



# THE DRAGON'S HEAD



## Queensland State Championships March 19th-20th-2011

To date QDBF have received Expression of Interest replies from the following 21 Clubs:

**Akuna, Brisbane River Dragons, Broadwater, Bundaberg, Burleigh Fire Dragons, Cairns, Coolangatta Mt Warning, Cooloola, Coomera, Currumbin, DA Gold Coast, Gold Coast Dragons, Gold Coast Chinese,, Lanakila, Mackay, Manly, Redcliffe, Redlands, Sunshine Coast, Te Waka and Tweed Heads.**

Thank you to all those Clubs, your responses give us an insight into what events will be well contested.

At this stage 10's racing is proving to be exceptionally popular !

Please advise if your Club has any interest in racing 20's in the 200m event, we may be able to incorporate this in the program... no guarantees at this stage! It is a question of whether we have any available time & of course the level of interest expressed.

We will commence work on 1st Draft of the Race Plan next week but be advised we need 3 entries for any category to be included in the program.

## Items of importance for States:

### Sweeps

QDBF has been working tirelessly State wide to provide training and accreditation programs for sweeps.

We need to emphasise that Clubs have to assume responsibility to ensure they have adequate numbers of sweeps accredited by gender & age to cover their needs at State & National level.

Notwithstanding, QDBF wants to give every paddler the opportunity to race at the Queensland State Championships. QDBF has agreed to put together a pool of sweeps to assist those clubs that do not have any QDBF Accredited Sweeps \* Strict conditions apply

- i) Sweeps can not paddle in a crew to make up numbers and then expect QDBF to provide a sweep. If your Club has sweeps on the QDBF Register you will be told to use your own sweep.\*
- ii) Sweeps will be drawn from the pool by QDBF's Technical Director on the day at the State Championships, Clubs will not be able to nominate / select a sweep of their choice - this is non negotiable.\*
- iii) Any Club that requires this type of assistance must apply in writing to events@qdbf.com.au & Cc: admin@qdbf.com.au by 5.00pm 15th February 2011. There will be no extensions to this time.\*

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### Juniors

We again this year, encourage all Junior paddlers to participate by allowing composite teams to compete at the State Championships.

If your Club cannot field its own Junior Team please forward a list of your Junior paddlers who require placement in a team to [events@qdbf.com.au](mailto:events@qdbf.com.au) & Cc: [admin@qdbf.com.au](mailto:admin@qdbf.com.au)

We will find a seat for everyone and medals will be awarded.

### Starters & Other Volunteers

We need you!! We definitely require the assistance of more starters within QDBF. We always have the same people volunteering for this role but need to allow them the opportunity to work with their teams ( coaching / sweeping) over the weekend! Any one taking on this role will have assistance from officials both at the starting tower and from the water.

We would like all Clubs to provide 2 volunteers to assist over the weekend (more would be gratefully appreciated if at all possible).

Please respond with names and details of any previous experience at States as soon as possible to [events@qdbf.com.au](mailto:events@qdbf.com.au) & Cc: to [admin@qdbf.com.au](mailto:admin@qdbf.com.au)

Each volunteer will be supplied a job description, volunteer pack, be well nourished and completely supported by the Regatta Committee over the weekend.

### Dragon Boat & Course/Rescue Boat Hire for State Titles

In order to make the financial remuneration equitable for all Clubs, this year QDBF will be offering \$200.00 per day per dragon boat\* – plus a cents per kilometer contribution to assist with the cost of transportation (\*Dragon boats must be 2008 models or newer). Rates as per the following table from the Australian Tax Office. Refer to link if you require any further information. <http://www.ato.gov.au/individuals/content.asp?doc=/content/33874.htm>

Engine capacity		Cents per kilometre
Ordinary car	Rotary engine car	2009-10 income year
1600cc (1.6 litre) or less	800cc (0.8 litre) or less	63 cents
1601cc - 2600cc (1.601 litre - 2.6 litre)	801cc - 1300cc (0.801 litre - 1.3 litre)	74 cents
2601cc (2.601 litre) and over	1301cc (1.301 litre) and over	75 cents

This year QDBF will be renting a mobile cold room and will be supplying most of our own food. There will be an extensive range of healthy food and beverages to choose from over the entire weekend.

Details of the range of food on site will be covered in one of our Bulletins. The first Bulletin will be distributed early February with as many details as possible.

## The Northern Region Regatta Series

(A new title will be selected)

Cairns, Townsville and Mackay Dragon Boat Clubs have all decided to commit to a three series regatta competition, with all regattas to be held in Townsville (for ease of travelling). This is an exciting and formative year for competition in the regional areas, creating and encouraging clubs and teams to train harder, become more competitive, and to inspire greater camaraderie.

For the regional clubs which train all year, with only the States as an incentive, planning a Regional Regatta Series is an important part of developing the sport of dragon boating, and having a focus such as the regattas to train for, makes all the hard training so much more rewarding.

All of the southern clubs are invited to attend, or a mixture of whoever wants to travel, enjoy the sunshine, and compete as a combined crew are all very welcome.

The dates for these are:

### MAY

#### 15th Sunday

Northern Clubs-Round 1- Regatta Series  
Townsville Dragons  
Townsville

### JULY

#### 24th Sunday

Northern Clubs-Round 2- Regatta Series  
Mackay Stingers  
Townsville

### OCTOBER

#### 23rd Sunday

Northern Clubs-Round 3- Regatta Series  
Cairns Dragons  
Townsville



## Coomera Dragons Regatta – January 2011

### Congratulations to Coomera Dragons on their 1st Regatta

A great day, with a good turn up of clubs and racing for 10s and 20s. Starts were trying at times because of the wind and chop but the starters did a great job all day.

Results will be obtained and uploaded to the QDBF website over the next week. Also the Photo Gallery

on the site is active with two new pages uploaded. (page 10 ,Sunshine Coast Regatta & page 11, BRD) Page 12 will be Coomers Regatta, and to be up on site before Friday 4th February.

The next regatta is being run by Lanakila on February 13 and this is also their first regatta.

With the major regattas coming up in March and April this will be another opportunity for some good racing experience.

Remember the 2012 World Club Championships are in Hong Kong and this years Nationals is the place to qualify.



## Sports Regatta 200m races

### 200m 20s Boat Heats/Finals:

Premier, Masters, Grandmasters-Opens, Women and Mixed

### 200m 10s Heats/Finals:

Opens, Women, Mixed (1 team per club)

2 Klm Island Race

**When:** Sunday, 13<sup>th</sup> February

**Time:** register before 8am, 1<sup>st</sup> race 8:30am

**Where:** Lakeside Drive, Emerald Lakes

**\$10 per person**

Food and drinks available for purchase

Contact Peta Byram for further information.

Ph: 0402 877364 Email: lanakila\_paddling@hotmail.com

*Thankyou for your support!*

### QDBF Strategic Business Plan, Risk Assessment Manual, Club Governance Manual to be available to all Clubs by end of February, 2011

QDBF appointed RCS Solutions to develop a QDBF's Clubs Governance Manual, produce a Risk Assessment Manual for QDBF and specific for local clubs, and to write a Business Strategic Plan for 2011-2014. RCS has also offered suggestions to alter QDBF's Constitution in line with the newly updated Strategic Plan.

The QDBF Management Committee has undertaken many meetings and workshops with Vicky from RCS to develop what the Management Committee consider to be a blue print for the future of QDBF and it's members.

This has been completed at a very substantial cost, all funded by the Sport and Recreation Grant.

### Sweep & Fitness DVD

An instructional DVD incorporating all aspects to learning how to sweep- from the very first beginners to tips for the more experienced- is being developed, funded by the 2010 Sport and Rec grant. QDBF were hoping to have this completed by end of February, but due to the weather, this has been put back a few months. Also included in this DVD is a complete dynamic and static warm up and warm down session, to assist clubs with different ideas on how to best prepare their members for going out on the water, and on their return to land.

**Coming up . . .** 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

Australian State Championships Canberra ACT – 31 Mar - 3 April 2011

## QDBF 2011 Queensland Promotional Item

QDBF Board Shorts are an Optional Item for members of the State Squad and are available to all Queensland paddlers.

Cost \$45.00 each

Can be ordered now through the State Team Managers.  
Or email the QDBF Events Director  
events@qdbf.com.au

Manufacturers Sizes as per Chart below



### MENS

SIZE	No:	1/2 WAIST cm	LENGTH cms
32		42	59
34		44	60
36		46	61
38		48	63
40		50	64
42		52	65
44		54	66
46		56	67

### BOYS

SIZE	No:	1/2 WAIST cm	LENGTH cms
30		40	50
28		38	49
26		36	48
24		34	47
22		32	46
20		30	45

Please note sizes are in inches (waist) for men & boys

Ladies & girls in sizes 8 – 16 & 2 – 8 respectively

### LADIES

No:	1/2 WAIST cm	LENGTH cms
8	39	39
10	41	41
12	43	42.5
14	45	44
16	48	45.5

### GIRLS

No:	1/2 WAIST cm	LENGTH cms
2	33	35
4	35	37
6	32	38
8	39	39

## Vacancy - Technical Director – QDBF MC

This position is still vacant after Dallas Pivari stood down due to his full time employment commitments.

The QDBF Management Committee is keen to have this position filled as it is crucial for the 2011 QDBF Championship in March. Until the position is filled at the QDBF Annual Meeting the Sweep accreditation could not be maintained by Dallas.

**If you are interested in taking on this role until the 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:

(a) Expert in dragon boat racing

(b) Director, as well

(c) Level 1 accreditation

(d) endorsed

(e) Director enquires into race rules and regulations in accordance with IDBF





## Classifieds

### DRAGON BOAT FOR SALE \$3000

Contract Barry Platt,  
Redland Sea Dragons,  
mobile 0410 467 110.







PERFORMANCE WITHOUT COMPROMISE

### DRAGON BOAT ERGOMETER


### OUTRIGGER ERGOMETER

**ON BOARD ERGOMETER COMPUTER SHOWS:**

<ul style="list-style-type: none"> <li>• Distance</li> <li>• Time</li> <li>• Stroke rate</li> <li>• Heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Power output in Cal/J</li> <li>• Time elapsed</li> <li>• Count down distance or time</li> <li>• Projected or Pace speed</li> </ul>
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### Multistroke D1-M Dragon Boat Ergometer

- Flat platform seat
- Lockable switch arm (right or left side)
- On board console with real time data feed back
- Infinitely adjustable resistance level
- Delay proof catch



### Multistroke 01-M Outrigger Ergometer

- Moveable "Switch-Arm" allows easy sit 'n' switch, side-to-side changeover
- Contoured kayak style seat
- Adaptable and adjustable foot position supports
- On board console with real time data
- Infinitely adjustable resistance level
- Delay proof catch



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EXCLUSIVE AGENCY  
\$2895  
 EITHER MODEL  
EX-BRISBANE

**Multistroke KayakPro - South Pacific Oceania Trading & Development Pty Ltd**  
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 Tel/Fax 61 7 3348 3443  
 Mobile 0412 726 747  
 Email boyce@primus.com.au



Official partner of IDBF World Series and World Indoor Dragon Boat Championships



KayakPro USA LLC supplier of Kayak Ergometers to the 2008 Beijing Olympic Games



KayakPro USA LLC supplier of Kayak Ergometers to the 2004 Athens Olympic Games

**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](mailto:info@qdbf.com.au). Even if you just send your club newsletters – be great to hear what you are all up to.