



Edition 32 – March 2009

PRESIDENTS REPORT

We are now approaching the business end of the Season with the State Championships only a week away. Qualifications have been confirmed, entries submitted and we can only hope that the Dragon Boat



gods provide us with some good weather for the climax of our Season. We have reserved the following weekend as a back-up in case we have to cancel either or both days and we hope that this foresight will ensure that racing will be possible on the planned weekend.

Of course, the Australian National Championships are also rapidly approaching and we will have a large contingent of clubs representing South Australia up in Queensland. South Australia will be hosting the Nationals in 2010 so this will be a great opportunity to see how it is done and what we can do to improve the event in SA. Work on the new rowing course at West Lakes is due to commence next week and it will most definitely be ready for the 2010 Nationals.

Our last race day on 15th March was a very windy day and I would remind clubs that a sweeps job on a windy day can be extremely difficult. It is not the time to try and give sweeps some experience in windy conditions and probably not the best time to seek accreditation. The sweeps toggles are always in the shed and clubs are encouraged to take them out for any training session to give their sweeps some experience in the wind – it is also good policy to train the crew in working the start in the wind – just remember to return the toggle after use.

In regard to returning items, could all clubs please be sure to return all equipment to its rightful storage place after use – this includes PFDs, training “buckets”, bearers, heads & tails, drum sticks etc. All of these items are consistently left in the wrong places or are simply just left on the floor.

The issue of trolleys has been discussed in numerous forums and we need to be aware of other users when we access equipment. If someone brings in the last Champion boat and there are several old boats still out, the Champion boat should be removed from the trolley on the lawn and the trolley taken back down to the ramp – it is all about considering others and treating them as you would wish to be treated.

DBSA has ordered four new Champion boats and these should arrive within the next eight weeks. This should alleviate the problems encountered when clubs access the Champions for training and it will give us a fleet of eight Champions in the shed. Four of the old boats will be relocated to develop the sport in other regions. We will also be able to use 2 sets of 5 boats for next years racing and everyone will have to be mindful of “backing up” issues – the race program will be redeveloped and standardized so that clubs will always be aware of the race order and can plan accordingly.

The presidents met for their Quarterly forum on March 17th and a number of issues were raised and resolved – I urge you all to familiarize yourselves with the minutes and keep abreast of the work which is being done to advance our sport and develop the professionalism within the Association. Good luck to everyone at the State Championships and to those heading off to the Nationals I am confident that you will represent our State with pride and enjoy the success you have earned.

John Holland
President - DBSA.

SAPES GAMES

Dragon boating to feature in the 5th South Australia Police and Emergency Services (SAPES) Games.

To be held in Adelaide from 1 to 10 May 2009, the SAPES Games will again showcase the sporting talents of employees representing the 25 participating agencies.

“The Dragon boat competition is still one of the largest and hard fought team competitions in the Games,” says SAPES Games organiser, Senior Sergeant Allan Vilcins. “Teams from emergency service agencies will once again go head to head to win gold.”

The 2008 SAPES Games produced many memorable moments with around 1000 entrants competing in 40 sports in various age and ability categories.

With the many new events complementing the familiar favourites the friendly rivalry is set to continue.

“The SAPES Games are open to all current and retired employees as well as volunteer emergency service members. The theme for this year’s event, ‘United in Competition’ emphasises the fun and competitive environment generated between agencies,” Senior Sergeant Vilcins says.



"SAPOL Open Team winning gold"

Participation in the SAPES Games team sports such as Dragon Boat Racing, Paintball, and Triathlon are a great opportunity for team building. The positive feed back from 2008 SAPES Games about the fun and participation was fantastic. As well as being a feature of the local sporting calendar, the 2009 SAPES Games also provide a terrific opportunity for individuals and teams to prepare for the 2009 World Police and Fire (WPF) Games in Vancouver, Canada. A combined Police and Customs team are heading to the Games from South Australia.



"SAPOL team members of the 'Blue Eelers' "

Registrations for the SAPES Games opened on 1 February 2009 via an online registration system. Log on to www.sapes.com.au for more information. DBSA are coordinating the Dragon Boat competition and clubs and volunteers are encouraged to assist.

UPGRADE FOR WEST LAKES REGATTA COURSE

Acting Minister for Recreation and Sport Paul Holloway said today South Australia's Coombs and Barei Construction Pty Ltd has won a tender to carry out the \$2.43 million upgrade of the AM Ramsay Rowing Regatta Course at West Lakes. Mr Holloway says construction at West Lakes is set to

begin this month on the upgrade of this important sporting facility for South Australians.

"This exciting new sports infrastructure project will provide South Australian rowing, kayaking, canoeing and dragon boating the opportunity to bid for a range of national and international level events," he says.

"With a nine-lane retractable buoyed system, new start and finish pontoons and associated on-water facilities, the course upgrade will put South Australia at the forefront of facilities for these sports, and offer benefits to both elite sport and the wider community.

"South Australia and SASI have had a strong tradition of developing world class rowers and canoeists, which have competed with distinction at World Championships and the Olympic Games.

Mr Holloway says athletes, coaches, officials, school groups and community users will all have greater opportunity to be active through this upgraded sporting facility.

"Three of the buoyed lanes will remain in place to ensure the greatest possible access and safety for all users and provide opportunities to attract new participants to these sports," he says.

"The Rann Labor Government has and will continue to put a strong focus on projects that assist South Australians to be more active more often and this facility will help us to achieve that aim."

The West Lakes Rowing Course, first constructed in 1976, has previously hosted events such as the World Masters, National Rowing and National Dragon Boat Championships.

FAST FACTS:

What is it:	A.M. Ramsay Regatta Course, a rowing course comprising of nine buoyed lanes, a starting pontoon, finishing pontoon and starter's tower.
Course length:	2000m
Course location:	West Lakes
Users:	SA Rowing Association, Canoe SA, Dragon Boat SA, public
Numbers involved:	5,000 registered athletes, recreational users
Cost:	The State Government has set aside an amount of \$2.43M for the project

STREAKY BAY GEARING UP FOR MASTERS GAMES

With just over four weeks until the Ceduna's Masters Games the Streaky Bay team are gearing up for race day on the 18th April. Training continues three times a week with good attendance. Friendly pods of dolphins continue to join our training sessions, bringing delight and encouragement to all as they race the bow of the boat.

Our coach, Yvonne Watkinson has been working hard with the team to build our strength, speed and team spirit.

Colin Sweet (a paddlers' husband) gave up his Saturday morning a couple of weeks ago to take a video of us training. This will be used to help iron out any technical problems we may be having and perhaps give us an edge when it comes to the races.

We are all hoping for calm weather conditions to make the day special for those competing and watching.

SPORTSMED SA - 2009 SPORTS WORKSHOPS



Hands on Taping Workshop

Monday March 23, 7:30 pm

With Physiotherapist Patrick Custance and Podiatrist Mathew Ehrlich. For trainers and coaches.

- Taping techniques for the

knee, ankle, foot, shoulder, elbow and hand

- Finger braces
- Demonstrations and practical exercises
- Preventative taping vs taping for an injury

Sponsored by Elastoplast



Strategies to Optimise Performance and Minimise Injury

Monday April 6, 7:30 pm

With Physiotherapist John Camens, Podiatrist Kristian de Pasquale and Massage Therapist Carol Miller. For sports trainers, coaches and players.

- Warm up and cool down
- Stretches to help avoid injury
- Massage techniques to aid recovery
- Footwear and training surfaces

Junior Sports Workshop I

Wednesday May 6, 7:30 pm

With Sports Doctor Mark Fisher, Physiotherapist Ned Pontifex. For PE teachers, junior sport coaches and trainers and parents of junior athletes.

Junior Sports Workshop II

Monday 18th May, 7:30 pm

With Podiatrist Angela Evans and Nutritionist Olivia Warnes. For PE teachers, junior sport coaches and trainers and parents of junior athletes.

- Managing growth issues and other foot problems in junior athletes
- Nutrition and hydration for competition, training and recovery

Running Your Best Race

Monday May 25, 7:30 pm

With Physiotherapist Patrick Custance and Podiatrist Nigel Rowe. For runners from the social to the serious, running coaches and sports trainers.

- Prevention and early identification of injuries
- Improving flexibility to improve performance
- Appropriate footwear

Location: SPORTSMED SA Stepney Branch Conference room (1st floor, Clinic Building).

Cost: \$11 per person per workshop, including course notes, materials and light refreshments. Workshops run for approximately 2 hours.

Certificates of attendance and tax invoices are available upon request. For more information, or to register contact Janine Jenkins, Public Relations Manager on 8363 2435 or janine.jenkins@sportsmed.com.au.

RECREATION AND SPORT GRANTS PROGRAM



Adelaide City Council's Recreation and Sport Grants Program (Round One 2009/10) is now open

with all applications to be received by 9 April 2009.

- Applications will be received for improvements to facilities within the City of Adelaide or for activities which will take place within the City of Adelaide. Strategic Partnerships - maximum funding \$20,000 e.g. significant program aligned with Council's vision
- Facilities – maximum funding \$50,000 (\$ contribution by applicant must be equal to or greater than the amount sought) e.g. new field lighting, resurfacing of courts
- Community Programs and Events – maximum funding \$8,000 (\$ or in-kind contribution by applicant must be equal to or greater than the amount sought) e.g. come and try activity, school holiday clinics.

More information including application forms can be found at www.adelaidecitycouncil.com and click on the front page advertisement or Council > Programs > Grants > Recreation and Sport Grants.

Please do not hesitate to contact the relevant grant coordinators Jill Andrews (Strategic Partnerships, Community Programs and Events) on 8203 7585 or Ray Scheuboeck (Facilities) on 8203 7688.

NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due:

Monday 15th June 2009

be active go for a paddle