



# DRAGON TALES— DECEMBER 2018

MEMBER UPDATES FROM THE COMMITTEE

## MERRY CHRISTMAS AND HAPPY NEW YEAR!

### PRESIDENT'S REPORT

Dear Members

With Christmas fast approaching we are also halfway through the paddling season. We have had some mixed results in recent regattas, but overall we are still up there with the winners. I know some of us have been despairing that we are not winning but as we keep reminding everyone the race days leading up to the State Championships, are our opportunity to give everyone race experience. We have also been entering every event we can on the race days with the same intent. This is also helping increase paddler fitness. Aside from this we are getting a good idea of what is required over the next couple of months to ensure good results at the Championships. Obviously we need everyone to train hard on and off water to be in the best position to be selected when it comes time to put together teams for both State and National Championships.

Unfortunately we couldn't enter any female events at the 25 November regatta, as we didn't have a female sweep available (we really miss Camille as our dedicated sweep). It was good to see Lyn, Elisabetta and Rosie have a go at sweeping recently and I would encourage them and anyone else to keep trying. The more sweeps we have, the less onerous it will be for individuals and it will allow us to enter more events.

Attendance at training lately has been disappointing and the inclement weather may have been a contributor. However regardless of the weather we have managed to put a boat on the water at all sessions and the attendance record clearly shows the dedicated diehard paddlers. With the onset of warmer weather hopefully this list will increase. Our coaches have been working hard to get us fit and practice the latest technique but success in their endeavors relies on paddlers attending training. Please try and make as many sessions as possible and encourage your teammates to do the same.

From all accounts everyone who attended had a great time, both on the water and socially at Wallaroo. The team bonding at these events is excellent for the health of the club and I encourage members to attend whenever possible.

The latest Dragon Boat World Magazine is available on line and provides some good information and good reading about our sport:  
[www.blackdragons.org.au/paddling/member-notes](http://www.blackdragons.org.au/paddling/member-notes)

Due to previous commitments Lyn and I will be apologies for the Club Christmas party but I would like to take this opportunity to wish members and their families all the best for Christmas and the New Year. Stay safe and stay fit.

Happy paddling!

Chris

### INSIDE THIS ISSUE:

- *President's Report*  
pg 1
- *Coaches' Report*  
pg 2
- *Christmas breakfast*  
pg 2
- *Training times for Christmas & New Year*  
pg 2
- *Jan fitness training*  
pg 2
- *Captains Report*  
pg 3
- *Christmas BBQ*  
4pm 15 December 2018  
pg 3
- *Canberra accommodation*  
pg 4
- *Racing at National Titles*  
pg 4
- *Racing at Goolwa*  
pg 4



## COACHES' REPORT

### Training

It has been great to see the continuing commitment from most paddlers at this time of year, but also sad to see the lack of commitment from others. The winter training has definitely helped the fitness level of some members so far this season, but we need every member of every crew to be as fit as possible in order for the Club to be more competitive. Other Clubs are training much harder than us in order to do better at State Titles. Let's have a concerted effort from everyone from now on, particularly if you want to be a part of our State Titles and National Titles crews. Simply putting up your hand and being available is not enough if we don't want to embarrass ourselves, and starting to think about your fitness closer to these events is too late. Regular training is very important also in light of the different focus Vi has been telling us about regarding technique. It is critical that everyone adapts their technique for perfect synchrony in the boat.

Having to put in 2 boats for training is great, the competitive streak really comes out, so let's all attend as many training sessions as possible.

I am happy to revisit Sunday morning strength/fitness sessions, particularly but not exclusively for the girls, if there is enough interest.

### Race Regattas

Four Race Regattas and the Long Course down and the teamwork on and off the water has been commendable. Well done Black Dragons! Remember that everyone, regardless of experience or ability, is encouraged to participate in every race day as this is a chance to practice race conditions and to put into practice your new-found skills and fitness!

As in previous seasons the best available crews will be selected for State Titles at the end of the season.

### Goals

At this stage the Club will be competing at Nationals in Canberra in April. After Xmas the Committee will be deciding what events we will enter; this will depend on the numbers going and individual commitment level. If you want some extra paddling, you are encouraged to try out for the State teams. The State training is not a substitute for our Club training and is viewed by us as an adjunct to our own Club training so you can use it to further improve your paddling and fitness, depending on what level of off-water activities you engage in. The ultimate goal for the Club is to outdo our previous performances at State Titles and do well at National Titles. With this in mind, it is now an appropriate time to review your personal commitment and what you need to do to achieve your personal goals.

### Sweeps

Now is a good time to put up your hand if you have never tried sweeping, remember you don't have to go all the way and sweep races, it would be great to have some extra people put up their hand to help out at training especially as we now regularly have 2 boats out. It is not fair to always rely on the same few members. Several members have already been put through the course, and now need some practical experience but anyone who is interested can give it a go at any time!

Happy paddling, see you on the water!

Lyn

## TRAINING & CHRISTMAS



Christmas Breakfast  
after training

Sun 23 Dec  
Café Lago

Let Robyne know if you'd like to join in or  
email  
adelaideblackdragons@gmail.com

**No training:  
Christmas Day & New Years Day**

Commencing in Jan 2019  
Strength & fitness training  
Sundays at 8am

Please let Lyn know if you are  
interested in attending.

# CAPTAINS REPORT

Hello Team

Our Wallaroo trip was an enjoyable, successful and team bonding weekend.

We had perfect weather conditions, which led to great racing and we finished the day with an enjoyable team dinner.

Thank you to our sweeps Pam and Fan who did a wonderful job keeping us safe and to Vi for his enthusiastic coaching on the day.

A special thank you to Tim for his great effect as the starter for the day.

The energy and team commitment throughout Sunday's 25 November race day is to be commended.

Yes, I know. Unfortunately the results were not what we wished for. There was very close racing though!

A big thank you to our very strong and consistent male sweeps, Chris and Fan, for keeping us safe particularly when on two different occasions, the opposition attempted to run us over!! Amazing job, both of you!

Also, a special mention to our fearless female Drummer (Barbara), who didn't run from the battle field, after falling from the drummer's seat just prior to taking off from loading the boat. Great job!

Moving forward, and as someone once said 'Sometimes by losing a battle you find new way to win the war', and that is exactly what we will do!

Team success depends on individual achievements, so it is important that individually, we find out 'what is it that I need to improve, to help my team to perform better?'

Each of us have the power to change whatever we want. Our team's achievements depend on individual's actions. Individually, we can make the difference between a team win or a loss.

Trusting and supporting one another as a team has been our key component to our wonderful culture. Everything matters off the water and the rest looks after itself when we race.

We have a vision, I'm certain we will achieve this with pride.

Cheers

Raquel & Graeme

## BLACK DRAGONS CHRISTMAS BBQ

**4pm Saturday 15 December 2018**

Celebrate with a picnic BBQ at Aquatic Reserve!

Black Dragons Club supplying meat for the BBQ

BYO drinks and a plate of salad or sweets to share

BYO picnic rug or chairs

BYO favourite beach game or water toys to share!

Kris Kringle \$15 limit (BYO child's KK)

Email your attendance to [adelaideblackdragons@gmail.com](mailto:adelaideblackdragons@gmail.com) & let

Robyne know that you are participating in Kris Kringle asap!!

It's beginning to look a lot like Christmas!



NATIONAL TITLES—ACCOMODATION IN CANBERRA

Lyn has tentatively booked Manuka Park Serviced Apartments for the National Comps from 16/4/18—23/4/18.

Cost per apartment is: \$1581.30. Approx \$50 pp per night with 4 persons per apartment.

Apartments are 15 minutes from the airport, approx 10 minutes from city centre and Weston Park, (where the event is being held).

**Deposits of \$100 pp are now required to confirm your accommodation.**

Please arrange who you'd like to share an apartment with to facilitate this process.

Please let Lyn know if you are interested

NATIONAL TITLES—RACING IN CANBERRA

Do you want to race at the National Titles in Canberra?

Let Lyn know **prior to 20 January 2019** so that Race Crews can be prepared.

SEE YOU AT TRAINING!  
NO EXCUSES

~~I'm tired~~  
~~It's too cold~~  
~~It's too hot~~  
~~It's RAINING~~  
~~It's too late~~  
Let's go

RACING AT GOOLWA  
9—10 MARCH 2019

The Goolwa Amazing Race will be held over the March 2019 long weekend.

Keen to go?

Please email:  
adelaideblackdragons@gmail.com  
if you are interested in attending



Email:

Adelaideblackdragons@gmail.com

Website:

www.blackdragons.org.au