

QDBF Annual General Meeting 2011

Please note that the QDBF Annual General Meeting is being held on Saturday 27th August 2011. There is also a Special General Meeting being held prior to the AGM.

The location is Cambria Room, Springwood Hotel, Cnr Springwood and Rochedale Roads Springwood Q 4127.

Schedule start: 12.30pm for 1.00pm

Additional information concerning the AGM will be forwarded to all clubs prior to the AGM.

Included within this newsletter is the reports from the Management Committee for 2010-2011.

Qld State Squad Campaign for 2012



QDBF is please to announce the Appointments to date for Queensland's 2012 National Campaign for State Squad Coaches and Team Managers:

Category	Coach	Asst Coach	Manager
Juniors	Sylvia Nugent	Paul Jarvis	Darlene Butcher
Premiers	EOI still open	n/a	EOI still open
Masters	Anthony Skipper	n/a	Judy New
Grand Masters	Bruce Eckersley	n/a	Heather Binns
Super Dragons	Ross & Maggie Boyce	n/a	Sue Beith

Regionals Squads

North	Chris Bradbury	n/a	TBC
Central	Gayle Barnett	n/a	Norma Sanderson
South	TBC	n/a	TBC

Regionals Mentor Coach TBC

Proposed State Squad Training Dates

It has been decided that all sessions will be held on Sunday's with the Season Launch/Testing (1st State Squad Trial) kicking off at Colmslie on Sunday 25th September from 11am followed by:

- 2nd State Squad Trial (Testing) on Sunday 23rd October
- 3rd State Squad Trial (Testing) on Sunday 13th November
- Announcement of Squad/Team Selections by 30th November
- 1st State Squad Session on Sunday 11th December
- 2nd State Squad Session on Sunday 15th January 2012
- 3rd State Squad Session on Sunday 12th February
- 4th State Squad Session on Sunday 4th March
- 5th State Squad Session/Team Photos on Sunday 25th March
- Announcement of Divisional Crew Selections by 25th March

For paddler information and forms go to the QDBF website, Members Area and insert Username: *dragon* and Password: *paddle* and download necessary files from the State Squad 2011-2012 Documents.

[State Squad Nomination Form](#)

[State Squad Deadlines 2011-2012](#)

[State Squad Testing Requirements](#)

[AusDBF Code of Conduct](#)

All paddler nominations must be signed off by club coaches otherwise will not be accepted.



QDBF Management Committee Reports - 2010-2011

President's Report

I wish to thank the members of the outgoing committee, they have worked as a team for the best interests of QDBF and its members and performed well, it has been a pleasure to work with them over the last twelve months. As QDBF grows the demands on the committee members time is also growing and soon QDBF will need to investigate ways of relieving the demands that all committee members are facing.

During the 2010-2011 season we achieved much of what we set out to do, new Risk Management policies, revamping of the web site, Marketing Packs that all clubs can access and use, increased training and mentoring of sweeps, coaches and officials in both Regional and South East Queensland, Regatta Series in Central and North Queensland to assist the Regional clubs to develop their skills and to generate interest in these areas and many other matters essential to the survival of our sport.

QDBF this year became the first state body in Australia to run Television Advertisements to publicize the sport to the wider community to boost community awareness of the sport and assist clubs with recruitment of new members, we also undertook the first steps in creating a Queensland Juniors Club in an attempt to increase the interest in juniors in the sport of Dragon Boating and boost the numbers participating, feedback and results to date have been promising and I thank the individuals who have put their hand up to be involved and take on the work required to make this succeed.

QDBF has major issues to face in the future, a major one is the gaining of access to waterways suitable for training and competing to enable clubs to survive and grow and for new clubs to begin, we have begun addressing this issue already however there is still much that needs to be done and this will be a long term task.

Our Management Committee meetings are still operating as "open" meetings, as they should always do, allowing the member clubs to attend, observe, comment and participate in the meetings, this format has worked well with meetings being vocal and progressive (and sometimes loud) and we have a consistent number of clubs represented during these meetings which I thank them for as their feedback and suggestions are beneficial to us.

Gary Ellis
President
Queensland Dragon Boat Federation

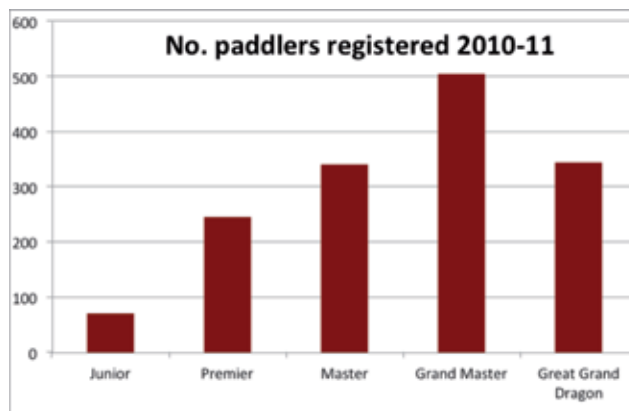
Vice President's Report

The past 12 months have seen a number of significant achievements the major one being a highly successful two days of racing for the Queensland State Championships. It has been my privilege to have served with the members of the Management Committee to ensure that we can continue to promote and grow the sport of dragon boating. For the past six months I have taken over the responsibility of registrar duties following the resignation of the Insurance Director in December 2010.

Membership Register

In 2010/2011 there was 1510 paddlers registered in Queensland; 72% females and 28% males.

The graph below shows the break down by each age category.



During the year there were 27 transfers of paddlers between clubs which all took place with much enthusiasm in the lead up to 31/12/2010.

Investigations were made during the year to introduce an electronic ID tag system which would avoid the need to re-print 1500 cards every year however the costs associated with such a scheme proved to be prohibitive and so we will continue with the printed plastic card for the time being.

Heather Day
Vice-President
Queensland Dragon Boat Federation

Finance Director's Report

After being 'volunteered' for the role I had quite a bit of work to do to get abreast of what stage everything was at however I was fortunate in knowing MYOB and in having Sheila available to fill in the background for me which enabled me to get across the role very quickly and I thank her for her assistance.

Financially QDBF is doing well and the Grants won have enabled us to provide many services in the way of courses and recruitment assistance to members and clubs.

There are minor issues with reconciling banking that can be remedied by the use of allocation codes to be issued to clubs for use when banking, generally the work load is constant with periods of intense activity during various times and can be quite time consuming.

I would like to thank all the members of the outgoing committee, they have been a pleasure to work with over many of a late night meeting and we have had many interesting times.

Therese Ellis
Finance Director
Queensland Dragon Boat Federation

Insurance Director's Report

During my 2nd term in QDBF, my main project was obviously State Squad Co-ordination.

After the first few month, the Insurance Director resigned and I was fortunate to take over the Insurance duties again. This position involves the basic necessities in ensuring the insurance requirements of QDBF and its members are met.

Responsibilities included:

- Maintaining the required insurance policies for and on behalf of QDBF (Sports Combined, Marine Hull & Associations Liability) - now running in line with the financial year
- Liaising with the insurance broker
- Liaising with the Finance Director & ID Registrar (Vice President) in regards to payment of the required insured premiums
- Organising 'come and try' insurance where required.

During my time on the committee, I also took up the opportunity of assisting developing clubs in the regional areas in conjunction with Karen, the Development Director and the rest of the MC holding coaching & sweeping workshops, assisting at regattas and providing new members to the sport some valuable knowledge.

My main reason for accepting this role was to co-ordinate the state squad team. Once again, our short nationals campaign still proved successful and the vibe throughout the coaches and managers and even the squad, was more positive.

I have thoroughly enjoyed working with the current committee members and look forward to possibly working with them again and any other new additions if I am successful in being re-nominated in my Sub Committee role.

I wish all the outgoing directors all the best and thank them for their assistance and valuable support throughout the year.

Jo Grammatico
Sub Committee Director
Queensland Dragon Boat Federation

Marketing & Communication Director's Report

After 2 terms as Marketing and Communication Director it's time to focus on my fine art.

Besides the regular updates to the QDBF website and production of the Dragon Head newsletter other activities included design and production of artwork for the 2010 and 2011 State Championships, new State racing shirt, banners, DLs promotional cards, flyers, certificates, etc.

Promotional activities include Bridge Banners, expo participation, and QDBF winning a Queensland Outdoor Recreation Award.

Several ideas have been developed during the two years. Unfortunately these have not progressed past the concept stage:

- Double Up Campaign – to double the existing Qld members, including internal and external QDBF options, promotional schedule, sponsorship.
- Dragon League competition – to create awareness, a means for building a fan base.
- HQ for QDBF in Queensland – initial ideas for discussion and direction.

A sponsorship proposal was developed (A4 publication) and is pending with Southern China Airlines.

There are opportunities to take dragon boating forward, I recommend that QDBF create a group of 3 or 4 persons. As a group awareness of dragon boating would be achieved.

Cliff Eames
Marketing and Communication Director
Queensland Dragon Boat Federation

Development Director's Report

Fulfilling the requirements of the 2008-2010 and the 2011 Sport & Rec Development Grants has been very time consuming, and extremely rewarding this past year. I have met many committed and totally dedicated dragon boaters and volunteers, who all share the same passion-to develop and promote our sport, for enjoyment, friendship and fitness, and to achieve a higher level in competition.

The Wide Bay Regatta Series was established in March 2010, with three very new and inexperienced clubs competing for their first time with Cooloola (who has had more regatta experience). To see their vast improvement in technique, ability, race times, and club membership is testament to their hard work, and to QDBF's input in club development.

The North Qld Regatta Series was established in 2011, with Cairns Dragons, Townsville Dragons and Mackay Stingers and DA Mackay all competing to improve and develop their clubs. With competition comes a desire to improve, become more intense with training, and a goal to aim for.

The development of a Junior Club is also a first for QDBF, to develop and build the Junior membership numbers, and to allow them to compete as an independent Club at the Australian Championships and possibly qualify for the World

Club Crew Championships in Hong Kong in 2012.

The Sport & Rec grants over the past 3 years has allowed QDBF to assist, develop, and encourage all Queensland clubs to increase membership, promote awareness of our sport, and to provide clubs with the knowledge to do so.

Below is an outline of activities undertaken during the 2010-2011 season-

AUGUST 2010

Applied for a Sport & Rec grant for \$135,000 for 2011-2013, and was awarded \$97,000.

Bundaberg-Wide Bay Series Regatta-Rd 3- BUCCA. Sent 2 QDBF Officials-accredited sweep and admin- to assist.

Organized AusDBF Official's Course-venue, food, attendees, equipment-Springwood. Attended by 21 club members from SE Qld Clubs. Fully funded by Dev Grant. \$120 per person.

Mackay - Community Come & Try Day and mini regatta, Coaching/Sweeping workshop. QDBF Rep-Norbert Gaulton-Accredited sweep and coach-attended.

SEPTEMBER 2010

Organized AusDBF Coaches Course-venue, food, attendees, equipment-Brisbane. Attended by 15 club members - 14 from SE Qld Clubs and one from Bundaberg. Funded 50% by Dev Grant. Total fee charged-\$250 per person.

Schools program started - sessions conducted by Sunshine Coast Dragon Boat

Club, Broadwater Dragons and Redcliffe. Ongoing till end of November. Fully funded by Grant.

Coaching/Sweeping workshop - Tin Can Bay. Attended by 40 members from Hervey Bay, 1770, Bundaberg and Cooloola. Conducted by Blair Gamble-Accredited sweep and experienced coach-QDBF representative.

Cooloola- Wide Bay Series Regatta-Rd 4 - Tin Can Bay. QDBF Sweep Accreditor to assess regional sweeps-Blair Gamble.

Youth Challenge- as part of the Wide Bay Regatta at Cooloola.

Kayak Pro Instructional Workshop - Manly - Fully funded by grant. Attended by 22 members from SE Qld-coaches, trainers.

Organized AusDBF Coaches Course-venue, food, attendees, equipment-Mackay. Attended by 9 club members - Cairns, Mackay DA, Mackay Stingers, Rockhampton. Funded 50% by Dev Grant. Total fee charged - \$250 per person.

OCTOBER - 2010

Met with Sport & Rec- QDBF's Grant's Officer - to discuss 2010 outcomes to date.

Strategic Planning, Risk Assessment, Governance Workshop - attended by QDBF Management Committee- with RSC Solutions.

Training Camp - 2 day dragon boat specific training workshop with Canadian National

Dragon Boat Coach - Kaimini Jain. Attended by 45 members-coaches and paddlers from SE Qld and Regional Clubs. Facilitators' expenses fully funded by grant

Funding Workshop-Brisbane-presented by Di Bensley-Applied VFM. Attended by 24 Club members. Fully funded by grant.

Funded First Aid courses for 35 attendees.

Liaising with DAA re the formation and development of a DAA team within Cairns Dragon Boat Club-planned for Feb 2011.

NOVEMBER 2010

Coaching/Sweeping 2 day workshop in Townsville - for Townsville DBC - conducted by Accredited Coach and Sweep-Maggie and Ross Boyce.

Assisted Townsville DBC with their "Come & Try" day

Coaching/Sweeping 2 day workshop in Cairns - for Cairns DBC-Conducted by Accredited Coach and Sweep-Ewen MacDonald

Planned AusDBF Official's Course - Bundaberg - 10 attendees

Planned AusDBF Coaching Course-Hervey Bay - 12 attendees

DECEMBER 2010

Arranged for 6 regional sweeps from Mackay, Townsville and Cairns to travel to the BRD's regatta to be assessed for their Level 3 Sweep Accreditation

Finalized QDBF Business Strategic Plan, Risk Assessments Manual, Club Governance Manual

Planned Club Governance Workshop - Townsville - 23rd July, 2011

Set dates for Northern Regions Regatta for 2011-Townsville, Cairns, Mackay and DA Mackay

Planned Official's Course-Townsville - 14th May, 2011

Finalized all aspects to the 2010 grant

JANUARY 2011

Planning for Wide Bay Regatta Series-Hervey Bay, Bundaberg, Cooloola, 1770

Finalized all acquittal forms for 2010 Sport & Rec Grant

FEBRUARY 2011

Approaching Gold Coast Schools who have shown interest in a Term 4 Schools Program

Assisting Lanakila with planning their first regatta- by organizing officials, paperwork, etc.

Liaised with "Children at Risk" Multicultural Education Program - who are seeking to do a full regatta in Term 4 with 150 students-Yrs 5 to 7.

Encouraging the Wide Bay Regatta Series Clubs to take ownership and co-ordinate their own regatta dates, venues, etc.

Met with Aquinas Catholic College- confirmed to run a 3 x 3 week dragon boat schools program for 180 students - Yrs 8 & 9 - from Sept to Nov 2011- 60 students at a time per 3 week session.

MARCH, APRIL, MAY 2011

Organized the AusDBF's Officials Course - Townsville - 14th May, 2011 - 32 Attendees - Cairns,

Mackay Stingers, DA Mackay, Townsville, Bundaberg.

Planned the North Queensland Regatta Series-Round 1 - held in Townsville on 15th May, 2011.

Planning the Goondiwindi Border Rivers Wine and Dine Dragon Boat Festival - 10th Sept, 2011. St George DBC is assisting.

Gold Coast City Council-planning a stakeholders meeting with QDBF, local GC clubs - and other water sports clubs - to determine viability of a club house on Currumbin Creek. Meeting 31st May.

Training/mentoring sessions with 1770 Dragons, Bundaberg Dragons and Hervey Bay Dragons over 13th, 14th and 15th May, 2011- by Ross and Maggie Boyce.

Planned a Schools Regatta Day- for 75 students - Yrs 8 to 10 - from Nerang, Robina and Miami State High Schools. From 9-30 a.m. to 2-15 p.m. For all boys participating in a "League For Life" personal enrichment school's program - 14th Sept, 2011.

Assisting DAA with hosting a Sweep/Drumming/Coaching Workshop at the National DAA Conference in Caloundra in September.

JUNE, JULY, AUGUST - 2011

Assisting Central and Northern Clubs in understanding State Regional teams for AusDBF Australian Championships for 2012.

Planned Club Governance Workshop in Townsville-presented by Mel Cantwell - for North Qld clubs - 23rd July-attended by 27 club members.

North Qld Regatta Series, Townsville - QDBF Sweep Accreditor Norm Hunt assessed 5 Provisional Level 2 sweeps.

Finalizing details for Goondiwindi Dragon Boat Festival. Interest in starting a dragon boat club, to compete with/against St George Dragon Boat Club.

Finalizing Inter school challenge - Robina, Miami Nerang State High Schools - 14th Sept.

Five Marketing kits - includes dragon head and tail stands, pull up and flat banners - sent to five regional clubs - Sunshine Coast, Townsville, Bundaberg, Brisbane, Gold Coast, Coolangatta - for all clubs to use.

Regatta Equipment Boxes- sent to Townsville and Bundaberg for their regional regatta series - stopwatches, megaphones, two way radios, air horns, anchors.

Griffith Uni English Language Institute - Come & Try Day for 38 students - travel funded by Grant.

Finalizing details - transport, portaloos, officials, boats, sweeps, etc, for Schools challenge - 180 students over 9 weeks - Sept to November.

Developed and established a QDBF Junior Club, through meetings with juniors, coaches, QDBF Committee. Training sessions in July and August have seen 35 juniors participate - from ages 8 to 17. Will be competing as a Junior Club at Lanakila's Regatta in August.

Karen Jarvis

Development Director Queensland Dragon Boat Federation

Technical Director's Report

As the QDBF Technical Director for only part of this season, I would like to congratulate all clubs for their support, dedication and attendance to all the Coaching, Officials, Sweep and Club Governance workshops and Courses organized throughout the year.

All workshops and courses were fully funded through the Qld Sport and Rec Development Grant, and without the added burden of paying for these courses, allowed many more club members and volunteers to attend.

AusDBF Level 1 Coaching Courses (three were held)

In Brisbane-Sept 2010 - (21 attendees), Mackay - Oct 2010 - (9 attendees), Hervey Bay - Nov 2010 - (12 attendees).

The biggest issue in presenting these AusDBF Level 1 Coaching Courses is not in the number of attendees, but in the ACTUAL number of these members who go on to finalize and achieve their Level 1 Coaching certificate. Of the 42 members who attended the 2010 courses, how many are in the process of finishing it? At a fee charged to QDBF by AusDBF of \$250 per person to attend, of which 50% was funded by the Sport & Rec Grant, this is a massive investment by QDBF, with many attending just for personal interest and not to fulfil the requirements of the course.

Continued from page 6

The funding and continuing planning for these courses needs set criteria for the development of QDBF Accredited coaches, for the future of the clubs.

AusDBF Official's Course (three courses held)

In Brisbane – Aug 2010 (21 attendees), Bundaberg-Nov 2010 (15 attendees), and Townsville-May 2011 (31 attendees).

Funded by the Sport & Rec Development grant at \$120 per person to attend, resulting in 67 AusDBF Level 1 to 3 Accredited Officials.

These Officials now need to gain experience by assisting at sports and corporate regattas, and the State Championships.

Coaching & Sweeping Workshops (hands on)

One and two day coaching and sweeping workshops have been held for many regional clubs- from Cairns, Townsville, Mackay, Tin Can Bay, 1770, Mackay, Hervey Bay, Bundaberg, by QDBF experienced and accredited sweeps and coaches, with all travel and expenses again funded by the Sport & Rec Grant.

Sweep Workshop

A very successful sweep workshop held in July 2011 was attended by 33 trainee, beginner and Provisional sweeps and 26 Level 3 (Accredited) sweeps, with all aspects to sweeping extensively discussed - from risk assessments, responsibility, to calls, stance and waterway rules, and included the 2000m race rules.

Accrediting Sweeps

During the 2010-2011 season, 32 Provisional - Level 2- sweeps from 17 clubs gained their

accreditation. The QDBF Development Grant funded for six Provisional sweeps from Mackay, Townsville and Cairns to travel to SE Qld sports regattas to gain experience, be assessed, and to achieve the Level 3 Accredited sweep status. For the North Qld Clubs, these were their first accredited sweeps in each club, and these Accredited sweeps can now train other beginner sweeps with the confidence that they are meeting all AusDBF and QDBF requirements.

Both the Wide Bay Clubs-1770 Dragons, Hervey Bay Dragons, Bundaberg Dragons and Cooloola Dragons, and North Qld clubs-Cairns, Mackay and Townsville, have all now established regatta series, where their local trainee and provisional sweeps can be assessed and accredited on an ongoing basis.

Funding

Many clubs and club members are unaware of the huge impact the Sport & Rec grant has had in the previous few years, and the huge benefits that all clubs have gained-especially in the way of courses, workshops, with all being fully funded - from venue hire, refreshments, to having qualified and experienced QDBF personnel being able to attend the many different regions.

Please ensure for the coming 12 months, that ALL CLUBS take full advantage of all courses offered by QDBF, as the one can never be sure of when the funding will cease.

Paul Jarvis

Technical Director
Queensland Dragon Boat Federation

Events & Equipment Report

After two (2) years of serving on the QDBF Management Committee it is with some reluctance that I have decided to resign my position of Events & Equipment Director.

I have enjoyed the past two years immensely and would like to take this opportunity to thank the other members of the QDBF Management Committee for their cooperation, dedication and friendship. It has been an absolute pleasure to work with such a focused, hardworking and cohesive group of individuals.

For me the immediate future it will be to return some intensive focus back into my club, my family and to complete some other personal projects I have neglected of late.

I am confident that those members who remain on the Management Committee will continue to produce great results and hopefully the new members elected at the AGM will enjoy the same positive experiences that I have.

Kayakpro Multistrokes

These machines have been a welcome addition to the QDBF Equipment Register, a number of clubs have had the benefit of using the machines for technique

training and time trials. The Multistrokes were used for the 2011 State Squad selection process and will be used again for 2012 selection. The advantage to all participants is that their testing is done on totally comparable machines, which has not been the case prior to 2011.

QDBF Equipment

Many items in the trailer have either been replaced or upgraded over the past year, including megaphones, stop watches, starter pistols & ear muffs, environmentally friendly pump up air horns, 12 new 2 way radios. The PA system has been serviced and the speaker junction box repaired. There is an ongoing commitment to the maintenance of equipment which is of benefit to all QDBF members.

The QDBF storage is shed full of archival material & ancillary equipment including a great wardrobe of promotional banners, a promotional pack which is available for clubs to borrow when hosting recruitment drives or come and try days. In addition we hold supplementary equipment needed for the QDBF State Championships.

Coaching Events

The 2010 Advanced Training Camp with Kamini Jain and Andrea Dillon (both High Performance Coaches from False Creek Club in Vancouver,) was a resounding success. The event is to be repeated on the weekend



THE DRAGON'S HEAD

of 8th & 9th October 2011. The Camp is being held at Noosa which should prove to be a fabulous place to paddle. The chosen venue, Skippers Cove Resort will showcase the sport of Dragon Boating in the very visible locations of Weyba Creek and the Noosa River.

As at the 15 August I have 30 names confirmed, which is fabulous as there will only be 40 spots available. In addition I have 3 volunteers prepared to sweep. The majority of participants thus far are coaches or trainers which is fabulous with representation from Cairns, Bundaberg, Cooloola, Redlands, Coolangatta Mt Warning, Dragons Abreast Gold Coast, Manly, Broadwater, BRD, Redcliffe, Sunshine Coast, Tweed with others yet to confirm.

The event is still two months away so this is a fabulous start. I will be finalizing the participants list and also the prepayment schedule by 5th September in conjunction with the Finance Director.

QDBF State Championships

The organization of the State Championships is an ever evolving process and continues to present the challenge of providing both emerging and established clubs with a comprehensive race program. There is more work and compromise required to get this right without extending the event beyond the current 2 day program.

I cannot stress enough the importance of perusing and completing the Expression of Interest when they are sent out...this information is critical for us to use as a base for the program. We require 3 teams to run any particular race, without this volume of interest/intent we are unable to include certain races in the program.

Folders, both hard copy and USB storage, have been created with documents, details, plans, contacts etc. as a reference source for the next Events & Equipments Director.

This covers the State Championships and the Sanctuary Cove Prostate Challenge Events.

Events Calendar

The 2010-2011 calendar has been virtually booked out with a comprehensive mix of short course and distance events, thanks to the overwhelming support of the participating Qld clubs. Such depth and frequency of race practice is of great benefit to all paddlers.

Uniforms

An entire new look uniform was introduced in 2010; this ranges from polo shirts, training singlet's, tracksuits to the race shirt. The latter was the cause of considerable frustration for me due to sublimation faults & manufacturing problems.

After much discussion with the local supplier and their overseas manufacturer, new samples were made, which I wore, washed and tested repeatedly!

The end result is that a new batch of shirts is currently being manufactured, I hope to have these available (Sept/Oct) to distribute free of charge to paddlers who have already purchased race shirts for the Australian National Championships in Canberra April 2011.

Finally, many thanks to all the wonderfully positive club representatives and paddlers that I have had the opportunity to meet and interact with over the past two years. The association with you made my role a pleasure to perform.

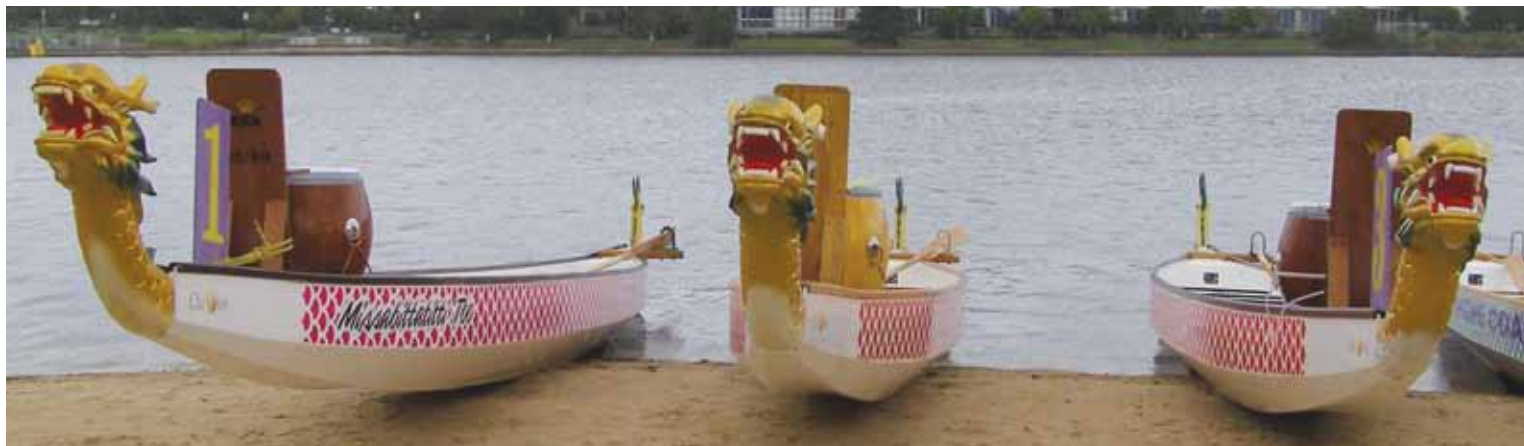
Kind regards and see you on the water soon,

Maggie Boyce

Events & Equipment Director
Queensland Dragon Boat Federation

Attachments have been prepared which cover the following areas:

- Trailer Inventory
- Storage shed Inventory
- Promotional Packs Inventory



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.

Team Bonding at Cooloola

What a great weekend the Bundy Dragons had at the Cooloola Sports Regatta on the 24th July. Most of the team stayed two nights and had rented three houses in the Cooloola area.

Car pooling and sharing the accommodation was going to be a new adventure for all.

A few of the girls who did not have to work on the Friday cooked up a special dinner for that evening.

Many laughs were had over a wee drop or two or three, I can't remember really.

On the Saturday morning we all went for a walk on the beautiful foreshore.

Saturday afternoon we drove to Rainbow Beach and walked to the Double Island Point Lookout and that was just breathtaking.

Whales were sighted in the distance, however, not all walked the sand dunes.

Dinner at the Tin Can Bay Yacht Club was enjoyed by all, although we were a little quieter than the night before.

Sunday our spirits were high when we won our first heat and as you can see by our photo. "Winners are Grinners" after winning the Minor Final.

Thanks Cooloola for a great weekend

Yours in Paddling

Sheryl English, Public Relations



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.