



A big congratulations to our 2008 Pan Pacific Masters Games Team! Last month the Manly Dragons participated in the Pan Pacific Masters Games held on the Gold Coast. Six hundred competitors in Dragon Boat paddling from Queensland and interstate teams battled it out for two days over 200m and 500m races. The Manly Dragons entered a team of 20 paddlers for the 500m Masters Ladies event and from a field of 14 teams achieved the remarkable outcome of improving their performance with each successive heat to qualify for the Major Final event. Up against teams from Tasmania QLD and a National composite team we ran our fastest time ever at 2min 18sec to finish in a very credible 5th position overall. Our enthusiasm and excitement was hard to contain and now places us in a much stronger position to challenge for State Championship in March next year.

## 2008 Pan Pacific Masters Games Team



### Chinese Dragons Regatta

Gold Coast - 12 October 2008

Well another year has passed and here we are again attending the Chinese Dragon Club Broadbeach Regatta. Firstly, on behalf of all our members I would personally like to acknowledge the timeless hard work put in by Michael and with Maggie's assistance as Coach on the Day, Helen as our warm up/warm down instructor and Ross for again bringing down our marquee in his car and also to all the other tireless work by our Executive such as Greg with registrations and Joe our Head sweep! I thought rain was imminent but thankfully it held off making for a cloudy and cooler day for Dragon Boat Racing, Cool Stuff!

The first few races on the day had us having to re-adjust to racing in the old wooden boats, reminding us how heavy and hard they were to paddle in! The Chinese Dragons have maintained their training in these boats and certainly had an advantage on the day! We have become so spoilt with our lovely lighter boats. It certainly took several races to get back into the swing of paddling in a heavy old boat, thank goodness for fibre-glass!

The mixed Team worked hard on the day but it was the Ladies who came 1st in the semi-final and a valiant 4th in the final. Congratulations to our Ladies Team!

Anyway, I'm starting up a rumour that the girls hold back in the Mixed and keep ALL their energy for the Ladies Races!



Our energy levels were kept on a constant 'high' thanks to Glen and Sharon with their constant supply of Jube and Snake lollies, of which I took the liberty of handing out to everyone and including our opposition! Hooray for the sugar fix!

The venues of our regatta's such as Broadbeach, Currumbin and Tweed Heads are enjoyable days not just for racing but also for the locations, with lovely parks with plenty of trees for shade, especially the paperbarks making it not only a great days' racing but a great day out for the whole family!

All regattas no matter where we come in the end are a good base to perfect our race starts and become mentality focused and practice our breathing techniques. Bye 4 now

**Paul Eardley, Vice-President**

PS Thanks to the tireless Life Savers for retrieving Glen Giarola's 'Manly Dragons' Cap from the Bull Shark infested waters....and very pleased they were unable to locate those blue sunnies he keeps borrowing from his daughter!





## Dragon Boats provide ideal cross training for Seagulls

The Wynnum Manly Seagulls tested themselves on the water with a bit of cross training provided by the Manly Dragon Boat Club. It was an ideal way to mix up the training regime and try something a little different as the boys prepare for the 2009 season.

The session was recommended by the Manly Dragon Boat Club CDO Ross Boyce and the Seagulls were happy to support this great community initiative. The session included technique instruction, warm up, on the water trials culminating in a race at the end.

The Manly Dragon Boat Club then hosted a BBQ for the players with the Manly Boat Harbour as the perfect backdrop. What a great way to spend a Saturday morning.

Dragon Boats are a relatively new sport to the Bayside district and it was an ideal way to help bond the players.

The sports requires a lot of teamwork, strength and skill, all key elements of any successful sporting team. It was an ideal opportunity to help the new members of the squad mix with the current players and provided a great physical workout as well. The Manly Boat Club is also supported by our principle sponsor BMD so it was great to have the boys in a BMD branded Dragon Boat.



Competition was fierce between the two boats when racing but as rowers many of the boys make good footballers. It is very different to what they are used to and hopefully they get some benefit out of the session. The Manly Dragon Boat Club are growing their membership and hopefully some of the local boys will end up joining as it is a ideal offseason sport. Many thanks to the Manly Dragon Boat Club for their hospitality. Hopefully we can make this event a regular on the off season training calendar.

For more information on the Manly Dragon Boat Club contact Ross Boyce on 0412 726 747.

Keep up to date with everything happening at the Wynnum Manly Seagulls. Visit our website on

[www.wynnumseagulls.com.au](http://www.wynnumseagulls.com.au)

Any question relating this Press Release should be directed to...

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## KIDS IN NEED REGATTA Tweed Heads October 19 2008 by Marie McMahon

On October 19, 21 members from the Manly Dragons travelled to Tweed Heads to compete in the Kids in Need Regatta. It was a picture perfect day and The Jack Evans Boat Harbour was a superb location for the event. What a sight, the park was awash with colour with all the different club tents, pink, blue, red, orange...too many to mention. Our first challenge of the day was to find the purple Manly Dragon tent. It was great to see our club tent very well positioned..... on the lawn, in the shade, and ..... very close to the coffee vendor. The day was off to a good start. A big 'thankyou' to Joe, Laurelle, Bernie, Maggie and Ross for setting up the tent for the day. The Kids in Need Regatta provided a venue for some serious club competition and also an opportunity for corporate teams to experience some 'fun' paddling. Special mention must be made of the team of young hairdressers sporting pink tutus, tiaras and t-shirts with the words 'toughen up princess' boldly written, in pink, across their chests. They certainly added a bit of glamour and pizzazz to the day's proceedings. With only 20 paddlers and 1 sweep, our day at the Tweed regatta was a very busy one. Every member competed in all 7 of the 200 metre mixed master races. Thanks to Linda, our gym instructor extraordinaire, we survived the day. She prepared us well for each race with fantastic warm up exercises and also followed up each race with great stretching sessions. Maggie, Ross and Joe conducted post mortems after each race and informed us of our race times and how we'd fared .

Although the organizers were not timing the races until race 11, Maggie was keeping tabs on how well we were paddling. We were thrilled to know that with each race our time improved. Race 14 was our 4<sup>th</sup> race of the morning and we placed 2<sup>nd</sup> at 1.19.05, in race 19 we scored 1<sup>st</sup> place at 1.15.76. YEAH!!! By race 29 the tide had turned, slowing our paddling a little. We placed 3<sup>rd</sup> with a time of 1.23.35. These great results meant we had made it into the finals. Excitement was high, and after paddling out to the starting line we were set for a great race. After the hooter sounded we were off, paddling for all we were worth. And counting..... 5, 15, 3, 2, 1. The words long, longer, stronger going through our minds. BRD2 took the lead early. Not long into the race, the paddlers from the BFD team decided to venture into our lane. They came a little too close for comfort for those paddling on the right side of the boat. A near collision was avoided by our very competent sweep.... well done Joe! As one of our goals for the day had been to improve concentration and focus within our boat, many on board were oblivious to the drama unfolding. All members were focussed on giving 100% till we heard the hooter at the finish line. BRD2 won 1<sup>st</sup> place at 1.19.28, BFD came in a close 2<sup>nd</sup> with a time of 1.22.03 and Manly Dragons at 1.22.28. We were thrilled with the results.

Happy 60th Ross



### SCHOOLS TRAINING A SUCCESS

The combined training program run with the assistance of Redlands Sea Dragons reached its conclusion at the end of November.

14 Students from Wellington Point State High School travelled by bus to the WMYC each Tuesday afternoon for a five week period to experience dragon boat paddling for the very first time.

For the most part we had good weather and only needed to cancel one session due to heavy rain and predicted thunderstorms. The students were all girls and seemed to enjoy the experience but liked to complain when they were tired which was usually achieved after 10 minutes of paddling!

Whilst we did not gain any new members from the trial it was an excellent opportunity to learn how to teach these young people and to try and motivate them. In our last exercise we split the girls into two boats and with the assistance of 4-5 members from Manly and Redlands in each boat we were able to have a few short races, although by the finish line it was only the adults that we still paddling!



#### REMINDER

RP (Bob) White Perpetual Trophy for Sporting Achievement

Nominations are in the shed and can be placed in the specially marked box

Nominations close  
Friday 4th  
Dec 2008



#### DATES TO REMEMBER

The last training session for the club will be Saturday 13th December 2008. The last regatta for this year will be on Sunday 14th December 2008

#### Training Dates for 2009

Tuesday night 6th January 2009

Thursday morn To be Advised

Saturday morn 10th January 2009

#### CONGRATULATIONS

On 1 November 2008, 3 members sat for their Sweep Accreditation Test out on the Manly Marina with Blair Gamble from BRD.

Congratulations to Bernie and Tony, keep up the good sweeping. Also, to Elke who was thrown in the deep end and gave it her best, but needs further training. Keep getting up there!

Happy Sweeping

Joe Martin (Head Sweep)



## Bookings for Training

With 76 members, lots of trial-lists and 40 seats available for training we have been coming very close to full capacity at our training sessions. It was discussed at the AGM and agreed by the majority to continue with the booking system until further notice. Please ensure that you send a booking to Joe or use the website.

### Training Sessions

It was agreed at Wednesday's meeting that the current schedule for training will be maintained, i.e.

**Tuesday** 5.30 - 7pm

**Thursday** 5 - 6.30am (yes we want to continue with this one!)

**Saturday** 6 - 7.30am

**Sunday** 7 - 8.30am



Proud Sponsors of the Manly Dragon Boat Club



Michelle Rodgers

## CLUB SHIRTS IN STOCK

Anyone wishing to purchase a club shirt or singlet can see Pia Mitchell or Wendy Jordan, or order one by depositing the order form and money into the white letterbox. Prices are \$30, \$40, and \$45 for the singlets, short sleeved and long sleeved shirts respectively.

## GLOVES

We now have a supply of the lycra "Tuff" gloves for sale - \$15 a pair. Colours available: white, blue and bone. Sizes are all S-M. If larger sizes are required please see Heather

### New Members

A warm welcome to our newest members

Damon Bennett

John Bishop

Ilse Broekaert

Lucille Crerola-Gillespie

Diane Enright

Diane Harford

Samantha Long

Caron Martyn

Lisa McIntosh

Margaret Milne

Brian McMahon

Lisa Seychell

Marion Schweda

Jacki Waters



### Calendar of Events

<u>DATE:</u>	<u>CLUB:</u>	<u>VENUE:</u>
Sunday 14 December 2008	Sunshine Coast	Lake Kawana
Sunday 1 February 2009	Broadwater	TBA
Sat & Sun 28-29 March 2009	QDBF State Titles	Lake Kawana
April 22-25 2009	National Titles	Lake Kawana

### Manly Dragon Boat Club

**Location:** Wynnum Manly Yacht Club 542 Royal Esplanade, Manly 4179

**Contact:** info@manlydragons.com.au

**Website:** www.manlydragons.com.au

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