



Redcliffe Red Dragon Boat Club

Newsletter

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

DECEMBER, 2021

A Note from the President

Hi everyone,

November saw our club complete in Manly's Regatta at Lake Kawana. We came home with 1st place in the Open's 500m race. Thank you to everyone who attended and to John and Bob who towed the trailers up the coast for the event. We also had two Come n Try's which were very successful. Thank you to all the members who help out.

I hope everyone is looking forward to Christmas.

I'm hoping everyone can come along to the club Christmas Party. We know everyone is busy at this time of year and we always try to keep it low key and very informal. Peggy is organising the games, the karaoke machine and the secret Santa. Please bring a plate – savoury or sweet for everyone to share and BYO drinks. Also, if you want to be part of the secret Santa, please bring a wrapped gift between \$10 - \$15. The stealing of gifts is all part of the fun.

We will be off the water over the Christmas and New Year period. Training is due to recommence on the 05th January. This will give us approximately 8 weeks to be paddle fit for the State Championships being held at Lake Kawana in March.

Everyone would have seen the email regarding a member advising of Covid close contact. It goes without saying that this will probably be normal once the border opens in the coming weeks. The committee will continue to take advice from Qld Health and DBQ and keep everyone informed of any changes which may occur in the coming months.

Finally, just a few housekeeping matters –

- If using club paddles, it would be greatly appreciated if the paddles could be returned to the rack after training
- Could we have all hands to launch and bring the boats out of the water after training, help with the wash down and store the boats back in the shed
- Please remember your water bottles. We are finding a few left on the concrete outside after training. If it is a plastic bottle, please put it in the recycle bins – 10c to us, woohoo!

I hope everyone has a merry and joyful Christmas and all the best for 2022.

Norma

Note from the Editor

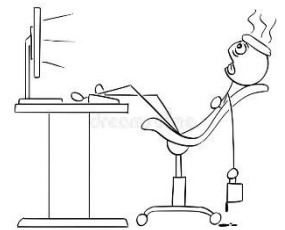
Hi Everyone- thanks so much to everyone who sent me items for the newsletter- its much appreciated! Keep them coming 😊

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.

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



Hi everyone

November gave me the feel that we were almost back to the norm. Being able to attend a regatta and have a very Come N Try all within a couple of weeks.

It was awesome to be able to take a contingent of 35 paddlers to compete at the Manly Dragon Boat Regatta, Sunday 21 November, some of whom had never competed in sports regatta before. You did us proud for your first regatta!



From left to right: Desley Di Salvo; Lynda Inglis; Charlie Moala and Kerry Ingebrigtsen.

We had a very successful day for the Team, making two finals and a minor final, *great work everyone.*

Rita had her work cut out in the 2000m, with a bit of a tussle around the first can but we powered through to get 4th place with a time of 9:56:53. *Thanks Rita*

Our Open 10's Team won Heat 1, 2nd in Heat 2 and powered home to win their final.

The Mixed 10's and Women's 20's teams both placed 4th in the respective finals. (*race time summary below*)

I am very fortunate to be able to paddle as well as join the action on the Drummer's seat.

I really get a kick out of Drumming, and it is extremely exciting to witness the sheer power in the strokes and the determination on your faces when you are paddling when I am up there.

Your dedication to the club and your commitment to training will reap its rewards in the future!



MANLY 21.11.2021			
DISTANCE	Our Time	Placing	Best Time on the day
Open 500m Small Boat (Heat)	2.23.62	1st	2.23.62
Open 500m Small Boat (Heat)	2.29.38	2nd	2.29.38
Open 500m Small Boat(final)	2.25.15	1st	2.25.15
Mixed 2000m Std 20's Boat	9.56.53	4th	9.09.12
Mixed 500m Std 20's Boat (Heat)			
Mixed 500m Std 20's Boat (Heat)			
Mixed 500m Std 20's Boat (Final)	2.23.43	4th	2.17.44
Womens 500m Std 20's Boat (Heat)	2.42.95	3rd	
Womens 500m Std 20's Boat (Heat)	2.49.18	3rd	
Womens 500m Std 20's Boat (Minor)	2.48.84	4th	2.32.09

The **MBRC Come N Try** we hosted on 27 November, was a big success, so thank you everyone who helped out. Special thanks to Kay for co-ordinating it, Rosetta standing in for Iciar to help coach, Del and Cheryl for sweeping, Capt Bruce in the safety boat, and Gillian for doing the registrations.





Lets give a big welcome to our new members who has joined us this month :

- Kerry Ingebrigtsen
- Marina Denaro
- Gayleen Thomas
- Darren Voigt

Also, welcome back to Teresa Penny, who has rejoined recently. *Glad you're back!*

Shelly

Redcliffe Pink Snapdragons Inc



What a successful come and try day the Redcliffe Pink Snapdragons held on Saturday 30th October. A big thank you to the committee and to every member who turned up to ensure that this was a great event. In spite of humid conditions we had a good turn out of both members and visitors to the compound.

A welcome and a brief history of our club and what we represent was given by our President Fran Heales and then our visitors were handed over to the members to be fitted out with the new 'straight out of the box' life jackets. Thank you to the members who assisted in having them fitted properly to ensure the safety of all paddlers.

Much gratitude to our sweeps/coaches Cheryl Rigby and Del Martin who, after a safety briefing split us in to two groups to man the boats and head out to the bay. (Thanks for bringing us ALL back safely!)

Our visitors had a fantastic time on the water, the bay was nice and calm and we were able to really give our visitors the dragon boat experience.

We took a moment while we were on the bay for a minutes' silence whilst we listened to that beautiful John Williams song, thanks to Lyn Grigg for providing the music. Flowers were spread on the water and we remembered our fellow paddlers and members who have fought the fight, some who lost their battle and those survivors and their families who continue to fight this terrible disease.

We were very fortunate to have on board Priya and her partner Simon. Priya has been involved in cancer research and the search for a cure and for better treatments and procedures for cancer patients. We don't get the opportunity often to thank the hard working researchers, people like Priya and her colleagues, whose tireless dedication often goes unnoticed. So we would like to thank Priya (and Simon) for taking the time to join us in the boat. We acknowledge all the researchers who, behind the scenes, continue their work so that one day, maybe one day, this dreadful disease will not be part of our day to day life.

After a few laughs and a bit more of a paddle to give our visitors an idea of what dragon boating is about we headed back to the compound. Special mention to our team manager Lyn Grigg who paddled like a trouper for the first time since her hip replacement, a mighty effort.

The paddle was followed by a brief mini field of women and then we headed into the compound for morning tea, not a bad spread I must say, and the laughs could be heard loud and clear.

A very successful morning.

The Side By Side boat has gone to a new home. PCYC Elanda Point, a beautiful spot well worth a visit if you haven't already been there. You never know some future dragon boat paddlers may have as much fun as we did paddling Side By Side over the past few years

Fran



Paddlers Journey

Eevy Refshauge

My dragon boat journey started when I visited my cousin in Hong Kong and she took me to one of her training sessions. I can remember having to climb over dilapidated boats and boat parts. The dragon boat was a long way down and assistance was required by other paddlers to get into the boat. The boat itself had splinters of wood sticking out everywhere. The water had a strange sewerage kind of smell, now and then you would see rat carcasses, sanitary napkins and bits of rubbish floating past. None of this was a deterrent though. Once I started paddling... I was hooked!

Upon returning to Brisbane, I was keen to start. After some research, I found Tewaka to be a strong team at the time and it also happened to be my closest club. I met many amazing people along the way who were committed, disciplined but also had the Kiwi friendliness and chillness. Anthony Skipper was not only the coach but has also been like a dad to me. He has taught me many things over the years and has always believed in my ability, even when I didn't. When I joined the sport, my goal was to become a better paddler and making the Australian team. Only 11 months later I got a letter telling me I was accepted! I competed in 2 campaigns (the Australasian Championships and the World Cup held in China). The months of training during these campaigns were intense. I would wake up at 4am to do the gym session (we had designated exercises to complete), go to work and then on water training after work (club training or single craft) for 6 days a week. This training didn't even compare to the training camps with Serghei Cucsă and Martin Pavelka. It was an incredible journey to be with like minded people who had the same goal, commitment and resilience to the campaign.



Off water, we were sharing foods, patching each other's dragon bites and ensuring our spirits remain strong. To be one of the top 3 countries in the world was very exciting and made for a great story to tell my students at school.

The world cup ended in October and I fell pregnant in November. A couple of kids later, combined with the lasting effects of COVID on travel and there goes competitive paddling. I joined Redcliffe Red Dragons on and off for the social aspect and it was pleasing to see a familiar face and knowing that Charlene was the head coach.

I love dragon boating because of the unity of sweep, paddlers, drummers and boat as one. I was never an athlete in school. I was always that last kid chosen to be on a team. It goes to show that anyone can paddle, anyone can be elite if they are committed, dedicated, resilient and love the sport. I hope to see the sport grow in our country and to one day see dragon boating on the Olympic stage. Paddling has been so much a part of my life, even my own kids Bjarne and Tomi won't be able to escape.



In other news



In the last edition, we discussed the rules and regulations of becoming a sweep. Now for the second part which covers certain aspects as to what is involved in actually sweeping a boat.

While on the water the sweep is regarded as the Captain of the boat and in control of the dragon boat. They have the ultimate responsibility for the safety of the crew. The sweep overrules the coach, the captain and the sweep examiner as the sweep is the one responsible for the boat. Everyone associated with a crew should ensure that dragon boating is conducted as **SAFELY AS POSSIBLE**

AusDBF Rules and Regulations of Racing

CR 2.2 *Racing Age Division*

CR 2.2.1 - 2.2.4 Junior 16 and Under, Junior 18 and Under 24 and Under and Premier Age

Sweeps must be a minimum of 14 years of age by 31st December in the year of competition (note: this is in line of State sweep accreditation requirements)

CR 2.2.5 Senior A

Sweeps must be a minimum of 40 years of age by 31st December in the year of competition

CR 2.2.6 Senior B

Sweeps must be a minimum of 50 years of age by 31st December in the year of competition



AusDBF Competition Regulations and Rules of Racing

Edition 9.2 (updated 03/02/2021)

Approved 13th October 2020

CR 2.2.7 Senior C

Sweeps must be a minimum of 60 years of age by 31st December in the year of competition

As mentioned in last week's newsletter regarding sweep accreditation, all sweeps are required to wear a fluorescent orange (or similar) jacket for all races they steer until they have completed their four **(4)** probationary races – 2 races, over a least 2 events before they can be considered an accredited Level 3 sweep. A maximum of two races are counted towards full accreditation at any single regatta.

The sweep coordinator at regattas will be observing all provisional sweeps to ensure they complete **successful races** which will contribute toward their accreditation. Wearing an orange/yellow vest helps officials to recognise the Level 2 sweeps and will attract observation of their probationary races. It also indicates L2 status to higher grade sweeps. More experienced Level 3 sweeps tend to be more forgiving and helpful when they are aware a sweep is new to racing.

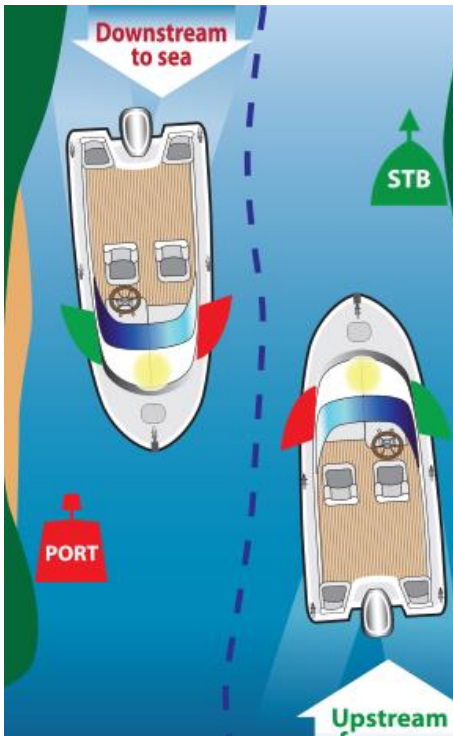


A '*successful race*' is recorded when the entire race has been swept and completed without incident. Races are considered '*without incident*' if there are no reports or observations of race infringements received by race day officials or noted by coordinators observing races. Sweep coordinators may not individually see each & every race, but other officials are observing sweeps throughout events.

The '*entire race*' period begins when one takes control of the boat and crew at the loading point. It involves the approach to the start line, the actual race time and the return to the unloading point until everyone disembarks.

Provisional sweeps must have their L2 status recorded on the reporting sheet indicated by a letter 'P' circled and the number of races they have swept as a provisional sweep as well as ensuring to write their names (legibly for records) before heading out to sweep a race.

In any sport, because of the environment itself, there is always an element of danger. On the road, the rule is to keep to the left, on the water it's the opposite: keep to the right. ie move in an anti clockwise direction. ***The general rule is if it's bigger, faster, more expensive than a dragon boat – keep out of its way!*** In training areas and in shipping channels the rules is to keep to the right (ie the opposite the Australian Road Rules). Sweeps should comply with navigation rules and keep as far to the right as practical (the opposite of road rules). Remember, there is an obligation to avoid a collision even if you happen to be in the right.



If meeting another craft head on, both boats are required to alter course to Starboard (right), never to Port (left). Any turn should be large enough to be obvious to the other boat. When navigating in narrow channels, all boats should travel on the starboard side (right) or right-hand side of the channel and pass oncoming boats on the port side.

Rivers and Channels are broken into the three sections of the river, dragon boats should keep to the outer third of the river (closest to the shore/bank) as the centre part of the river is used for commercial and power craft. Also recommended that sweeps keep at least 50m away from Ferry terminals and wharves.

Rowing sculls are moving faster than a dragon boat and the rower is facing backwards, so always give way. One must be particularly careful of powerboat drivers who think they own the water. If at any time you think it necessary, report any problems with powerboats to the local Waterways or Maritime Authorities. Safety is the prime concern for sweeps and in all instances it is a matter of COMMON SENSE.

The sweep is to remember how many people are in the boat and ensure the same number of people are present after a capsize – NOTE: members do not need to remember their exact number, just the total amount and who their buddy is.

Sweeps should stand in the boat. Standing allows the Sweep to have:

- Clear vision of the course and good all-round vision of the team members in the boat.
- Ability to monitor conditions in and out of the boat.
- A clear line of sight between the Sweep and the drummer which enhances communication.
- Vocal commands that are clearly projected down the boat.
- The ability to use their body weight to aid in managing the steering oar.
- The added advantage of allowing the sweep to use their body weight to help trim the boat so it rides level in the water

When manoeuvring, turning or racing a dragon boat it may be necessary to stop the dragon boat suddenly to avoid a collision with another vessel or dragon boat. It is important that the crew reacts quickly but safely.

If there is a danger of a collision the command **“stop the boat”** should be given and the crew instructed by the sweep to do a reverse paddle stroke - that is all paddlers take a backward stroke with their paddle instead of a forward stroke. In a race situation when a collision is imminent, the sweep must immediately tell the crew to **“Stop the boat”**. Failure by the crew to stop the dragon boat in such circumstances can result in disqualification. (*R7.7)

R 7 RACE CONDUCT

*R7.7 Collisions

When in the opinion of the Chief Official one or more of the crews involved could have avoided the collision by taking corrective action, (it is the responsibility of the crew to stop paddling immediately to avoid a collision) for example to stop paddling but did not do so, then the crews concerned will be disqualified from the competition class concerned and may face disqualification from the whole competition.



For further details and information regarding Sweeps check the AusDBF website Sweep guidelines and safety procedures.

<https://www.ausdbf.com.au/ausdbf-courses/sweep-information/>

The next two month's edition will be looking at AusDBF Regulations and Rules of Racing pertaining to Dragon Boat paddlers.



AusDBF Sweep Guidelines and Safety Procedures
Edition 12
Adopted: Nationally 02 April 2020
(updated 28 May 2020)

Uniforms

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	-



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.

PRICE LIST 2021

SHORT SLEEVED CLUB SHIRTS	\$45
SINGLET RACE SHIRT	\$40
CAPS	\$20
HATS	\$20

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

Email: robinsjilly@gmail.com

OLD STOCK UNIFORM SALE

Zip top size 3XL - NEW x 2 **\$30 each**

Ladies' small singlet probably size 8
and probably used but good condition **\$20**

Ladies' Polo shirt size 10 - 12 - NEW **\$30**

Donated Ladies' singlets size 5XL x 2 **\$25 for both**

Contact Gilly Robinson if you are interested

Email: robinsjilly@gmail.com

FOR SALE

Redcliffe Red Dragons shirt - probably the last one!

Size L

Never worn, tag still on

Price \$20.00

If interested, see Norma.



Calendar of Upcoming Events



Date	Event	Comments
DECEMBER		
12 th December	DAGC Christmas on the Creek @ Currumbin	
15 th December	Annual Lolly Run	
18 th December	Club Xmas Party	
JANUARY		
5th January	Training re-commences	
8 th January	QLD SNR C on water testing	
9 th January	QLD SNR B team training	
16 th January	QLD SNR C team training	
23 rd January	Redcliffe Red Dragons Regatta- Lake Kawana	
FEBRUARY		
6 th February	Broadwater Regatta- Emerald Lake	
13 th February	BRD Regatta- Lake Kawana	
19 th February	MBRC Come and Try	
MARCH		
11 th March	DBQ AGM- SCC stadium	6-6.30 pm
12th + 13 th March	DBQ State Championships- Lake Kawana	
19 th March	MBRC Come and Try	
APRIL		
5-10 th April	AUS Champs ,Adelaide , SA	
MAY		
14 th May	MRBC Come and Try	

** Changes may occur to some dates and times

FUNDRAISING



Club ID Code
C10002560



That's all folks.....

