



Edition 33– June 2009

PRESIDENTS REPORT

Welcome to the last edition of Dragon's Breath for the financial year. Although the racing season has finished there is still a lot happening in the world of Dragon Boating and we are all now busily preparing for our next season.



Our four new boats are due to arrive in Adelaide on June 22nd and we hope to have them ready for use at the start of the new financial year.

DBSA will be responsible for conducting the Dragon Boat event at the Mildura Masters Games on Saturday 15th August and we will shortly be investigating the venue, planning the logistics and working on our volunteer requirements. We have also accepted our largest corporate booking to date, 300 participants on November 25th at Aquatic Reserve, West Lakes.

Our Corporate Events are steadily growing and to assist in allocating volunteers, Chris Wood has recently requested that interest people contact her to be listed on her volunteers register. If you haven't done so already and are willing to be involved please contact Chris at chris.wood@senet.com.au. DragonBoat SA is still searching for premises to house an office and store some of our equipment. A small warehouse and office would be ideal for our needs and if anyone has any ideas or offers please contact Chris at the above email address or myself at johnholland@senet.com.au.

The South Australian Regional Masters Games are in Naracoorte in 2011 and we are searching for a suitable dragon boating venue to enable our sport to be offered at the Games. The organisers are keen to have us there and I'm sure that we will be able to find an acceptable solution. By the way, the Games are in Port Pirie again next year (10 & 11 April), just before the Nationals.

As most would be aware by now, the 2010 National Dragon Boat championships are scheduled for Adelaide and will be held on the new rowing course at West Lakes. This will be a state of the art course and will give us the perfect foundation to run the best Nationals yet. We have already commenced planning and will shortly be calling for assistance to organise the various aspects which come under our responsibility. Souvenir clothing, sponsorship, catering, VIP hospitality and on site facilities are just some of the areas we need to cover and if you are able to help, please contact me

at johnholland@senet.com.au to register your interest.

Our AGM papers will be distributed in July and we will be calling for Board nominations and I urge you all to look for suitable candidates who will be able to assist in taking the Association to the next level. We have recently met with the Club Presidents and the Racing Committee and there are several new initiatives designed to further enhance our next season's racing –

- An increase in the number of race days (program will be released toward the end of July)
- Concentration of events – 10s over 200M, 20s over 200M and 20s over 500M, will all be on different days which should allow race days to finish by 1.00pm.
- All teams will use a standard team sheet format
- A charge will be introduced for individuals on race days (replacing the club category charge) of \$5.00 per participant per day for normal race days and \$10.00 per day for State Titles. Medals alone cost the Association in excess of \$6,000 and last year our total race charge to clubs was about \$3,000.

As you can see, your Association does not rest and as we continue to grow, the employment of a Manager or Development person is becoming a necessity and we are structuring the Association to ensure that this can happen in the not too distant future.

Congratulations to those paddlers who participated in the recent Murray Marathon – Subsonix in a "well constructed" outrigger (12 seater) and Sea Dragons in a traditional Dragon Boat – for those of you who haven't tried this event the two crews from this year will confirm that it is a very rewarding experience. Good luck for the new year and I look forward to receiving numerous expressions of interest to become involved in our forthcoming projects.

John Holland
President - DBSA.

ADELAIDE SEA DRAGONS

Sea Dragons rock!

This was the cry that could be heard after another great race. What a weekend of racing we all had in Galoundra, at Kawana Waters

course. Inland water, slightly brackish, and prone to whitecaps, can you believe?

Wednesday was practice day – very rough, no drum seats so the poor drummers got very wet as waves broke over their heads, and the strokes copped a fair amount of water in their faces too.

Thursday was State vs State 500m racing day, which has already been reported on. The big disappointment was the Grand Master Women's team missing out on the gold by .85 second, and consequently missing out on the opportunity to represent the country in Prague in August.

Still pretty rough on Friday, when the Club vs Club racing started. We tended to have tail winds in the morning and head winds in the afternoon, so the times reflect this.

Sea Dragons had a very good meet. On the 500 metre day we took Gold in the Grand Master Women, 2:28:33, with arch-rival Brisbane River Dragons second, 2:30:05. Grand Master Mixed also took Gold, a very close race – 2:14:18, second Northern Beaches 2:14:29, and third Burleigh 2:14:48. Not even a dragon's nose in it. And the Grand Master Open team did the club proud – 10 women, 10 men, all over 50, many over 60, and at least one over 70. Silver medal, 2:08:18. What a feat, against Open teams with 16 or more men in them. The Premier Women came 6th in the semi-final, and Master Mixed came 4th in their semi-final, just missing out on a berth in the finals.

Saturday was Anzac Day, so racing started after 11 am. A number of Sea Dragons, and members of other South Australian clubs, attended the Dawn Service at Caloundra Oval, with about 3,000 locals.

Sunday was also 2000 metre day, the anything-can-happen day. The races were very well controlled, and much too some people's disappointment, there were no capsizes, and only minor scrapes.

The Grand Master Mixed team came second to Burleigh, in 10:18:37. The Grand Master Women came second to a fresh Currumbin team who had not been racing the previous day. Currumbin 10:46:18, Sea Dragons 10:56:15. The Master Mixed team came 4th, 10:09:06, and Premier Women 9th, 11:37:21. The final day of racing was Fierce, Fast and Furious. 200 metres, "one breath, one blink" and you're there. Marshalling ran six races ahead of what was on the water, and for many paddlers it was out of one boat, have a quick

drink, and back to the marshalling area for the next race. Whew.

Sea Dragons again did themselves proud. Grand Master Mixed, gold, 51:29, same arch-rival Brisbane River Dragons, silver, 51:36, and Burleigh, bronze, 51:58. Another dragon's nose between the three teams. Grand Master Women, gold, 56:43, again Brisbane River Dragons second, 57:27, and Currumbin third, 57:47. The team was very happy to beat Currumbin after they had beaten us in the 2000 metres the day before. The Grand Master Open team, (that one with 10 women and 10 men) came third. Burleigh took the gold, 48:59, Brisbane River Dragons the silver, 49:39, and Sea Dragons 49.53. That dragon's nose again. The Master Mixed team came 5th in the semi-final, and the Premier Women came 3rd in the Repechage, just missing out on a finals spot.

Final tally - 4 Gold, 3 Silver, 1 Bronze, proving that Adelaide Sea Dragons continue to be the 'most winning' South Australian dragon boat club.

"Caloundra spoils"



It was an incredible four days of racing. There was a lot of rivalry, as expected, most of it friendly. Brisbane River Dragons have already "threatened" that they will meet us in Macau for the World Club Crew Championships in 2010. We're ready for them!

And it was also great to see South Australia represented not only by Sea Dragons, but also by teams from Black Dragons, Power Blades, Subsonix, SADA and Water Warriors. Not bad for a small state with a small dragon boating population!

There's also a new exercise sweeping the dragon boat community around the country. It's called the 'Sandy Shimmy', and was well-performed by Sea Dragons while waiting for the medal presentation on the final day of racing. It was great to have members from other teams join in.



Sea Dragons as a team should be very proud of themselves – everyone (coaches, paddlers and supporters) put in a lot of effort to get us where we finished, against some pretty fierce competition. We can only get better if the same effort continues, so here's looking to the next challenge.

And that's the Murray Marathon on the June long weekend.....more about that later.

Sea Dragons rock!



"Photo courtesy of: INSTANT PHOTOS Australia"

100km MURRAY MARATHON JUNE 5-8 2009

The preparation for the Marathon has been endurance training, non-stop paddling to Trimmer Pde and back, changing sides on the move, and also included a session of twice around the island, to prepare the 20 keen crew for their Murray assault.

Friday 5th.

Two vans ferried us to our accommodation, the Murray River Queen which was moored at the lovely Riverland town of Waikerie. After a meal in the Waikerie Hotel and a brief team meeting, it was back to our floating accommodation for a restless night's sleep for most, in anticipation of the following days.

Saturday 6th. Loxton – Moorook 37kms

We awoke to a crisp morning of fine rain and sunshine. After a hearty cooked breakfast it was off to the starting point of Loxton to prepare and launch the boat. Much to our horror, the local council had locked the public toilets. Not Happy Jan. After many complaints, they were

opened, albeit without water, many paddlers had already resorted to finding a big bush. We had a great start at 11.00am, rain was still falling. We had the race rescue boat leading the way, unfortunately creating a huge wake and causing us problems with waves of water pouring over the sides of the boat and drenching the paddlers, there was a head wind, but we kept our strokes long and strong and ploughed on. We arrived at our destination approx. 3 ½ hrs later, tired and wet, there were many sore bodies, blisters and heavy legs but very happy to see our welcoming committee of our roadies and cheer squad, the 1st day was over. Some paddlers mentioned something about going home and swearing never to do this again. Back at our accommodation, Thumper was brought out and sore backs were given a massage. (Thanks to the Harwoods). Dinner was Italian on the boat, which most people enjoyed, and it was an early night to bed. Chris W asked how many people wanted to sign up for next year's marathon, no response.

Sunday 7th. Devlin's Pound – Waikerie 26kms.

Another crisp cold morning and another hearty cooked breakfast was consumed before heading off to our starting point of Devlin's Pound. It was discovered we couldn't launch our boat at Devlin's Pound, so an alternative location was found at Aunt Lil's place, which was down a dirt track, past the local shooting range and past Aunt Lil's house, (a double decker bus). Aunt Lil's family were visiting for the weekend, so we had an audience to see us off. We had a 2km paddle back to the starting point. Again there was a strong head-wind which made the going tough. A dog, from a campsite on the banks of the river, decided he wanted the dragon on the front of the boat, so he chased and chased us, running along the bank barking at us. He seemed to run for kms (we thought between 10-15kms) and we finally 'lost' him when the river came to a fork. I think he might have been the one lost – hopefully he found his way home. We arrived at Waikerie, cold and wet but not as tired as the day before, and as always our wonderful roadies and cheer squad were waiting for us. The tawny port was most welcome, some consuming more than others, (Sue B). Our roadies provided us with a lovely lunch and more port. Thumper was brought out again, everyone enjoyed the massages from Chris H, Aniita in particular. Joy was kept busy massaging many pairs of feet. Chris W and Dianne entertained us with

their party tricks. Another enjoyable 3 course dinner was at the Waikerie Footy Club, where Sea Dragons collected many prizes in the raffle.

Monday 8th. Hogwash Bend – Morgan 31kms.
Last day and most of us were thinking, thank goodness. Yet another crisp and cold morning and another wonderful breakfast. We arrived at our starting point, Hogwash Bend. The car towing the boat became bogged in the soft sand, it was all hands on deck to lift the boat off of the trailer to lighten the load, and we were rewarded with a round of applause from the gathering audience of campers. There was a strong head wind again which made the journey tough but we ploughed on and looked forward to the end of this marathon journey, the ferry at Morgan was a welcome sight to all in the boat, signalling the end. After something to eat and more warming Port, Chris W asked again who wanted to sign up for next year, this time most responded with 'yes'. It was a wonderful, bonding and challenging experience and every dragon boat paddler should try at least once. Heartfelt thanks must go to our wonderful support crew, Carol, Jennifer and Robert, the most enthusiastic cheer squad, who met us at each destination. Chris and John for their great coaching and organisation (and notching up their 1,000km on the Murray) and of course the crew, Liz, Julie K, Sue B, Jane, Cheryl W, Gabby, Joy H, Kath, Sandie B, Dianne, Jan, Sue C, Peter C, Wayne, Darryl, Chris H, Aniita, Joy F, Colin.



"THE TEAM: crew, Roadies and cheer squad"



Results had us 18 minutes short of the record Sea Dragons set in 2000 – a damn good result for a crew whose average age this year was 57 - I guess that means we've established a time for a Grand Masters crew.

Yet again ... Sea Dragons Rock!!



"Our 'home' for the June long weekend"

SA DRAGONS ABREAST

National Titles Caloundra

Along with several other SA teams, 45 SADA paddlers and their supporters traveled to Caloundra in Qld. for the National Titles in April. We found the competition quite challenging and whilst we didn't bring home any medals, our teams managed to make it into four final events.

I would have to say that the highlight of the regatta (apart from the social aspect) was competing in the 2km race on Saturday. Our team, 'first cab off the rank', fiercely resisted being overtaken and paddled fantastically to cross the line first. A real achievement for us and a very exciting race swept brilliantly by Dena Carr and drummed by our baby dragon Karen Lisk.

Our team had a great time despite some 'incidents' experienced by our caravaners along the way and we had many opportunities for the social interaction that such a trip provides. We haven't as yet released the photos of our 'bad taste' party held on the roof of our wonderful venue (all bribes gratefully accepted).

The new travelers amongst us experienced what was to be another wonderful team event. I would like to congratulate the medal winners, the State team and the organizers from DBSA for their achievements

Breast Cancer Network Australia

With the help of Bakers Delight, major sponsor to BCNA, \$1,000,000 was raised throughout Australia through the Pink Bun Campaign held in May. SADA members spend a day at

Welland Bakers Delight promoting the sale of pink buns and promoting dragon boating and breast cancer resources on behalf of BCNA. Members also attended the Woodville West Torrens/Central District football match to sell Community Raffle tickets. Hopefully through this exposure we have helped to spread the word about dragon boating as an activity to assist in health, fitness and well being, whilst recruiting new members for SADA and DBSA.

Judi Sweatman



SUBSONIX QUIZ NIGHT

Subsonix have their famous annual fund raising Quiz night scheduled for 7th August. This quiz night is always great fun, lots of prizes and a silent auction.

Quiz Master ABC's Einstein Factor series winner Paul Bahr. Tables of 10.

Book tickets through Nick Zervas 0417 093 984.

AUSTRALIAN SPORTS FOUNDATION



Did you know the Australian Sports Foundation Ltd can assist your organisation to raise money for sport projects?

The ASF does this by offering the incentive of tax deductibility for donations in support of sport-related projects.

An eligible organisation may register projects that involve building a multi-purpose indoor sports facility, developing an aquatic centre, resurfacing a tennis court or installing lights, assistance with team travel to major sporting events, purchasing of sporting equipment, conducting specialised coaching or training clinics or hosting a major sporting event.

The listing of the ASF in the Income Tax Assessment Act 1997 (Division 30, section 30.90) enables donations of \$2 or more to the ASF to be tax deductible. Donations must be made unconditionally to the ASF; however a preferred beneficiary structure allows donors to nominate registered sporting projects. The ASF

is unique as it is the only organisation able to give a tax deduction for a donation in support of a sporting project.

Who can apply?

Any sporting organisation, school, Council or community group can apply to register a project provided it and the intended project meet the ASF's criteria, which include that:

- it is a non-profit organisation, incorporated under appropriate legislation
- the project benefits the community by aiming to increase opportunities for Australians to participate in sport activities or to excel in sports performance
- the nature of the project is sport related and either: facility development, facility feasibility study, non-consumable equipment purchases, team travel, costs involved in holding major events, or sports development initiatives such as specialised coaching clinics
- the project and organisation are financially viable.

How to Register your Project

Applications under the Sport Incentive Program can be made any time throughout the year.

Eligible organisations can apply to register a project under the program for sport related projects. To find out more about the ASF or to request an application form and guidelines, please visit the ASF website www.asf.org.au or phone (02) 6214 7868.

LOCAL SPORTING CHAMPIONS - FUNDING FOR JUNIOR ATHLETES TO PURSUE THEIR SPORTING DREAMS

Have you or your team been selected to compete at a state or national sporting competition? Are you between 12 and 18 years of age? If so, you may be eligible to receive funding towards the cost of travel, accommodation, uniforms and equipment for your competition.

Apply now at: www.ausport.gov.au/champions .

NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due:

Monday 31st August 2009
be active. go for a paddle

SA STATE TEAM RESULTS 2009

CATEGORY	HEAT		REP		FINAL		WINNING TIME	SA Previous Times		
	PLACE	TIME	PLACE	TIME	PLACE	TIME		2006	2007	2008
Grand Masters Open	2nd	2.01.16			3rd	2.05.04	2.02.25	DNR	DNR	DNR
Grand Masters Women	1st	2.09.15			2nd	2.13.29	2.12.07		2.21.25	2.13.58
Grand Masters Mixed	2nd	2.01.46	1st	2.05.56	3rd	2.06.50	2.03.45	2.18.5	2.08.43	2.07.62
Masters Open	3rd	2.02.58			4th	2.06.09	1.55.47	2.16.48	2.02.815	2.06.05
Masters Women	2nd	2.11.59	2nd	2.15.07	4th	2.15.42	2.10.38	2.24.15	2.13.32	2.13.26
Masters Mixed	3rd	2.01.46	3rd	2.05.36	5th	2.08.28	1.58.72	2.17.15	2.05.64	2.04.68
Premier Open		DNR					1.53.22	2.14.59	DNR	2.01.37
Premier Women	4th	2.09.58			4th	2.13.01	2.05.33	2.20.93	2.11.39	2.14.12
Premier Mixed	3rd	2.04.07	4th	NTR		NTR	1.56.25	2.13.45	2.02.99	2.07.03

AUSDBF 2009 NATIONALS STATE CHAMPIONS

2009 AusDBF Australian Dragon Boat Championships - State v State Points Tally

6/05/2009

	Juniors			Premiers			Masters			Grand Masters			TOTAL
	Mixed	Open	Women	Mixed	Open	Women	Mixed	Open	Women	Mixed	Open	Women	
		4	3	2	6	5	5	6	4	6	7	5	
QLD	3	3	1	5	4	5	4		9	10	5	5	54
NSW	1	1		8	7	5	11	7	8	10	6	7	71
ACT	6	2	2	4	3	3						4	24
VIC				3			1			1			5
SA				1		2	2	1	3	5	3	5	22
WA					1		3	2	1	2	1		10