



BLACK SEA DRAGONS

DRAGON TALES—NOVEMBER 2019

MEMBER UPDATES FROM THE COMMITTEE

PRESIDENT'S MESSAGE

The past month has seen Black Sea Dragons Dragon Boat Club continue to forge ahead with the amalgamation process and we are starting to see some great outcomes. Hopefully a logo and uniform will soon be selected so we can start the procurement process.

The trip to Wallaroo was worthwhile and we had some good results on the water. It was great to have 34 paddlers attend this event. With 40 races programmed for the day and strong winds coming up in the afternoon it was always going to be hard to fit them all in and as predicted some races had to be dropped. Once again our club received good feedback from the starter who commended the sweeping and adherence to his calls. Thanks to everyone who helped out and a special thanks to our volunteers Ron, Katherine and Erin and Soula Ramos without whom we couldn't compete. I hope everyone had a good time and look forward to next year.

Enthusiasm was great for the Peter Bristow Long Course race on 30 November. Training for this event had been running for some time and we are reaping the benefits. Our coaches have been working hard to increase our endurance for this event and had a very tough job to select the teams.

The weather over the past couple of months has been fairly unpredictable and as a result we have had a couple of sessions where the conditions on the water have caused some people concern. I believe that there are very few occasions when we can't or shouldn't train (including lightning and extremely strong winds). Regardless, my personal opinion is that the final decision should rest with the sweep and suggest that in inclement weather personal flotation devices should be worn. Training sessions can also be modified to suit the conditions. I would also encourage individuals to make their own call as to whether they should train. I wouldn't expect any individual who feels uncomfortable about the conditions and doesn't train, to be criticized for that decision. The subject of 'weather policies' is to be discussed by Committee at the November meeting.

Thanks to Louise for drafting up a position description for the Coaching positions. As a result of our call for expressions of interest it was excellent to see we had quite a few responses. Coaching panel appointments have been made and shared with members. Congratulations to our newly appointment Coaching Panel. Our interim coaches have done a sterling job and its good to see that they are all prepared to continue assisting as coaches.

Thanks to Cheryl Watson for all her work in locating a venue for our Christmas Show. Korked Wine Bar looks like a fun place to hold it and I hope everyone can attend on the 13 December to participate in the festivities.

If anyone has any suggestions for future events or the improvement of the club please feel free to contact me or any other member of committee. It would be appreciated if your ideas were made in writing so they can be discussed at the next committee meeting.

Chris Payne
President

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Next Race day
Sun 15 December

at

Aquatic Reserve
West Lakes

Rsvp attendance via
Team App

CAPTAINS' REPORT

Our race day in Wallaroo was a very enjoyable event, with good competitive racing and socialising with our members.

It was fantastic to see over 30 members drive the couple of hours to compete in this event. Thanks must go to our interim coaches Lyn and Cheryl for their time preparing crew selections, to our sweeps Louise and Chris, who did a great job under windy conditions and to Ron and Catherine for volunteering their services.

We had good results on the day with our fearsome Men's Crews winning the Open 10's and Senior B events and our Mixed/Women's 10s Crews being very competitive throughout the day. Mixed 20s, well we cannot be underestimated this year, that's for sure.

Some of our members stayed on to enjoy a nice relaxing meal at the Coopers Ale House on the Marina, which gave an opportunity to "get to know" some of our fellow paddlers.

How awesome is it that Black Sea Dragons have 40 paddlers – 2 Boats for the Peter Bristow Long Course event!! Well done to everyone who has come out to the long course training sessions. It has been very competitive between the boats which has been great for fitness and makes it a more challenging training. Good luck coaches making boat selections. No matter which boat you are in on the night we will all enjoy the camaraderie and reap any highs and lows together.

Training on Thursdays and Sundays has been more focused on paddling technique and this has been well received by our members who want to improve their strength and efficiency.

Just another point, Sandy & Graeme welcome any feedback from members to ensure that Black Sea Dragons is meeting your expectations in every way.

Black Sea Dragons

Captains Sandy and Graeme

REGIONAL CLUB NEWS

Ceduna Black Dragons have had a great start to our paddling year!

We have a few new young paddlers, unfortunately backpackers and trainees so they will probably only be with us for the summer. A couple of more mature people have come out for a try, as well as one new member.

We spent a great weekend at Venus Bay, the weather was sensational. We were able to paddle both mornings in beautiful conditions, made it out to the island both times. The BBQ Saturday night was smoky, but we all had some deep belly laughs during the night.

We are doing long distance training now, looking for some direction from our new coach.

Car and boat seem to be doing OK: the car towed the boat to Venus, several passengers said never again! Apparently, it's a bit noisy.

We are planning our major fundraising early next year: like last year with a giant linen party and Mother's Day raffle. We are also planning a garage sale at the Dragons den.

It was all systems go for **Streaky Bay Black Sea Dragons** at their "Rodeo by the Sea" fundraiser on Saturday 23 November. The Club sold drinks, tea & coffee, and biscuits/slices/muffins. It was a big day: from 11am till around 10pm and a great opportunity for us to fund raise.

COACHING PANEL

Introducing the new Coaching panel for Black Sea Dragons

Congratulations to the following:

Head Coach

- David Brugioni

Assistant Coaches

- Peter Ziersch
- Cheryl Watson
- Lyn Payne
- Sue Bockmann

More information on Coaching panel members on page 4



BLACK SEA DRAGONS CHRISTMAS CELEBRATIONS

Our first Christmas as Black Sea Dragons—let's make it fun, fun, fun!
Family and friends all welcome!

Date: Friday 13 December 2019
Time: 6pm till late
Where: Korked Wine Bar, 3-5 Divett Street, Port Adelaide
Cost: \$25 per person

Includes finger food and entertainment

RSVP by 6 December via Team App or email adelaideblackdragons@gmail.com

All payments directly to new Black Sea Dragons bank account:
Name: Black Sea Dragons Dragonboat Club
BSB: 105-074
Account: 055098940
Bank: BankSA

COACHING PANEL MEMBERS

On 23 November the Committee met and considered the applications received for the coaching panel positions and are pleased to announce the Coaching Panel.

The Coaching Panel bring a wealth of experience and knowledge of the sport to our Club.

Head Coach – David Brugioni (Popeye)

Dave has been dragon boating since 1996 and has held various positions within a number of dragonboat clubs, including being selected to compete as a paddler and coach for the Auroras. He has coached at Club, State and National levels over many years and brings a wealth of experience to this role.

Assistant Coach - Peter Ziersch

Peter was a member of the coaching panel for Adelaide Sea Dragons since 2017 and achieved Level 1 Coaching accreditation in 2018. He has assisted as an interim coach and is a well respected member of our club with a great deal to offer.

Assistant Coach - Cheryl Watson

Cheryl has been a member of the coaching panel for Adelaide Sea Dragons for the past 11 years and head coach since 2016. She successfully coached the State B and C teams between 2010 and 2016. Cheryl will be a good addition to our coaching team.

Assistant Coach – Lyn Payne

Lyn has 15 years paddling experience including competing for the Auroras. She has had 6 years successful coaching experience with Black Dragons and holds a Certificate 111 in Fitness Training. Lyn also assisted as an interim coach for our club and is highly respected.

Assistant Coach – Sue Bockmann

Sue has been paddling for many years and has successfully competed in three Aurora campaigns. Sue has shared the coaching for Adelaide Sea Dragons since 2016 and has previous coaching experience for other sports—netball and swimming. Technique training provided for our members since our amalgamation has been well received and her continued input will be appreciated going forward.

The Committee is confident that the selected Coaching Panel will take our Club to the next level and help us to achieve the success we desire.

**Coming together is a beginning
Staying together is progress
And working together is success**

Henry Ford

PETER BRISTOW LONG COURSE RACE TIMES

Congratulations to all paddlers who participated in the
Around the Island racing on Sat 30 November!

Wonderful effort with great results!

Thank you to all who came to support on the evening—your support is
greatly appreciated

1st	Water Warriors	34:11:00	5th	Black Sea Dragons 2	35:53:00
2nd	Powerblades	34:48:00	6th	Black Sea Dragons 1	37:48:10
3rd	Subsonix 1	34:57:70	7th	SADA	38:18:50
4th	ACDC	35:13:00	8th	Adelaide Phoenix	40:20:00

BLACK SEA DRAGONS NEW
BANK ACCOUNT DETAILS

Name: Black Sea Dragons Dragonboat Club
BSB: 105-074
Account number: 055098940
Bank: BankSA

Black Sea Dragons training times

Wed & Thur: 6.15pm

Sat 7.45am

Sun 8.45am

Training times remain unchanged

The earlier time on Saturdays assists with parking congestion at Aquatic Reserve.

Feedback is welcome via adelaideblackdragons@gmail.com



Email: Adelaideblackdragons@gmail.com

www.blackdragons.org.au

www.seadragons.net.au