



Edition 31 – January 2009

PRESIDENTS REPORT

After a disappointing start to the West Lakes racing season, due to the cancellation of our first regatta as a result of particularly inclement weather, we finally got under way with a 500 meter regatta on January 18th. The weather was perfect and the racing got started on time with everyone completing their allocated tasks as required. Unfortunately during the course of the day, the finish line buoys came adrift from their anchor point on the Western shore and moved considerably toward the Eastern shore and the lane gap closed from 9 meters to about 5 meters. This created minor havoc for the sweeps who were confronted with a finish line badly out of alignment and their previously planned course took them between the wrong buoys and sudden course changes caused several to lose control. This is just another lesson for us on what can go awry on race days.



AusDBF is proposing to implement a policy which allows participants to only be members of one Club and Maria Darby has volunteered to sit on the Technical Sub-Committee which has been formed to attempt to resolve the issue. Maria has asked for feedback from all members and as she is there to represent all of us, please present your views to her and let's work toward a resolution to suit us all. A big thank you to Maria for taking on this role.

The Chinese New Year race meeting is rapidly approaching and we have three Victorian Crews who have expressed interest in attending – to date we have not got their entry forms but they have assured that they will be here. Our plan is to grow this festival into a major annual event, alternating venues between Adelaide and Melbourne. Next year it will be held in Melbourne and as we are the hosts for the Nationals, it is hoped that a large contingent of South Australian teams will be able to travel to Melbourne and show the strength of Dragon Boating in our State.

We have now received a notice of exemption for PFD's at West Lakes but there are a number of conditions which we must meet, to comply with the exemption. The Association is working through the requirements and Clubs will be advised when the exemption is effective and what is needed to be done to comply.

At the last President's Forum the subject of etiquette was raised and all agreed that we need to consider others and be helpful wherever possible. We all need to ensure that boat trolleys are returned to the lakeside, as soon as we have removed the boat we have just used, if there are other boats still out on the water. Please be aware of the needs of other crews and work under the adage of "treat others as you wish to be treated".

After the last race day, a large amount of equipment was returned to a number of different areas to where it was initially stored. Please ensure that you have people available to advise where equipment needs to be returned. We have very limited space and need to keep ourselves organised if we hope to set up for race days in minimal time. Please enjoy your participation in our sport but remember to consider others.

John Holland
President – DBSA.

POSITION VACANT

DBSA is seeking an enthusiastic volunteer to take on the role of Marketing Administrator for the 2010 National Dragon Boat Championships to be held at West Lakes on 20th to 25th April 2010.

This role involves the sourcing of both Sponsorships and Government Grants for these Championships.

Interested volunteers should contact Chris Wood at chris.wood@senet.com.au or phone 0419835358.

This role will be vital to the success of the Championships and if you have the experience, or even ideas for assisting, please consider offering to help out.

PREMIER STATE TEAM TRAINING UPDATE



The first Premier State Team training session was held on Saturday the 10th of January at 9.00am. It was fantastic to

see representation from a majority of the clubs; however we do need more Premier paddlers out there. 18 paddlers attended the first training session, which was great, but we NEED MORE PADDLERS TO ATTEND TRAINING.

Realistically we cannot attend the National Championships with 18 paddlers. To all of you who did come out to the first session, make sure you continue attending training regularly, and all of you who are still thinking whether you should or shouldn't come out ... YOU SHOULD. The first training session involved just a brief overview of the team structure, and some minor administration details, and then we began working on the paddling technique which will be adopted by all members of the Premier State team. Overall, the team picked up the technique very quickly, the boat felt very smooth, and lifts were very responsive and maintained. This was a very positive start for the first training session, and those who attended should be very proud of picking up the technique in 1 training session.

The next training session, to be held on Sunday the 25th of January at 9.00am, will begin strength work whilst further expanding on the technique we have already begun working with. This training session is scheduled on a long weekend; however it will not be changed. Even though the first session has already been held, it is not too late to get out there. I would expect that all Premier paddlers travelling to the Sunshine Coast with their respective clubs would be available to participate in the Premier State Team. This is really our best chance to create a mark in Australian Dragon Boat Racing. In the years I have been paddling and competing at the National Championships I have been annoyed that NSW dominate the Premier category as much as they do. We now have an opportunity to really fight back by separating the State Team into Premier, Masters and Grand Masters and we should not waste it.

As previously mentioned, it was great to see 18 paddlers out there on Saturday; however we need more paddlers if we are to really make an impact at the National Championships. I was

also very disappointed to see no representation from the all Premier team, Dragonfly. Come on guys where are you!?

I understand that several Club Coaches are reluctant to allow their paddlers to miss Club training sessions in lieu of Premier State training sessions. In order to help resolve this, I am willing to make the Premier State Team attendance sheet available to all Club Coaches should they wish. If they do, please email me at philcho83@gmail.com and I will regularly send the schedule. Also, Club Coaches should be aware that Premier State training will be of a considerably higher level in terms of fitness, strength and discipline, and I can only see Premier paddlers benefiting considerably by participating in the Premier State Team.

Lastly, we only have 17 training sessions left before the National Championships in April, and training will quickly intensify to reflect the short time we have left. So make sure you all get out to training so we can kick some serious NSW butt at the National Championships.

Phil 'Guido' Christodoulou
Premier State Coach

ADELAIDE SURVIVORS ABREAST

ASA would like to thank DBSA and other Clubs for their support while going through a sudden change in committee membership due to resignation of previous President. Steve Holt has stepped up in this role and is "learning the ropes" so to speak.

Our committee consists of all new members and are all on a learning curve as well. The members of ASA are committed to their paddling and are all keen to be active participants in this great sport.

Thanks,

Mary-Ann Holt
Secretary
Adelaide Survivors Abreast



HOT WEATHER WARNING



Sports Medicine
Australia SA Branch –
hot weather warning

Hot weather has finally arrived and Sports

Medicine Australia SA Branch wishes to remind Sporting Organisations to implement their hot weather policies.

Sporting organisation and people exercising are encouraged to exercise safely by hydrating, (drink plenty of water), modification of training which may include training in the cooler times e.g. early morning or training at a venue that may be cooler.

The State Organisations are encouraged to circulate your Hot Weather Policies to all your registered allocated associations and clubs. Clubs are reminded to include and consider coaches, officials, sports trainers, referees and umpires with regard to hot weather.

The Beat the Heat Brochure (Drink up) is available free from your National Pharmacies Stores - if you require multiple copies to provide to your all clubs, players and coaches we suggest that you call your closest store so they can obtain the required numbers. There is no restriction on the numbers of free brochures that you may require. Visit:

<http://www.nationalpharmacies.com.au/advice/brochures.htm> or contact your local store: http://www.nationalpharmacies.com.au/aboutus_contacts.htm .

We also provide the following links in regards to fact sheets and Exercising in the Heat Fact Sheet:

<http://www.sma.org.au/information/launch.asp> .

The Bureau of Metrology has a webpage which provides current temperatures for city and regional locations. This site is updated hourly: <http://www.bom.gov.au/products/IDS65004.shtml> .

We trust that all people exercising in the heat enjoy what they are doing and feel comfortable doing it. An indicator as to when you may need to consider making changes to exercise is when you develop a headache, feel light headed, dizziness, nausea or just feel uncomfortable.

Remember:

"Prevention is common sense."

Sports Medicine Australia SA Branch.

NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due:

Monday 16th March 2009

be active go for a paddle

2009 RECREATION AND SPORT YOUTH TRAINEESHIPS

**Are you interested in Sport and Recreation?
If you answered YES, then a Sport and Recreation Traineeship is for you!**

The Office for Recreation and Sport in partnership with Sport SA is inviting young South Australians to apply for a Sport and Recreation Traineeship.

You could work within sporting and recreational organisations for 12 months and undertake a nationally recognised Certificate III in Sport and Recreation.

If you are **aged between 17 and 25** (inclusive) and have **completed Year 11** (or equivalent) you are eligible to apply. (*Other eligibility criteria may apply*).

Application forms and/or information on these traineeships are available from the Sport SA website:

<http://sportsa.org.au/index.php?id=30> .

Completed applications must be received by Sport SA no later than 5pm Friday 30th January 2009.

SPORTSA



Government of South Australia
Office for Recreation and Sport

Please Note: This is NOT a Public Sector Traineeship Program

COACHING AND OFFICIATING CENTRE TRAINING CALENDAR

Please find below the link to the 2009 State Coaching and Officiating Centre Training Calendar.

Once again, you can register for courses via the online registration method or simply print off a registration form and send it to ORS.

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

To view the calendar for January - June 2009, click on the "register here" button and it will be displayed. To find out further information on each course, simply click on the name of the course and a course registration form will appear.

If you have any questions in regards to the training calendar, please don't hesitate to Luke Morrison on **7424 7605** or email

coachingandofficiating@saugov.sa.gov.au .



Government of South Australia
Office for Recreation and Sport

be active