

THE DRAGON'S HEAD

2010 State V State Championships



Well the 2010 Australian Nationals are now all done and dusted and Qld continued to prove they are no easybeats.

For a short campaign the coaching/management team were satisfied with the results achieved and all commented that the crews gelled well together in their individual categories as well as a full squad.

Congratulations to all those who competed and to those who achieved success within their groups. I know most of the Masters' category will be smiling being the group that achieved the most success.

The wealth of knowledge and experience from all the coaches and their assistants were profound. They

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Active Outdoors Expo 2010 at SouthBank

QDBF will be exhibiting at the Active Outdoors Expo 2010, Southbank on Saturday 29 May to promote our sport.

QDBF is a member of Queensland Outdoor Recreation Federation Inc. QORF is the voice for the outdoor industry in Queensland and Queensland Government provides funding to QORF to get more Queenslanders active through sport and recreation.

Aims of the Outdoor Expo 2010 are to:

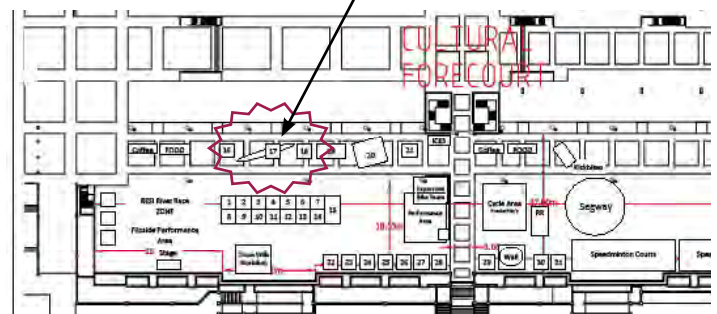
- provide Queensland's outdoor community with an opportunity to engage with the general public in a focused outdoor environment;
- raise awareness of the benefits that stem from outdoor recreation;
- provide a free opportunity for the general public of all ages to sample activities and products to help Queenslanders take advantage of a healthy, active, outdoor lifestyle; and
- promote the value of a healthy, active, outdoor lifestyle to contribute to our quality of life now and in the future.

We have 6 volunteers from clubs for both the morning session, 9.00am to 12.00 and the afternoon session 12.00 to 3.00pm.

A dragon boat will be on site thanks to the Manly Dragons, proudly sitting there with head and tail.

If you're in the area this Saturday, feel free to drop in and say hi as we go about promoting dragon boating in Queensland.

Where we are - Site 17



Brisbane River

Continued from page 1 – 2010 State v State Championships

did a tremendous job in the short time frame they had, with some teams only coming together as a squad on competition day.

QDBF in conjunction with the State Squad Co-ordinators are already future planning for the upcoming season and will be calling for expressions of interest in the coming months so stay tuned.....

Results for the 2010 Australian Championships can be found at www.ausdbf.com.au/ausdbf/?q=node/56.

On behalf of Dallas and myself, thanks to everyone involved with the Qld State Squad for 2010 and congratulations again. We encourage and welcome any feedback from paddlers, coaches and their management team which can be sent to qdbfsquad@gmail.com.

Cheers!
Woggy & Dallas
State Squad Co-ordinators



Biggest Australian Championships ever!

State Participants' - 1275

Clubs Participants' - 1900

State	No. of Clubs	Winning Clubs per State	Total Points
QLD	7 Clubs	BRD	266
ACT	7 Clubs	Ice Dragons	212
NSW	20 Clubs	Pacific Dragons	203
SA	6 Clubs	Subsonix	131
WA	4 Clubs	Cockburn	49
Victoria	1 Club		
TAS	1 Club		
NT	1 Club		
New Zealand	1 Club		

Macau – 7th World Club Crew Championships – 28 July to 1 Aug 2010

From the 2010 Australian Championships we now have a complete list of Australian clubs that have qualified to compete at the Macau Club Crew Championships.

The event will be held at the Nam Van Lake Nautical Centre. The Opening Ceremony will take place on the evening of 28 July 2010.



Brisbane River Dragons

Premier Open
Premier Mixed
Premier Women
Master Open
Master Mixed
Master Women
Grand Master Open
Grand Master Mixed
Grand Master Women

Broadwater

Premier Mixed
Premier Women

Burleigh Fire Dragons

Master Mixed
Grand Master Open
Grand Master Mixed
Grand Master Women

Currumbin

Premier Women
Masters Women
Grandmaster Women

Te Waka

Premier Mixed

Dragon Flyers

Grand Master Women

ADL Sea Dragons

Master Women
Grand Master Open
Grand Master Mixed
Grand Master Women

ADL Black Dragons

Master Open
Master Mixed
Grand Master Open
Grand Master Mixed

Newcastle

Grand Master Open

Nowra Waterdragons

Grand Master Mixed

Melbourne Flames

Master Mixed

Powerblades

Master Open

SA Dragons Abreast

Master Women

Subsonix

Master Mixed

Northern Beaches

Master Mixed

Cockburn

Master Open
Master Women

Hurricane

Master Open

Bei Loon

Master Open
Master Women

VADB - Black

Premier Open

Ice Dragons

Premier Open
Premier Mixed
Premier Women

Sloths

Premier Mixed

City Dragons

Premier Open

PD's

Premier Open
Premier Mixed
Premier Women

Marina Development – Tin Can Bay & Cooloola Cove

The good people of Tin Can Bay & Cooloola Cove have been fighting a long 'battle' against the 'Fraser Straits Marina Development', proposed for our lovely Norman Point.... the area surrounding and including our annual regatta venue that you all enjoy so much!

At the risk of sounding political, I'd like to 'lobby' the support of fellow dragon boat paddlers, in part because the building of the marina will mean an end to Dragon Boat events in Tin Can Bay..... of course there is far more at stake than the future of our 'Sleepy Lagoon Hotel Dragon Boat Regatta', as the entire Southern Sandy Straits Region is considered environmentally significant.

The long and short of it is, that if the marina project goes ahead, it will be to the great detriment of critical marine habitats and also at the expense of community groups who rely on the sheltered waters of Snapper Creek for a safe area in which to conduct their many 'on water activities'... the Cooloola Dragon Boat Club being just one of these groups.

HOW YOU CAN HELP!

Write to your State & Federal politicians letting them know it is an issue of concern, for more than just the local Tin Can Bay residents.... Ensuring healthy, productive natural environments and healthy, vibrant local communities is, I'm sure, important to all Australians wherever they may live!

With the 'final approval stage' now in the Federal Minister's hands, we have been advised that 'the broader the base of concern appears, the easier it is for Ministers to say "No" to such projects!... such is the way of politics?!...

Additional Information has been sent to all Clubs via email. You can go to www.tincanbaydolphins.com.au/index.php?option=com_content&task=blogsection&id=11&Itemid=58 and www.marina.tincanbaydolphins.com.au/

Many thanks & 'See you on the water!'
Gayle Barnett, (Cooloola Dragon Boat Club Inc)

Update from the May QDBF Management Committee

The May meeting was held at the Coomera BP station on the 11th May. A problem with the lights in the meeting room that was booked had us ending up in the 'truckie lounge' with piped music in the background. It was noisy but we did manage to get through the meeting. The meeting was closed at 10.00pm.

We had club members attending from Coomera, Brisbane River Dragons, Dragons Abreast Gold Coast, Te Waka, Burleigh and Gold Coast Dragons.

On Tuesday 8th June there will be a Special General Meeting starting at 6.30pm for 6.45pm, this will then be followed by the Management Meeting. This will be held at the Sports and Recreation Office, 150 Caxton Street, Milton.

Profile

Sheils
Finance Director, QDBF



I wish I could say hello "fellow paddlers" but it has been quite some time since I have been in a boat due to a shoulder injury (now cured) but the opportunities to paddle have diminished for me of late with my family growing so quickly. Having said that, perhaps next season I will manage to get back into the swing of things & take my place as a DAP.

I started in dragon boating with BRD at the end of 2004 & loved every minute of the competition & camaraderie that went along with dragon boating. Looking on the bright side I could say that I "postponed" my paddling career on a high after the World Championships in Penrith in 2007. Since then I have been more involved in the administration side, initially as the Treasurer for BRD and then after handing that role over, I took on the Finance Director position again after having a seasons break from that.

My work was certainly cut out for me to get the books back in control but hopefully that is all completed now and my next task will be to get some procedures in place for whoever takes over next season. Being a member of this current Management Committee has been a fantastic experience and a pleasure to work with so many people who honestly have the best interest of Dragon Boating as a sport as their first priority. I look forward to seeing our sport grow to much higher levels & hope that one day we can manage to get this as a school sport and have heavy media coverage wherever we go.

Just one last thing... You may have noticed that we are trying to get away from calling this a "board" and prefer to use the term "Management Committee". We feel this is important for members to know the people you have voted to "manage" the Queensland Dragon Boat Federation are here to work for the paddlers, so let us know how **you** want things done.

THE DRAGON'S HEAD



Established in 1998 Brisbane River Dragons (BRD) is the oldest dragon boat club in Brisbane. We are a competitive yet social paddling club that train and compete throughout the year.

We have around 230 members, which includes around 80 or so paddlers from Missabittatitti, our Dragon Abreast ladies. We have a boat load of these ladies off to Canada to compete in the 2nd International Breast Cancer Survivor's Regatta in Peterborough.

In 2010, BRD managed to win the Australian Club Crew Champions for Dragon Boating for the third consecutive year. An achievement we're very proud of and we're certainly aiming for four in a row in 2011.



While dragon boating is our core activity, we provide members with the opportunity to train in a range of canoe types from OC6 and OC2 outrigger canoes and of course the biggest of them all, dragon boats!

We compete competitively in dragon boating as well as outriggering, and outriggering is proving to be a valuable additional training method and BRD have had some excellent results in recent outriggering regattas.

Many members of BRD have competed and won Gold, Silver and Bronze medals for Australia at the IDBF World Championships and BRD as a club has a proud history of competing in several World Club Crew Championships in some amazing venues around the world. BRD was the first Australian club to contest all categories, except Juniors in the 2008 World Club Crew Championships in Malaysia which was an amazing achievement, and we're looking to repeat the feat at the 2010 World Club Crew Championships in Macau, China.

Multi Cultural and Dragon Boat Festival

Sunday 13 June • 10am – 2pm • The Esplanade • Forest Lake

Come along for a great day of racing and entertainment when Forest Lake plays host to the Lord Mayor's Dragon Boat race.

See teams that will be racing in the world championships in Macau in July 2010 battle it out on a short course race.

Traditional ceremonies and a range of performances from around the world are also on offer. A variety of food stalls and displays complete this great day out.

Blessing of boats and racing commences 10am.

**For further info contact the Parkinson Ward
3131 7022**

We need SIX teams to race on the day.

Two sections, the first starting at 10.00am. Three by 220m sprints heats and a final for the Trophy. Then a break when paddlers can wander around the displays, have lunch etc. The second section a final 1500m three lap race starting around 1.00pm.

There will be no age or gender limits. No race fees will be charged. Free lunch boxes for all paddlers and paddlers must be QDBF or other State Body registered.

Additional paddlers are needed in filling all six boats so, if you're interested in paddling please contact Blair Gamble and get your name down for one of the crews.

Email address - blairbrd@hotmail.com

QDBF will have a 'tent' for marketing and display of material



Courage, Determination and a Will to Survive! Gold Coast Pink Ladies Are On A Mission*

Report on the International Dragon Boat Festival, 2010 For Breast Cancer Survivors, being held in Peterborough Canada on June 10-14

Dragons Abreast Gold Coast Breast Cancer Survivors (DAGC) Dragon Boat Team, along with 4 members from Mt Warning Dragon Boat Team are in training for the "fight of their life"

Out on the beautiful Currumbin Creek this unique group of ladies are committed to training 3 days a week under the watchful eye of head coach, Lorraine Montgomery

These girls never give up, willing themselves to keep going and digging deep to find that extra burst of strength to complete the course.

Lorraine pushes them to the limit knowing they are giving all they can give, and more!

Paddling along side the "pinkies" are our wonderful support paddlers who are always there to encourage us, train with us and cheer us on.

We are so blessed to have our supporters and there are several joining us in Peterborough where they will also enjoy competing in the supporters racing events.... Go girls go!!

Our girls are all looking forward to the competition against teams from around the World, meeting & making new friends while enjoying the company of women from all walks of life.

There is some thing very special about meeting, chatting and racing against these girls.

The aim of the "pink ladies" is to paddle to promote breast cancer awareness, the importance of early detection and of living a full and productive life after breast cancer.

We can do this by getting out on the water, paddling a dragon boat while wearing our bright pink racing rashies and showing the world that "life is for living"

Being seen on the water, enjoying life and each other,



while paddling hard inspires others to get back into living their life again. Knowing if other survivors can do this, then so can they.

It is all about lots of fun, making friends, some exercise, getting fit, plenty of fresh air, taking charge of your life & giving hope and inspiration to others.

As well as promoting breast cancer awareness we are a very determined, gutsy group who enjoy the fun and the challenge of dragon boat racing.

Once we step foot into the boat and head for the start line, it is "ON". We have all decided that we want to win, and win we will. We will give it all we have to cross that finish line first!

DAGC first started way back in 2001. Fay Henderson, President DAGC, along with Faye Rallings of the Currumbin Dragons club got together and slowly built up their numbers of "pinkies" while at the same time encouraging our wonderful supporters to join us.

Since July 2009 DAGC have become a club in their own right and are no longer a part of the Currumbin Dragon Club.

DAGC are honoured to have a very special supporter travelling to Peterborough with them.

Anne-Marie Cook, PA to Bill Barry-Cotter, our major sponsor MARITIMO off shore Luxury Craft Boat Builders.

Maritimo have sponsored DAGC for the past 4 years, this has enabled us to grow and expand. Their generosity has been over whelming, we enjoy a fantastic relationship with so much support and encouragement.

We are also proud to have Aardvark Removalists Qld, as our sponsors over the past 2 yrs.

Sponsorship from both Maritimo and Aardvark have made many dreams come true for DAGC.

We wouldn't be here today without their support.

It is one year since DAGC decided to make an effort to attend the festival in Peterborough.

It took many weeks of meetings, emails, phone calls and a lot of talking to persuade the girls that we just might get there.

It was due to the persistence of our "pocket rocket" Debi, lovingly known as Bindi, to get the show on the road. Right from the start Bindi had faith in making it happen for us.

After many sausage sizzles, raffles and frantic saving we are now about to set off to compete at this fantastic festival.

Thank you Bindi for having such blind faith in each of us.

Lets go girls, we will get out there.

Together we are one, our families and friends will be so proud to see us in Peterborough, doing the hard yards... we will also have every reason to feel very proud of each other.

"SO"

LETS DO IT FOR US AND FOR ALL WHO HAVE HAD A DIAGNOSIS OF BREAST CANCER!

*By Fay Henderson
President, Dragons Abreast Gold Coast,
Queensland, Australia.*



THE DRAGON'S HEAD

Wide Bay Regatta Series-Round 1– Hosted by 1770 Dragons

The first round of the inaugural Wide Bay Regatta Series was held on Saturday 22nd May by 1770 Dragons, to coincide with 1770's Captain Cook Festival. Four Clubs - Hervey Bay Dragons, 1770 Dragons, Cooloola and Bundaberg Dragons - are competing in a four series regatta Championship - from May to Sept 2010 - with each Club hosting a round in their own town.

The Captain Cook Festival started off with a street parade at 10-30 a.m. through 1770, with all three dragon boats dressed and supported by their paddlers.

The Managers and Sweeps briefing started the regatta rolling at 12 noon, with the first race at 12-30 p.m.

Perfect weather made for a fantastic day, with the tidal changes and currents challenging the sweeps abilities, but they learnt from this. There was never a boring minute at the start line, with all kept on their toes, with the racing being fast and furious.

Lane 2 definitely had an advantage-due to the tidal current - and all four Clubs had a win during the day.

The Provisional Sweeps were all coached and assessed by a QDBF Sweep Accreditor, at times under extremely testing conditions, as it is vitally important that each regional Club has a Fully Accredited Level 3 Sweep by the last round of this Series.

QDBF assisted 1770 Dragons by sending up experienced race officials and a starter, plus a Sweep Accreditor - to ensure the event ran smoothly.

All four Clubs gained enormously from this regatta- in experience and knowledge, with both Coaches and paddlers realizing that there is still room for improvement from all. Friendships were made, coaching and sweeping ideas swapped between clubs, and an awesome afternoon of fun was enjoyed by all.

Congratulations to Hervey Bay for their win in Round 1. Three more rounds to go to determine the Championship winner. It is a huge ask of all four clubs to commit to this Series, with travel and costs involved, and this commitment is greatly appreciated by all.

Round 2 of the Wide Bay Regatta Series is being hosted by Hervey Bay on Sunday 13th June.

Sunday morning saw 26 very keen paddlers from 1770 Dragons, Bundaberg and Cooloola attend a hands on coaching and sweeping clinic run by Paul Jarvis - Qld State Coach for Juniors & Premiers Squad for the 2010 Australian National Championships.

Congratulations to all the Club members of 1770 Dragons for holding their first ever regatta, having never been to any other competition or regatta before. A daunting task, which was undertaken with gusto and enthusiasm, and 1770 Dragons came through with flying colours.

For 1770 Dragons, Bundaberg Dragons and Hervey Bay Dragons, this was their first ever competition they have been a part of. Well done to you all.

Comment from Georgia - a 1770 Dragons Club Member

Speaking with many participants over the weekend, I got lots of positive feedback, and I know I'm not alone in saying that I gained so much from the experience.

I really valued the Sunday morning training session with Paul. I'm sure that those who did participate will be able to go back to their clubs with lots of great tips and that when next we get together we'll all have even more fun!

Feedback I had back from participants at and visitors to the Captain Cook 1770 Festival was that we all looked brilliant and they found it very exciting and hope we do it again next year!!!

From Gayle & 'the Gang' at Cooloola

On behalf of the Cooloola Club, I would also like to Congratulate the 1770 DBC for being great hosts... It was a great little event and a good time was had by all... great social interaction, great learning opportunities and fun competition!

Congratulations to the Hervey Bay crew for winning the first round... I'm sure you'll be hard to beat up there on your own waters in round 2, but we are all looking forward to it.

The real winner on the day was the sport of Dragon Boat.... With its very ancient past, the sport has a very bright future here in the Wide Bay Region and its exciting to be a part of it!!



FIRST AID COURSES, AUSDBF COACHES AND OFFICIALS' COURSES - 2010

FIRST AID COURSES - The QDBF Development Grant will provide funding for 2 members from each Club in Queensland to attend an accredited First Aid Course (includes CPR). Courses cost approx \$130 per person.

Procedure for claiming from QDBF re First Aid Courses-

Each Club to notify Dev Director - development@qdbf.com.au

1. Names and Club ID numbers of club members attending a local First Aid Course (Must be financial members of a QDBF club)
2. Name of Accredited Trainer and cost of course
3. Date on which First Aid Course is being attended
4. Each Club to provide a list of all Club members who hold a current First Aid Certificate, with date of expiry
5. Club (if possible) will pay the costs of the First Aid Course of its 2 members who attended the course.
6. Email receipts to finance@qdbf.com.au with Club's Bank account for reimbursement of First Aid Courses fees.

COACH'S & OFFICIALS' COURSES

AusDBF Level 1 Coaches Course - (Min 10, maximum 15 people) Cost \$250-00 each

4th/5th Sept- Brisbane

2nd/3rd Oct-Mackay

27th/28th Nov-Hervey Bay

Please note- QDBF will fund 50% of the cost of the course for 2 members from each Club to attend in 2010.

AusDBF Level 1 Official's Course - (Min 10, Max 20 people) Cost \$120 each

22nd Aug-Brisbane

19th/20th Oct- Bundaberg- from 11 a.m.to 4-30 p.m. Sat, From 8-30 a.m. to 12 noon Sun.

Please note- QDBF will fund the full cost of the course for 2 members from each Club to attend in 2010.

Courses are filling fast, so please register your name with QDBF if you are wanting to attend.



Dust off those dancing shoes and head for the Redlands!

Things are buzzing out in the Redlands and eyes are firmly fixed on Saturday 5th of June! Why not make up a party for the Redlands Sea Dragons Inaugural Ball to be held at the Redlands Sporting Club.

Billets are available for those travelling from out of Brisbane, so make a plan to take advantage of a great opportunity to mix, mingle and kick up your heels with paddlers from your club and others in the region.

Abandon your wet gear and dress up for a great night out! Make up a table of 10 or join with another party to make up a table for an evening not to be missed!

For more information regarding billet accommodation or ticket purchases, contact

Leisa - 0427 768 966 or elfiendish@bigpond.com

Jude - 0407 650 316 or jude.neil@hotmail.com

Diane - 0412 387 028, **Teresa** - 0419 024 140, **Sandy** - 3829 2380



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.