



Manly Dragon News

April 2008

Manly Dragons Victory

Manly Dragons claimed victory at their inaugural entry in the Queensland Dragon Boat Racing State Titles held at Quad Park, Kawana Waters on Sunday 9 March 2008.

Racing over a 500m course on Lake Kawana all boats faced difficult conditions with a strong south easterly breeze blowing the boats along the course to the finish line. It was a fast paced day of racing with 12 clubs from across Queensland competing for glory in junior, open, masters and grand masters events.

Manly Dragons entered the Masters Mixed category for combined teams of males (maximum of 12) and females aged 40 years plus. After two heats the Manly Dragons qualified for the minor final and were up against Redland Sea Dragons and Currumbin Breast Mates. With a fluctuating strong wind and squally rain showers the minor final race was strongly contested.



Redlands and Manly were side by side for most of the race but a sudden

burst of power by the Manly Dragons saw them cross the finish line a dragon's whisker ahead of Redland Sea Dragons with a finish time of 2.14.33sec.

Heather Day –President

**Mixed Masters Minor Finals
Winners for 2008**



COACHING NEWS - Winter & Next Season

Easter is upon us and soon the weather will be getting cooler, challenging us all to get up and out on the water; or stay snuggled up under that doona! Please ensure that if you are intending on paddling at any of the sessions that you send your name to Joe in advance. This helps us to know if we are taking out one or two boats and helps us setting boats in advance to speed up the sessions so we are not all standing around.

At the moment we are planning on holding time trials around September / October for those paddlers keen to be selected in more competitive crews. This means that if you want to be up there and intend on competing at most of next season's regattas (and the big ones of Pan Pacific Masters games and State Titles), you need to keep up not only your general fitness but also paddling fitness.

The winter training routines will focus on endurance primarily with secondary elements of strength and a small amount of speed work. As we get closer to the pre season and early season, paddling routines will change to include more strength and speed work.

These winter sessions will by no means preclude the more social or fun paddlers amongst us – please come and have some fun. We will be incorporating some diversity in the training to have fun races against scratch crews of the day.

Coaching Team

Linda and Mike have both expressed interest in helping out with coaching so please welcome them onto the coaching team. Linda and Mike will both be doing some more coaching in the boat over winter so please lend them your support.

Peter Ensley, Head Coach

New Members

**A warm welcome to the
Manly Dragon's New Club
Members:-**

Sean Banfield

Graeme Bell

Susan Bell

Ida Fellegara

Sarah Gusten

Michael Martin

Marie McMahon

Linda Robinson

John Robinson

Adam Wilcock

THE SWEEP REPORT by Joe Martin



We now have (2) accredited sweeps in the Manly Dragon Boat Club and hopefully more by the end of the year!

Joe Martin –Head Sweep

And CONGRATULATIONS to Heather Day who received her accreditation earlier this year!

Its also good to see we have another experienced sweep on board, a big welcome to Michael Martin.

Thanks to Peter Ensley for offering to help out with his sweeping when myself and Heather are not available.

Now that the Regattas are over, I can now concentrate on training up those members who showed an interest in learning to sweep towards the end of 2007.

Good to see Roscoe giving sweeping another bash. Well done Ross, keep it up mate! Bernie has also shown an interest in learning to sweep. Good on you Bernie.

Mid-week training has seen a great number of paddlers attending and has called for 2 boats to go on the water, providing sweeps are available.

Any members wishing to have a go at sweeping please see Joe at training. The more the better....if this is you then please have a go!!

ROSTERS

The roster system is still working effectively with members still contacting Joe for training. During the season and Regattas Joe was emailing the list of paddlers to Peter Ensley at the end of each week, this way both he and Helen were able to work out the seating arrangements prior to the sessions and have found this most effective in time management.

SAFETY REPORT

A reminder to all members that an accident can happen anywhere, anytime and any place. So when you are at training please be aware of your surroundings and how you approach the task you are doing. We don't want to see any of our members injuring themselves by NOT doing the right thing

Here are just a few tips:-

1. Listen to the person who is carrying out the duties during the sessions. Too many bosses can be confusing.
2. When loading and unloading the boats in and out of the water take extra care walking around the ramps, this is one area that a person will be seriously injured.
3. Make sure you are stretched and warmed up before going out on the water.
4. Listen to your sweeps. They are in command of the boat. Too much talking and movement in the boat can become a dangerous situation. SO LISTEN UP.....
5. All new members to wear PDF's and insurance forms to be signed before they go out on the water.
6. Under QDBF swim testing of 100m to be completed by ALL members.
7. Bad weather... DOES NOT mix with Dragon boating

If these tips maybe of some use then we will have a SAFE & HAPPY CLUB to be enjoyed by ALL members!

Joe Martin . Head Sweep/Safety Officer

RAW – Real Adventure Women

Our first official come and try day will be held on Sunday 25 May & Sunday 15 June from 8.45am to 11.30am. RAW (Real Adventure Women) is part of the Brisbane City Council program for women to come and try sporting and recreational activities in a non competitive friendly environment with other women. Open to all women aged 16 years and over, they will receive instruction on dragon boat paddling, safety and team work before trying out their skills with a 45 minute paddle on Manly harbour. Cost is \$25 and includes 2.5hrs of training, paddling and refreshments. Bookings for RAW are essential please contact: manlydragonboatclub@yahoo.com.au



Proud Sponsors of Manly Dragon Boat Club

NEW ORDER FOR CLUB SHIRTS.

It has been approximately 6 months since our first order of club shirts. It is time to place our second order for the many new members and those wishing to purchase a second or third shirt before the next regatta season starting in 4 months time. Given that the first couple of regattas are in winter, some people may wish to consider a long sleeve shirt.

The prices and styles are as follows:

Singlet	\$30
Short Sleeved shirt	\$40
Long Sleeved shirt	\$45

I've received some requests to ask the manufacturer to increase the size of the armholes in the women's shirts and will follow this up.

We will be placing the order in 3 weeks time on 15 April with the next one most probably being in another 6 months time. To order, please advise Greg Chinn of your order including style and size via email at greg.chinn@bigpond.com

LAST MINUTE NEWS

WEB SITE UNDER-CONSTRUCTION

Debbie Robinson has been sorting through club photos and spending time with our Web-Designer to get the Manly Dragons Web-Site up and running and hopes the site will be live by mid April.

Watch this space!

Outriggers Tonga Manly Dragons Getaway Tour

Bruce Haig and his wife Julie-Anne Bell are pleased to offer members of Manly Dragon Boat Club the opportunity to paddle on an outrigger and camp on a beach as part of a four day a tour of beautiful uninhabited Tongan islands. The offer is for 4-7 paddlers and includes activities such as snorkelling and all meals (including a Tongan feast).

The normal "retail" rate is AUD\$1,100 per person but the offer to MDBC members is for AUD\$850 per person. This offer does not include airfares or other accommodation and is only available to MDBC members (additional family members would have to pay the full fare).

The tour is scheduled for 12-15 April 2008 but alternative dates being suggested now are 10-13 May and 7-10 June. Any interested members should visit the Outriggers Tonga website by following the link (you just never know who might show up on their website - might be worth a look to find out):-



Michelle Rodgers

Warming Up

The boats are in the water and we still have 15 minutes before we need to be out. This is the time we need to spend warming up before we get into the boats for our workout on the water.

Q. "Why should you warm up before you work out?"

A. An effective warm-up reduces the risk of injury to muscles and joints during a workout, reduces stress to the body, makes the workout easier to do and prepares the body for vigorous activity.

The warm up starts with an activity to gradually warm up the body (i.e. walking or running) and then consists of exercises that will use muscles that will be used in the workout - i.e. squats and lunges as well as torso rotations and upper body exercises. We generally use rehearsal movements (movements that are less intense than movements that will be executed during the boat workout.) We follow with stretches once warmed up. Your body is now ready willing and able to paddle at its best.

So plan ahead and make sure you arrive in time to warm up before getting into the boat.

Helen Healey - Coaching Team

First Aid Course

As part of a club development grant received from the State Government a first aid course was held on Saturday 15 March. 12 WMYC members comprising nine dragons and three yachties received their Senior First Aid qualification and can now competently administer first aid in an emergency situation. Well done!



Debbie Robinson

Heather Day

Phil Day

Ross Boyce

Paul Eardley

Kelly Tanner

Lisa Niven

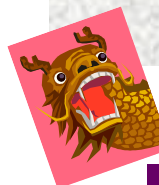
John Robinson

Tracey Fry

Cathy McDonnell

Sharon Steeden

Jill Christiansen



Draft Calendar of Events

Sunday 20 July 08	Cooloola	Tin Can Bay
Sunday 17 August 08	Te Waka	Varsity Lakes
Saturday 20 September 08	Currumbin	Currumbin Creek
Sunday 12 October 08	Gold Coast Chinese	Pacific Fair
Sunday 29 March 09	QDBF State Titles	Lake Kawana
22-25 April 09	National Titles	Lake Kawana

If you would like to try Dragon Boating or are interested in joining the Manly Dragon Boat Club, please contact manlydragonboatclub@yahoo.com.au

THANK-YOU

A BIG Thank-You goes to Pat Ryan for generously donating her 1st Prize Raffle Win from the Sunshine Coast Regatta in January back to Manly Dragons to re-affle! Thank you Pat for your thoughtful contribution to the club!

Sausage Sizzle

Dates:



Sunday 20th Apr 08

Sunday 18th May 08

Sunday 29th June 08