signal used on the day. The Course Umpire will assist with this task. (R6.9)



R6.15 Equipment Failure off the Start

If the crew has an equipment failure (boat, oar, seats, drummer's seat) attached to the boat (excluding paddles), between leaving the Start Line and within the first 50m after it, it is the responsibility of the **drummer** to raise their arm fully in the air immediately to signify there is an issue so the race can be restarted provided the crew stops paddling immediately the drummer has raised their arms. In this case, the Starter will carry out the same procedures as for a False Start and in addition the Course Umpire's safety boat will proceed quickly down the course and stop any crews who may not have heard the recall signal (i.e. "STOP, STOP, STOP").

If there is equipment failure between the 50m and the finish line, it is unfortunate, and the race will continue unless the Course Umpire deems that the failure - breakage of a steering arm/sweep - materially affects the whole race. (R6.16)

R7.8 and CR 7.11 International Stress Signal

In the event, a crew member is lost overboard during a race or other circumstances arise that necessitates a Distress Signal, the Rescue Boat must be alerted by either the **drummer** or the **sweep** waving their hands over their head to attract attention.

This motion, known as the **International Distress Signal**, is actioned by placing one's arms in the outstretched position (horizontal to the sides of the body), then raising the arms to the vertical position and crossing arms above the head, then returning the arms to the horizontal position; this action is repeated until the Rescue Boat responds.

If the drummer has fallen overboard or is unable to wave their hands then at least one of the paddlers in seat 1 should wave their hands, in the same manner, to attract the attention of the safety boat.

A distress signal given by the crew without just cause will result in action being taken against the crew under the Disciplinary Code.



EXEMPTIONS

At regattas, any exemptions to the AusDBF Rules of Racing will be made at the discretion of the Host Club.



Members are encouraged to email sharzee62@gmail.com suggestions on any matters concerning Competition Rules and Regulations that paddlers must abide by, that they feel may be beneficial to other club members by including them in upcoming newsletters.

PADDLES UP!!!

Come and Try Dragon Boating is on

Saturday 16th October 2021 - 9:30 AM to 11:30 AM

These events are always a lot of fun for everyone, so please register your assistance on Redcliffe's RevSport site.



BBQ AT BUNNINGS ROTHWELL SATURDAY 6TH NOVEMBER 2021

This is the Club's main fundraiser for the second half of this year, so please get ready to schedule in a volunteer session

Updated 2021/2022 Event Calendar:

Saturday 16th October - Council's Come and Try

We are expecting 20+ participants on the day, so if you can support this event, please register now on the Club's RevSport web page.

Saturday 23rd October - Reds' General Meeting

Commences 9.30am at the Paddlers' Den. Log in via QLD Covid App. Agenda to be advised.

Sunday 24th October - Burleigh Fire Dragons Regatta at Varsity Lakes -

Registrations have closed.

Saturday 6th November - BUNNINGS BBQ FUNDRAISER

Support your Club and volunteer NOW!

Sunday 7th November - Due to border closures it is unlikely that our Club will attend the Kids in Need Regatta at the Tweed.

Alternative Social Event - A fun afternoon of Barefoot Bowls and Karaoke at Brighton Bowls Club. This event is at own cost with food and drinks available. More details available soon.

Sunday 21st November - Manly Regatta at Kawana

Registrations open soon.

Saturday 27th November - Council's Come and Try

Please put this date in your calendar as volunteers will be needed to support this fundraiser.

Saturday 4th December - Council's Come and Try

Please put this date in your calendar as volunteers will be needed to support this fundraiser.

Sunday 12th December - DAGC Christmas on the Creek @ Currumbin

Wednesday 15th December - Christmas lolly run and lights paddle.

Saturday 18th December - Club Christmas party - with games.

BYO and bring a plate party at the Paddlers' Den. More details closer to the date.

Christmas Break dates tba.

2022

Sunday 23rd January - REDCLIFFE REGATTA.

Sunday 6th February - Broadwater Regatta @ Emerald Lakes

Sunday 13th February - BRD Regatta @ Kawana

Friday 4th March - DBQ AGM @ SCC STADIUM - 6 - 6.30PM

Saturday 5th & Sunday 6th March - DBQ STATE CHAMPIONSHIPS @ LAKE KAWANA

Tuesday 5th - Sunday 10th April - AUS CHAMPS

@ AM Ramsay Rowing Course West Lakes Adelaide SA

** Changes may occur to some dates and times



UNIFORMS



Measure one of your old shirts, flat on the table, armpit to armpit to get measurement to fit you, then order the size shown in table.

REDCLIFFE RED DRAGONS UNIFORM LIST

Manufacturer & Style	SIZE	QUANTITY in stock	CHEST FLAT SURFACE MEASUREMENT (armpit to armpit)
KPI	LADIES		
SINGLETS	8	3	45 cm
	10	4	48 cm
	UNISEX		
	S	2	52 cm
	M	1	56 cm
	L	2	56 cm
	XL	3	59 cm
	2XL	2	60 cm
	3XL	2	62 cm
	5XL	0	-
HATS	M/L	3	-
	L/XL	7	-
CAPS	Onesize	4	-
Short sleeved SHIRTS	UNISEX		
	M	2 (1 used)	56 cm
	XL	4	65 cm
	2XL	4	68 cm
	3XL	1	70 cm
GORILLA	CHILD		
SINGLETS	12	3	40 cm
	14	4	42 cm
HATS	M/L	6	-
	L/XL	2	-

PRICE LIST 2021: SHORT SLEEVED CLUB SHIRTS \$45.00

SINGLET RACE SHIRT \$40.00

CAPS \$20.00 HATS \$20.00

Please see Gill Robinson if you wish to order a shirt or cap.

Email: robinsjilly@gmail.com