



Edition 30 – November 2008

PRESIDENTS REPORT

Our racing season is now well under way with both Torrens events successfully completed along with the Pub, Corporate and Flight Training Challenges.



Congratulations to Sea Dragons and Black Dragons for their work in organising the two Torrens events. Sea Dragons managed to roll over their boat in one of the Torrens 20's races and our safety training was put to the test. No injuries and the boat was safely 'swum' to shore and quickly baled and was back in service for the next race. It may have seemed a bit pedantic to some that we insist on numbering off but I can now definitely vouch for the system.

State training is about to start and I urge all who are thinking of attend the Nationals in Queensland next year to come out and attempt to secure a spot in the South Australian teams.

It is incumbent upon all of us to treat the Association's property with care and report any accidents or damage to your Club executive. We all must also take responsibility for returning all property carefully to its rightful place – if you are unsure where things go, please ask. We have limited storage space and have allocated storage positions for all of our equipment. We don't employ cleaners for our shed, so if it looks untidy or needs a sweep, please try to help out.

Helen Lewis has been doing a great job in getting the Dragon Boat message out to the corporate sector, and if you have any leads for corporate teams, she would welcome the assistance.

Our next event is the annual "around the island" race, which this year is to be held on a Saturday evening, 6 December, followed by a BBQ which will be organised by Blade Runners. This is a first in racing on a Saturday evening and promises to be a great night, so even if you aren't racing, come down and join in the fun.

Racing is again very competitive this season and I am looking forward to the start of the West Lakes season on 14 December.

All the best for Christmas and the New Year from all of the DBSA Board.

John Holland
President
DragonBoat SA

ADELAIDE SEA DRAGONS

What a weekend!!

On the October long weekend, 30 Adelaide Sea Dragons and a few partners travelled to Streaky Bay for a training weekend with their affiliate club, Adelaide Sea Dragons Streaky Bay. What a weekend! Fabled West Coast hospitality and water a bit rougher than we are accustomed to on West Lakes, led to a weekend of challenges, both on and off the water.

We left Adelaide on Friday evening, travelled overnight by chartered bus, and arrived at Streaky in time for a big country breakfast, hosted by one of the Sea Dragons Streaky Bay members. This set the scene for the weekend. Food, food, food.

Breakfast as the sun rises in Streaky Bay.



We were out on the water before lunch on Saturday, the Streaky Bay and the Adelaide members in mixed boats, for a heavy training session. It was good to work in mixed boats; there was great camaraderie and encouragement amongst everyone.



Back on the water after lunch, a barbeque supplied by the Streaky Bay people, and well-needed exercise after another great meal. Change of sweeps, change of crews, giving everyone a chance to sit next to, in front of, behind, different people. Interesting from the drumming seat to watch the styles of the paddlers, as they (the Adelaide people at least) dealt with the unfamiliar conditions.

Dinner on Saturday was hosted by a Streaky Bay member, at her idyllic house right on the bay. We had a huge meal, with pork, lamb, chicken, veg and damper being served. Everyone probably ate too much; the food was melt-in-your-mouth good. Sat around a fire after too much food, just shooting the breeze and getting to know each other better.

Daylight savings came into play that evening, so it was on the water at 10 am real time. Perhaps it was too early for some of the late-stayers of the night before! This time it was real competition, a 'them vs us' situation. Five paddlers from the Pt Lincoln Blue Water Raiders travelled up to Streaky Bay on the Sunday, and joined in the fun and games. Two Streaky Bay sweeps, Louise Mudge and Yvonne Watkinson, were being accredited that morning, and with 'strange' paddlers, 'strange' drummers, and for Louise, 'strange' boat, they did very well, and should be congratulated on their efforts. One of the buoys gained a few very uncomplimentary names as the sweeps tried to manoeuvre close to it, but all was well, and a great cheer erupted from the boat when it came perfectly alongside the xxx buoy.

Then it was team building time, with mixed teams on the beach going through a series of exercises designed to build trust and confidence in each other. This was led by Kath de Ross, and what a job she did. We were ready to take on the world at the end of the exercises!

'Them vs us' time arrived. Adelaide Sea Dragons vs West Coast (Streaky Bay, Pt Lincoln and anyone else who qualified). 250 metres in a fairly decent chop, heading straight for shore. Adelaide, fresh off their time in Penang, won both races, but the gauntlet has been thrown down, and Streaky Bay will be out for revenge next year.

At dinner that evening in the local hotel, the Streaky Bay Sea Dragons presented a 'perpetual trophy' to Liz Thomas, as Captain of the Adelaide Sea Dragons, with a threat to enjoy it because it would be back in Streaky Bay next year!!

Jane Carey (right) from Streaky Bay, presents the perpetual trophy to Liz Thomas (left) Adelaide women's captain (pictured below).



Liz Thomas holding the perpetual trophy, below.



Back to Adelaide on Monday, all a bit weary, but having had a wonderful weekend of training, team building and companionship. A thousand thanks to the Streaky Bay Sea Dragons for their wonderful

hospitality. I, for one, have the date already in my diary for next year.

Streaky Bay and Adelaide paddlers.



SA DRAGONS ABREAST

Obituary Lorraine Bourke 1950 - 2008:

On 5th of November 2008 Lorraine lost her battle with Cancer.

She was very determined to live her life to the full and made no concessions to her illness. Lorraine joined SA Dragons Abreast in January 2002.

She came for 'Come and Try' and was very swiftly persuaded to join and try out for the team to participate in the Breast Cancer Races at the National Championships held on the Hinze Dam in Queensland in the April of 2002. Since that time she was a very supportive, committed and hard working member of the club. She held the position of Treasurer for several terms and always assisted with other duties for the betterment of the club and dragon boating generally.

She also became much loved and respected throughout the dragon boating fraternity. Although very sick, Lorraine attended the BCNA Mini Field of Women held at West Lakes on the 25th October. This was to be the last time Lorraine was able to mingle amongst her many friends at the club.

Lorraine had a very positive outlook and rolled with the punches that life dealt her. She was an inspiration to us all.

Lorraine's race is over now and we are grateful for having known her and the great times shared.



At peace now.....

Signed: M Holland SA Dragons Abreast Inc.

NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due:

Friday 16th January 2009

be active go for a paddle

ORS INFORMATION



Presenters / Facilitators Course

Would you like to up skill the course presenters within your training agency?

The National Coaching and Officiating Accreditation Scheme

(NCAS and NOAS) aims to improve the standard of coaching and officiating in Australia. The quality of the personnel delivering coach and official education is vital. Without high quality presenters and facilitators, the education process for coaches and officials will not occur adequately.

The aim of the ASC Presenter / Facilitator Training program is to produce high quality deliverers of coach and official education programs. Topics include: Facilitating Learning, Preparing to Deliver Training and Delivering within NCAS/NOAS.

Date: Sunday 30 November 2008

Time: 9.00am - 5.00pm

Venue: Office for Recreation and Sport - Conference Room (27 Valetta Rd Kidman Park)

Cost: \$100

Presenters for this course will include sports consultants from the Australian Sports Commission.

To register simply log onto our online registration page and enter your details:

<http://www.recsport.sa.gov.au/training-development/coaches-courses.html>

For further please contact Jodie Freund at the Office for Recreation and Sport, on 8416 6625 or freund.jodie@saugov.sa.gov.au.

Recognition program for Volunteers

Nominations are being called for the 2008 Coach and Official Recognition Program to highlight significant contributions made by coaches and officials from your sport or recreation organisation.

Every nominated coach or official will receive a certificate recognising their dedication to sport. 20 coaches and 20 officials from across the state will be chosen to receive a special "Thanks Reward" pack.

Nominations close: 28 November 2008 at 5.00pm

Simply log onto the ORS website and complete the online nomination form:

<http://www.recsport.sa.gov.au/training-development/volunteers-thanks.html>.

Please pass this information onto clubs and associations within your sport, to help recognise the valuable volunteer coaches and officials in South Australia.