



Merry Christmas from the QDBF Management Committee

We would like to wish everyone a Merry Christmas and a fun filled New Year and we look forward to seeing you all on the water in 2011.

Report on the Advanced Training Camp with Kamini Jain and Andrea Dillon

By Maggie Boyce

Over the weekend of 23 & 24 October QDBF organized the 'Advanced Training Camp' at Tallebudgera Active Recreation Centre. From all reports and feedback from the survey sent out, the weekend was a resounding success. There were 41 participants from 14 QDBF Clubs; approximately 70% of the attendees were made up of coaches, trainers and paddlers from the various clubs.

The delivery of technical and physiological knowledge from both Kamini & Andrea was outstanding. These ladies are both well credentialed, highly skilled multi disciplined paddlers and both are High Performance Coaches from False Creek Racing Canoe Club in Vancouver, Canada. In addition, they both coach professionally, Kamini via her company, *Right Angle Performance* and Andrea as partner and co founder of *Water's Edge Sports Performance*.

Kamini & Andrea each had their own style of coaching and imparting knowledge which worked perfectly to communicate and connect with all the participants. The paddler's skill sets ranged from relative new comers from emerging/developing clubs to coaches and paddlers who have represented Australia at both CCWC & World Championships.

The one thing that impressed me immediately was everyone's positive approach and attitude to learning new skills. Without exception, all those present approached the weekend with positive dispositions & open minds, soaking up as much information as they possibly could over the two day course.

2011 State Squad

Here it is, at long last, the list of coaches for the Queensland Squad for the 2011 challenge, State versus State to be held at the 2011 Australian Dragon Boat Championships.

Please note that you have until **8th January 2011** to nominate if you want to try out for one of the divisions. To nominate go the QDBF website (qdbf.com.au) and click on the **Expression of Interest link**.

Email addresses for all coaches except the Juniors coach are included here if you have any questions concerning your division.

Details for the first camp to be advised ASAP.

The 2011 Australian Dragon Boat Championships are being held at Central Basin – Commonwealth Place, **Lake Burley Griffin, Canberra, ACT** between the 31 March and 3 April 2011.

Head Coach

Gary Quartermain
Email: geecue@hotmail.com

Great Grand Masters

Coach: Ross Boyce
Email: rboyce@primus.com.au
Assisted by Maggie Boyce
Team Manager: Sue Beith

Grand Masters

Coach: Bruce Eckersley
Email: ecko.1950@bigpond.com
Team Manager: Vacant at this stage

Masters

Coach: Gary Quartermain
Email: geecue@hotmail.com
Team Manager: Judy New
Email: judy.new@mfsq.org.au

Premiers

Coach: Beau Taipari
Email: Beau.t1@optusnet.com.au
Team Manager: Vacant at this stage

Juniors

Coach: Sylvia Nugent
Email: brettsylv@aaapt.net.au
Team Manager: Vacant at this stage

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The scheduled program:

31 March – State vs. State 500m

1 April – Club vs. Club – 500m

2 April – Club vs. Club – 2000m & 500m (10's)

3 April – Club vs. Club – 200m

The Queensland Plan....

The first aim of the State Squad for 2011 is to fill every division with maximum crews, the second aim is to win all divisions! So join up and make this campaign the most successful to date.

**Remember YOU have until the
8th January 2011 to nominate for the
2011 Queensland Squad**

Go to: www.qdbf.com.au

Racing Divisions for AusDBF Championships

Junior Division – Races may be held for single or mixed gender crew. All paddlers including drummer with the exception of the steerer (sweep or helm) must be a minimum of 12 years of age to 18 years of age as at the 1st January in the year of the competition **Note:** This means that a competitor whose 18th birthday falls on or after the 1st January, in a given year, can compete in that year only.

Youth Division – Races may be held for single or mixed gender crew. All paddlers including drummer with the exception of the steerer (sweep or helm) must be over 17 and under the age of 23 years as at the 1st January in the year of the competition.

Premier Division – Must be a minimum of 12 years and up to any age group.

Masters Division – Races may be held for single or mixed gender crew. All paddlers including the Steerer (sweep or helm) must be aged 40 years at the year of the competition. With the exception of the Drummer who does not need to be over 40 year but must be a minimum of 12 years of age. As of 2011 Australian Dragon Boat Racing Championships, you must be aged 40 years as at the 1st day of racing.

Grand Masters Division – Races may be held for single or mixed gender crew. All paddlers including the Steerer (sweep or helm) must be aged 50 years at the year of competition. With the exception of the Drummer who does not need to be over 50 year but must be a minimum of 12 years of age. As of 2011 Australian Dragon Boat Racing Championships, you must be aged 50 years as at the 1st day of racing.

Great Grand Dragons Division – Races may be held for single or mixed gender crew. All paddlers including the Steerer (sweep or helm) must be aged 60 years and over at the year of the competition. With the exception of the Drummer who does not need to be over 60 year but must be a minimum of 12 years of age As of 2011 Australian Dragon Boat Racing Championships, you must be aged 60 years as at the 1st day of racing.



New racing shirt design for the Qld squad for 2011 to 2013

Lake Burley Griffin, Canberra, ACT



Course on Central Basin



Boat loading area

THE DRAGON'S HEAD



Brisbane River Dragons Regatta – December 2010



Congratulations BRD for a great Regatta at Lake Kawana

Just goes to show, no matter what the weather we are out there paddling. A real wet one but there were some dry spells to be enjoyed during the day. The racing was exciting especially with the knockout concept and with the inclusion of the

10s events. The shortened distance race (1500m) was more exciting with the added number of turns. Fantastic work by Te Wake to dominate the finals, great to see Manly, Lanakila and Broadwater in the winning circle also. All up a top day.

BRD Sports Regatta Results

- Open Small Boat (10's) 200m Knockout - Te Waka
- Premier Women Small Boat (10's) 200m Knockout - Te Waka
- Premier Mixed Small Boat (10's) 200m Knockout - Te Waka
- Open 200m Knockout - BRD
- Premier Women 200m Knockout - Lanakila
- Pink Challenge - Missabittatitti
- Premier Mixed 500m - Te Waka
- Premier Mixed 500m - Broadwater
- GrandMasters Mixed 500m - Manly
- Mixed 1,500 - Te Waka



Profile

Karen Jarvis, Development Director, QDBF

The one thing that best describes my passion for dragon boating is.....? Organizing

Three things paddlers might not know about me are.....? Cried at Avatar, work with Child Safety, a Baby Swim Teacher.

If only I could.....? Have 40hrs in every day.

The one thing about Broadwater DB Club that keeps me wanting more is...? Friendship, fun and the joy in seeing people achieve what they never thought they could.

It's a bit daggy, but I love....? True life non fiction books

What keeps me awake at night is.....? Paul

My worst dragon boat habit is... ? Talking when I'm not supposed to be. But I am working on it.

The best thing that I achieved doing dragon boating is.....? Having both sons and hubby in the CCWC crew in Penang and Macau- 4 Jarvis's at once. Awesome stuff.

The one thing other than dragon boating that would improve my life is....? Spending more quality fun time with family.

I started paddling and dragon boating in 2001 with Broadwater Dragons. My hubby – Paul – has been dragon boating more on than off over the last 23 years in Western Australia, and when we moved to Queensland, I found a life for me outside of the boys.

I started paddling, and loved being out on the water.

Being the super efficient organizing person that I am, I soon became involved in the day to day happenings of Broadwater, and have been there ever since.

Meeting new people, challenging them to do what they never thought they could, having fun and competing with friends - this is what a dragon boat club is all about.

I enjoy planning, organizing and making everything I do run as efficiently and no fuss as possible, and making it all appear so effortless (which it isn't).

Competing at the CCWC in Toronto in 06, Penang in 08 and Macau in 2010, and the travelling afterwards, are the highlights of my 9 years of paddling, and being able to compete and travel as a family has been the biggest reward for all our efforts.

I have totally enjoyed my "job" as a Development Director of QDBF, and have met many amazing people from many different regional clubs. My planning and organizational skills have been tested many times, and my goal is to further dragon boating-covering all aspects – and increase participation throughout Queensland.



Newsflash - 2nd Regatta for February 2011

Lanakila Cubbies will be running the 13th February Regatta which will be held at Emerald Lakes and **Manly Dragons** will be running their regatta now on the 27th February – 3 weeks before the Queensland Championships and just 5 weeks before the Australian National Championships.

This is a great opportunity for all clubs and their paddlers to gain valuable racing experience leading up to the major championships. If your interested in nominating to represent Queensland at the Australian National Championships, go to qdbf.com.au home page and hit the yellow link to register.

Coming up . . . Coomera Dragons – 500m Sport Regatta, Regatta Waters Lake Oxenford – Sunday 30th January

Lanakila – Sport Regatta,
Emerald Lakes –
Sunday 13th February

Manly Dragons – 500m Sport
Regatta, Kawana Waters –
Sunday 27th February

Queensland State Championships
Kawana Waters – 19-20th March

THE DRAGON'S HEAD

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The format of the weekend provided plenty of variation, comprising of 'on water' sessions morning and afternoon, follow up video analysis, one on one technique & postural adjustments in the boat and on the ergo, a couple of awesome warm up stretches, concluding with an informal question and answer session on the beach.

The accommodation and abundant supply of food proved to be exceptional value. We were located only a short stroll to the Tallebudgera Surf Club which became a favourite watering hole after long hot sessions on the water. The Active Recreation Centre was a "dry venue" strictly no alcohol or smoking on site, to have the Surf Club virtually just few metres stroll away was most appreciated.

Our group was housed in beach front bungalows with decks that overlooked the sand dunes. We went to sleep at night and were awoken each morning by the calls from a family of beach curlews, territorial little characters, ever so protective of their chick; they would hiss and charge us as we walked by on our way to breakfast.

The entire weekend was fabulous, I need to thank, Broadwater & Manly Clubs for the use of their dragon boats, a big thank you to Gold Coast Dragons for the use of their safety boat and to Ian Peters for volunteering his time to drive the boat on both Saturday and Sunday. With out these necessary contributions the weekend could not have taken place.

I could continue to expound upon the benefits of the camp from my perspective, but better still here are some comments copied from the Participants' Survey printed with the permission of the respective authors.

"I think the two ladies had quite different deliveries... while Kamini was quite 'technical' in her language and approach, Andrea seemed to have that 'knack' of picking up on when some weren't quite grasping the point and she was able to simplify or give a visual. Both were brilliant and their different styles complimented each other very well.... given that our group was so varied (from advanced to really quite inexperienced) best thing that QDBF has come up with in a long time!.... hope there will be more to come".

Gayle Barnett – Cooloola

"Both coaches presented the same information obviously with different delivery. And both had the same effect. Andrea's delivery involved much more explanatory details, her video analysis was excellent. Kamini's delivery was pitched perfectly to my state of readiness for the information, at that point in time. She said less but said lots".

Faye Rallings – Currumbin

"It is nice to hear advice that makes **biomechanical sense**. The Fitness professional in me needs to know that it is **effective and safe**. I think sometimes the myths around dragon boat technique and training are worse than Body Building, and equally dangerous. We need to train our people smarter

in sport specific methods and drills and not hurt anyone in the process"

Linda Robinson – Manly, PT & Fitness teacher at Southbank Institute of Technology

"The weekend was fantastic, I learnt so much about paddling technique, especially the reasons why the technique is better for the body. Personally, from a paddler point of view, my paddling is now improved with the paddle motion now smoother. From a coach point of view, I should be able to teach and portray information in a more conductive way to my club"

Jacqui Turner - Coolangatta Mt Warning

"I found it very helpful. How things have changed over the years, where you were taught to do it one way and now how it has changed and you can see why. Also as a paddler/coach if people ask why we do it this way and now having the knowledge to explain why and the benefits it will have on you as a paddler and on the team"

Allison Elliot – Burleigh Fire Dragons

"I found their presentation, analytic skills and appropriate use of vocabulary was excellent. Not only as a paddler but as a coach I learnt skills from their communication methods and how they identified and resolved paddling issues while managing paddlers knowledge and emotional levels"

Micah Roberts – Broadwater

"Both Kamini & Andrea were very knowledgeable, professional, informative and helpful. Kamini's obvious depth of understanding of human biomechanics & kinetics meant Kamini was very good at communicating the body mechanics of paddling and reasons for the variations in paddling technique"

Paul Glover – BRD



Clubs represented at the camp BRD, Broadwater, Burleigh FD, Cairns, Gold Coast Dragons, Coolangatta Mt Warning, Cooloola, Currumbin, Lanakila, Mackay, Manly, Redcliffe, Redlands, and Townsville.



Queensland Outdoor Recreation Federation Awards 2010 – QDBF Successful!

The Winners of 2010 Queensland Outdoor Recreation Awards were announced at the Victoria Park Function Centre, Brisbane on October 29. QDBF was successful in winning the Brisbane City Council Outdoor Event Award. With an estimated 200 people in attendance it was significant to put Queensland dragon boating in 'lights' to those involved in the outdoor recreation community. The BRD nomination was successful in reaching the finalist stage.

The results and competition:

The Brisbane City Council Outstanding Achievement (Organisation) Award

Winner: Guides Queensland

Finalist: Brisbane River Dragons (BRD)

Finalist: Edmund Park

The Brisbane City Council Outdoor Event Award

Winner: Queensland Dragon Boat State Championships

Finalist: Glasshouse Trail Series (TRAQ)

Finalist: Inaugural Brisbane Valley Rail Trail Ride (ATHRA)



St George River festival 2010

This years Regatta was held at the beginning of October in conjunction with the St George River Festival. We had the best roll up of teams we have ever had. The day turned out to be rainy and windy so the races where made shorter as the river current was strong and all apart from 2 teams were community teams. We had the privilege of the Spirit of Bribie coming to join us for the weekend. Spirit of Bribie also assisted us all day with providing their boat a drummer and a sweep. Rhonda from Dubbo came to paddle and joined in many races when a boat needed a fill in. All races for the day are taken on times and a round robin event is run.

The eventual winners on times for the day were our local police team "Hot Fuzz" who took the title off the local rugby boys the St George Frillnecks. A replica of our trophy for



the year is given to the wining team and a plaque added to the main trophy. Our main trophy is a beautiful hand carved dragon boat that we have had the privilege of having Glen McGrath sign. Prizes where also given the best named team who was "Nick's Rev Heads" a local mechanical business and best dressed to the "Pesky Pirates".

There are many who need to be thanked for making our regatta so successful. The SES who provided support on the water as the starters and also follow every race. The St George Rugby Union team, the Frillnecks who run the BBQ and drinks, our local community and business for their continual support. Many thanks to Spirit of Bribie for their wonderful contribution to the day and Rhonda for coming to join us. We look forward to having more teams come and join us next year for our Regatta.



THE DRAGON'S HEAD

Tweed Dragons in Focus



History of Dragon Boating on the Tweed

27 Years ago a group of clubbies (people who worked in the lucrative club industry) got together to raise funds for a seriously ill local boy. They were so successful they decided to form a local charity known as KIDS IN NEED. During a trip to Sydney the then president Peter Williams saw dragon boats competing on Sydney Harbour and thought it might be a good way to raise funds. In 1986 with 2 borrowed boats from Sydney and the assistance from Mark Lee and Ted Fong (Gold Coast Chinese club) the first fun regatta was held on the Tweed. We believe it is the longest continuous running fun regatta being held in Australia.

Tweed Dragons

From that first regatta a wily old fox named Russ Wade formed Tweed Dragons and in 1990 competed in the National titles held at Darling Harbour. Russ also coached our very successful junior team taking them to the world titles in China. Moving to Britain to sweep dragon boats, the club was in the throes of folding then a couple of diehard dragon boat tragics persisted in keep the club going, at one stage taking the boat out with just 2 paddlers. At present after several years of struggling, Tweed has new colours a great new committee with drive and vision and we look forward to competing as a stand alone club (not needing to borrow paddlers from other clubs) and two happy tragics.

As a post script we believe the KIN fun regattas have bought many new paddlers and clubs into our wonderful sport.





Pan Pacs 2010

Due to the unknown start date of the Varsity Lakes Sports House construction, the Gold Coast Dragons was required to move the Pan Pacific Masters Games (PPMG) to Regatta Waters, Coomera. This venue had never been used for dragon boating and there were a lot of unknown factors to establish, and rectify, before the event. The venue itself requires everything to be brought in, including water and shade! A 33m tent was hired and erected for the paddlers, and I would like to thank the Qld clubs who also bought their club tents along. However, for future PPMGs an even larger tent will be required depending on attendance numbers. A paddlers' favourite issue, port-a-loos and toilet paper, proved to be the hottest talked item during the 2 days. Clubs take note – no matter how many rolls of toilet paper you buy, it is not enough!!! We apparently went through approximately 40 rolls within 3 hours, not to mention a water problem with the port-a-loos on the Saturday which, without any water on site, we couldn't rectify.

Unfortunately, the biggest unknown was the course itself. The course was depth sounded the day before and it was established that the first 3 lanes closest to the shore could not be used as they were too shallow. As such, the course was moved over. However, throughout racing the 500m a number of crews alerted the Chief Official to an issue around the 350m mark where they just 'hit a wall'. The Course Umpires, Ian Peters and Norm Hunt conducted more depth sounding and found that there was a finger sand bank in that area. Again the course was moved over as far as possible to avoid this for the finals. Fortunately, this sand bank would not interfere with the 200m course.

PPMG commenced with a traditional blessing ceremony performed by the Rev Shan from the Chung Tian Temple, who has had a long association with both the Gold Coast Dragons and the PPMG over the years. This cultural ceremony is extremely important to our sport



as it acknowledges our origins and the AusDBF Cultural Director, Phil Chan, in conjunction with his Cultural Sub-Committee, has produced a document to assist in keeping the cultural aspect of dragon boating alive in our sport. This document can be found on the AusDBF website. Alternatively, Richard Lim is the Qld Cultural Champion and could be contacted.

25 crews competed from Qld, NSW, ACT, Victoria, Tasmania, NT and Malaysia with very close racing and everyone achieving high quality race experience at an important time of the dragon boat calendar.

PPMG also saw the Lynx photo finishing equipment used at a Qld event (it has only been used for the 2002 and 2009 AusDBF Australian Dragon Boat Racing Championships). Graeme Brooks ran the system for the 2 days, and despite the questioning of its worth at PPMG, the close racing in a number of races had the system working overtime – and creating a less stressful finish tent that we are all appreciative of.

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THE DRAGON'S HEAD

Unfortunately not all the volunteers who had offered to assist were available on the day, and the best was done with the numbers available. I would like to thank the small army of volunteers who constantly worked non-stop to make the event happen – you guys performed amazingly on 2 hot days. I would like to thank the following Interstate volunteers – Sylvia Wong, Belinda Chung and Ange Fong from NSW, Jennifer Bould from SA and Phil Reader from NT.

The full results can be found at www.mastersgames.com.au/default.asp?PageID=13093 but the winners, from the closeness of racing at PPMG, will be the Qld State Titles and the 2011 AusDBF Australian Dragon Boat Racing Championships. These are going to be hotly contested with the 'regulars' really going to have to work hard coming in to the 'business end of the season' as I believe we are going to see some 'new' clubs in the Grand Finals.

If you would like to provide some constructive feedback, please email events@goldcoastdragons.com.au



500m			200m		
Masters Mixed			Masters Mixed		
1 st	Ice Dragons	2:27.39	1 st	Te Waka	0:52.30
2 nd	State of Affairs 1	2:27.72	2 nd	Fusion Dragons	0:53.19
3 rd	State of Affairs 2	2:27.82	3 rd	State of Affairs 1	0:53.33
Masters Women			Masters Women		
1 st	State of Affairs	2:37.07	1 st	Ice Dragons	0:56.91
2 nd	Te Waka	2:38.05	2 nd	State of Affairs 1	0:57.04
3 rd	Ice Dragons	2:38.64	3 rd	Red Dragons	0:58.30
Masters Open			Masters Open		
1 st	State of Affairs	2:21.67	1 st	State of Affairs	0:51.33
2 nd	Fusion Dragons	2:26.60	2 nd	Te Waka	0:52.53
3 rd	Te Waka	2:29.73	3 rd	Fusion Dragons	0:55.56
Grand Masters Mixed			Grand Masters Mixed		
1 st	Nowra Water Dragons	2:30.71	1 st	State of Affairs 1	0:55.71
2 nd	State of Affairs 1	2:30.94	2 nd	State of Affairs 2	0:56.21
3 rd	State of Affairs 2	2:31.53	3 rd	Nowra Water Dragons	0:56.66
Dragons Abreast Australia (3 races combined)			Dragon Abreast Australia (3 races combined)		
1 st	DA Brisbane		1 st	DA Brisbane	
2 nd	DA Gold Coast		2 nd	DA Gold Coast	
3 rd	DA Redcliffe		3 rd	DA Redcliffe	
Grand Masters Open (3 races combined)			Grand Masters Open (3 races combined)		
1 st	State of Affairs		1 st	State of Affairs	
2 nd	Nowra Water Dragons		2 nd	Nowra Water Dragons	
3 rd	Fusion Dragons		3 rd	Fusion Dragons	
Grand Masters Women			Grand Masters Women		
1 st	State of Affairs	2:42.99	1 st	State of Affairs 1	1:00.47
2 nd	Zen Dragons	2:50.50	2 nd	North Coast Magic	1:03.56
3 rd	Hackers	2:52.91	3 rd	River Rats	1:03.74

Qld Govt - Dept of Communities - Grant Approved for 2011 to 2013

QDBF has received funding of \$97,500 over the next 3 years – (\$32,500 for 2011) to fund the development of dragon boating throughout Queensland.

Please see the Funded Activities Outputs Table to see some of the planned activities. These are open to change and alterations with the consultation of the Department of Communities.

Schedule 1- Funded Activities/Outputs & Performance Measures

Funded Activity	Activity Category	Planned Activity	Outputs/Performance Measures – Year 1	Outputs/Performance Measures – Year 2	Outputs/Performance Measures – Year 3
1. Engaging in Sport and Recreation Participation	1.1 Participation programs	Undertake participation initiatives with youth groups, church groups and schools to conduct a shorter competition season over 10 weeks.	<ul style="list-style-type: none"> Conduct a 10 week program involving at least 150 participants 	Improved development and delivery of sport and recreation participation opportunities.	Improved development and delivery of sport and recreation participation opportunities.
	1.6 Events – new events which provide increased participation opportunities	Organise social community-corporate- schools dragon boat festivals	<ul style="list-style-type: none"> Conduct a social festival at Forest Lake involving at least 800 participants Provide administration assistance to Regional Clubs to hold corporate festivals Conduct 1 Schools event involving between 6-8 schools 		
	1.7 Club support	Assist clubs to conduct Come & Try Dragon Boating sessions within wider community	<ul style="list-style-type: none"> Provide marketing and coaching support for at least 20 Club Come & Try Days involving over 1,000 participants 		
2. Education and Training	2.1 Accreditation courses	Conduct 4 coach accreditation courses Conduct 4 officials accreditation programs	<ul style="list-style-type: none"> 4 course conducted involving 100 participants and 64 direct course delivery hours 4 course conducted involving 60 participants and 32 direct course delivery hours 	Enhance the capacity of volunteers, coaches, officials and administrators.	Enhance the capacity of volunteers, coaches, officials and administrators.
	2.3 Mentoring programs	Assess, assist and mentor club officials, sweeps and coaches	<ul style="list-style-type: none"> Two-day mentoring workshop for Coaches, Officials and Sweeps held for 6 regional clubs 		
3. Organisational Support	3.7 Marketing and Sponsorship	Provide advertising and marketing materials to clubs for promotional displays at local markets, shopping centres and schools to increase awareness and participation.	<ul style="list-style-type: none"> 5 sets of marketing equipment to be held at five locations across Queensland 	Continuous improvement in organisational development in the areas of: Policy development Board Governance improvement Risk management Communication Staff development Financial management Marketing and sponsorship Partnerships / Collaborations Infrastructure planning Information management Asset management	Continuous improvement in organisation development in the areas of: Policy development Board Governance improvement Risk management Communication Staff development Financial management Marketing and sponsorship Partnerships / Collaborations Infrastructure planning Information management Asset management

Vacancy - Technical Director – QDBF MC

Unfortunately the Technical Director's position has become vacant. Dallas Piwari has stood down due to his full time employment commitments.

We like to thank Dallas for the time and energy that he has put into this position for QDBF over the last 15 months. It has been appreciated from his fellow MC members and his efforts have benefited the dragon boating community especially in Queensland.

If you are interested in taking over this role until the next Annual General Meeting which is due in August 2011 please contact the QDBF President, Gary Ellis by emailing president@qdbf.com.au or by phoning 0417 749 460.

The position description for Technical Director:

- Expert on IDBF rules of racing and dragon boat racing in general
- Provide technical advice to the QDBF Events Director, as well as QDBF host clubs holding regattas
- Responsible for QDBF holding regular AusDBF Level 1 coaching course, officials course and sweep accreditation courses with the assistance of sub-committees
- Provide advice to QDBF clubs on QDBF endorsed regatta standards,
- Be a reference/contact for enquires into race rules and regulations in accordance with IDBF



Coaching/ Sweeping Weekend Workshops – Cairns and Townsville – November, 2011

QDBF conducted two weekend coaching/sweeping workshops in Cairns and Townsville over 6th & 7th Nov, 2010.

The newly established developing clubs require mentoring and assistance in regards to all facets of dragon boating, and this weekend focused on coaching techniques, session planning, drills, and sweeping.

A huge thank you to Ewen and Emilia McDonald for travelling to Cairns, and to Maggie and Ross Boyce for travelling to Townsville. Their knowledge and experience was greatly appreciated by all who attended, and the feedback has been very positive.

Townsville Dragon Boat Club organized a Come & Try Day over this same weekend, which was hugely successful. Forty-two locals came and tried the sport of dragon boating, ranging in ages from 12 to 65, with most very keen to see a sports dragon boat club become established in the town.

For the southern clubs who may not be aware, the box jellyfish and crocodiles are frequently seen in these tropical waters, which pose an added risk for these clubs. Paddlers must wear neck to toe protection while paddling-long sleeved lycra shirts and either stockings or leggings- to protect against the Box jellyfish from October to March of

each Year. And as for the crocs- just stay in the boat- and have a spare paddle handy!!!!

Brisbane clubs have cargo ships and huge ferries to contend with, the Gold Coast has bull sharks and a multitude of huge watercraft, and the northern clubs have jellyfish and crocodiles. Please ensure all clubs have a current Risk Assessment Manual typical to their area, to cover their own local issues.

Funding Workshop for SE Qld Clubs – October 2010

The Department of Communities funded a Grant Writing Workshop in October for the SE Qld Clubs in Brisbane.

Members from six clubs attended, and all gained valuable information and confidence in applying for a grant.

More Funding workshops will be planned for 2011, as the feedback received has shown this is much needed and greatly appreciated by the Clubs.

Please see below-

OBJECTIVE

The purpose of the workshop is to provide participants with the fundamentals and necessary skills of grant writing to improve their chances of securing funds.

SCOPE

The scope of the project includes facilitation of a 3 hour practical workshop for a maximum of 12 participants on grants and funding. The workshop will be aimed at Dragon Boat personnel who write grant applications for the development of the Club and its members.

AGENDA

The workshop agenda combines instruction and practical exercises to take participants step-by-step through all the stages of developing grant proposals. The workshop will cover the following topics:

- An overview of grants available;
- Hints and tips on how to prepare a high quality funding/grant application;
- Making sense of complicated grant jargon;
- Learn what decision makers look for in an application;
- Supporting information required in the application;
- How to build a strong case for funding sports related projects and evidencing need;
- Sample winning grant proposals; and
- Completing an application form.

Vacancy – Insurance Director & Registrar – QDBF MC

Also this month the Insurance Director & Registrar position has become vacant. Laura Hughes has stood down due to personal reasons.

We wish Laura the best for the future and acknowledge her great work as Administration Director on the previous MC and as Insurance Director & Registrar which she took over at the last Annual General Meeting.

For the position description for the Insurance Director and the Registrar position please go to the website - qdbf.com.au, go to the menu heading 'About QDBF', select, Governance and download the QDBF ByLaws – November 2009 PDF.

If you are interested in taking over this role until the next Annual General Meeting which is due in August 2011 please contact the QDBF President, Gary Ellis by emailing president@qdbf.com.au or by phoning 0417 749 460.



Townsville Dragon Boat Club

Below is the new race uniforms for the Dragons Abreast Townsville (DAT) Team. The Townsville Dragon Boat Club is in the process of becoming established as a sporting club, which includes the DAT team, and is yet to finalize the sport race shirt, many ideas are in the pipeline.



2011 DAA Calendar

DAA was approached by the publishers of a prestigious glossy magazine - "ResideNT" - and we were offered free of any charges, a somewhat "out there" 2011 Calendar as their generous donation towards our cause.

All photography, printing and props were provided by these guys - and the male models are all supporters of breast cancer survivors - their mothers, sisters, aunts etc. Gerard Depardieu's yacht features in some shots - worth taking a peek!

The \$20 cost of the Calendar is 100% donated to DAA.

Embrace the spirit of giving over this festive season! These perfect stocking fillers are available from BRD's DAA team - Missabittatitti - see Leigh Muldoon or from Janelle Gamble 0412 734 334. Janelle@westpacific.com.au



Classifieds

If you or your club has any items for sale or purchase please send to the QDBF for inclusion. Items will be listed for two consecutive issues unless advised that they have been purchased. An item description, cost, condition and contact details are to be supplied.

This is a free service to all Queensland dragon boat clubs and their paddlers.

Send your classifieds to marketing@qdbf.com.au by the first weekend of each month. These items are to be paddling related from paddles, paddle bags to dragon boats and trailers and also can include lease items.

WOODEN PADDLES FOR SALE 120 and 125 \$55 each or \$50 for orders more than 6. Paddles are 202A specifications. Contact Norm Hunt, email address: normieh_58@yahoo.com.au



Share your news

Got some news, information or pics that could be included in *The Dragon's Head* newsletter? Send your contributions to info@qdbf.com.au. Even if you just send your club newsletters - be great to hear what you are all up to.