



Edition 35 – November 2009

## PRESIDENTS REPORT

Our racing season is now well under way with some contrasting weather conditions on all days. We started with some windy conditions on the Torrens for the 10s and went on to Wallaroo where in some extremely windy conditions; we raced mixed 10s and 20s in demonstration races for the Copper Coast Marina Festival. A great day was had by all and we will endeavour to make this a fixture in our annual race plans. The publicity should also help to boost the numbers for our newest group in Wallaroo who are presently working under the ASA banner – one of the old boats will shortly be relocated to their marina.



The Pub and Corporate Flight Training Challenge was held on a very cool and windy Sunday and with the help of a great team of volunteers, the day ran on time and from all reports, was a complete success. Both of the Torrens events were well attended and the 20s were run in almost perfect conditions – perhaps a little warm for some but no wind to contend with and we actually had some television coverage on the evening news. The organization of both events by Blade Runners, Sea Dragons and Water Warriors was excellent and it was a pity that the Adelaide City Council let us down on both days by being late to open the gates and provide access to electricity. There has been some discussion on the time allocated between races and if we are to keep to a tight schedule, it requires total cooperation from all – including start and finish volunteers, sea rescue and all teams. As in all things dragonboating it requires a total team effort. With the first meeting at West Lakes approaching, let's see if we can all work together and keep to a program – racing is only 10s over 200 meters so it is not a difficult challenge.

In the lead-up to the Nationals we have employed a Media Liaison Officer, Rob Bidmeade, with the aim of gaining more media

coverage for our sport both in terms of events and personnel. Rob has already interviewed several of our longer standing participants and we are hopeful of some local media coverage. In regard to the Nationals, we have had expressions of interest to volunteer from some 37 of our members and also some keen interest through the Sport SA database.

We will be conducting training and organising volunteer uniforms late this year and if you intend to offer to help out as a volunteer please advise Rick French ([rhfrench@bigpond.com](mailto:rhfrench@bigpond.com)) as soon as possible.

We have started on the refurbishment of the older Champion boats in preparation for the Nationals and Horatio has done a great job on the first – the green boat. He will be progressively working through the fleet and will complete the finish and polishing when all the boats are ready. Please look after these boats and enable us to present a fleet of well maintained boats for the Nationals in April 2010.

I trust that you are all enjoying the start of the season and look forward to a lot more close and exciting racing as the season progresses.

**John Holland**  
President - DBSA.

## ADELAIDE PHOENIX



In keeping with the ancient Chinese origin and tradition of dragon boating, Adelaide Phoenix Dragon Boat Club based its foundations on the

symbolism of the Chinese mythical firebird FengHuang, (Phoenix).

'Rise of the Phoenix' is our motto and we are certainly doing that! In just five months Adelaide Phoenix has grown from seven committed and passionate paddlers to twenty-five members and we're still growing.

The majority of our club is made up of absolute beginners who have come along (or been dragged, kicking and screaming) to give it a go and have stayed (of their own choosing) to be a part of our growing team. The experienced paddlers within the club have been very impressed with the commitment and focus

these guys have shown and how quickly they have turned into great paddlers (must be the coach).

As a club we take great pride in our camaraderie and sense of fun, along with a fierce determination to win. This drive will see Phoenix become more and more competitive in the races to come... so look out!

It was an awesome experience to compete in our first race day, the Torrens 10's. We were all very nervous and excited but the encouragement from fellow paddlers both within our own club as well as from other clubs was inspiring. Then to back it up in Wallaroo where we proved our enthusiasm and passion to paddle hard and party even harder, the experiences we shared will live in our memories for a long time to come.

Back to the Torrens with the 20's racing. We faced sweltering heat and fierce competition and loved every minute of it! We can't wait for the start of the regattas, and away from the blue green algae. We'd like to say a big thank you to all the other clubs for their encouragement and support.

See you on the water!



## ADELAIDE SEA DRAGONS

### Streaky Bay Training Camp

Months of planning by Kath de Ross saw the arrival of the 27 Adelaide Sea Dragons, friends/partners at Paul and Jane Carey's place "house on the hill" just outside of Streaky Bay on Saturday 3<sup>rd</sup> October at 0700. Breakfast was served and the weary travelers (overnight trip from Adelaide on bus) stretched their legs, fuelled up and hit the caffeine to help them fire into the day.

Combined training with Adelaide and Streaky Bay Sea Dragons saw 2 near full boats paddle from the jetty out to the boat ramp, 12km return trip. With hit and glide, pyramid work and races the teams were put through their paces.

A reorganisation of the two crews after lunch set the teams for the rest of the weekend, and no we are not competitive! A race with sprinting, near collisions almost roll over's and collection of paddles on each of the 4 circuits gave the teams much to do.

The exhausted crew made it back to their accommodation and homes for a quick change and off to the Bowling Club from "Night Owls" bowling. On arrival a feast of Yiros greeted one and all. A near full moon and beautiful sunset set the scene for a very enjoyable evening.

Laughter, bantering, whooping and encouragement from the 32 people rang around the green. A selection of home made deserts were eaten throughout the night. Presentations were made to the winners and people headed home about 9.30pm.

Early to rise we gathered back at the Club rooms on Sunday morning. A steady paddle across the other side of the bay stretched a few sore muscles, with a visit from a pod of dolphins. Arriving back to the Club rooms, we were all pulled back into our teams and on shore team games commenced. Kath and Ray de Ross were the "referees" ensuring that all was above board. All joined in with the camaraderie and team spirit. The "ball game" tested reflexes, concentration and mateship but we were all thrown into a fits of laughter when a teddy bear was produced to throw instead of a ball! Just when we thought things were winding down for the weekend the second "race" of the weekend was on. Once again we had John and Chris sweeping the boats and just for something different John's team decided to paddle backwards to go out to the rubber duckie (acting as the buoy we had to go around), this was a tactic to save some time turning around at the ramp, and yes it did work as they were the winners after the 4 circuit race.

Once again the fierce competitiveness came out and both teams did their best to collect all paddles and reach the beach first, I think many were surprised we all stayed in the boat and no major damage was done to the rubber duckie, boats, paddles or paddlers.

Most people had time in the afternoon to relax, sight see or hit the op shop (this was opened especially for a couple of hours for dedicated buyers).

Paddlers from Adelaide and Streaky Bay as well as friends and family headed to Moceans restaurant on Sunday night, a buffet meal was enjoyed by all with local fish and produce featuring. A presentation was made to the "Dazzlers" team who through points gained over

the weekend won the perpetual trophy. An invitation was made by Chris Woods for the Streaky Bay crew and family/friends to join the Adelaide Sea Dragons in Adelaide next October long weekend, planning has begun and the cooking will start when the crew get home! Back home.....The bus loaded up with the Adelaide crew and departed Streaky Bay 0900 Monday morning with all on board thinking that was the end of entertainment and everyone started to relax into their seats for the journey home. NEXT STOP Poochera Pub. Part owner and fellow paddler George Gutteridge gave a tour of the pub and information about the "ants" from the area was forth coming. Back on the bus and over to Kath to help all while away the hours. Thanks goes to all the crew in Streaky Bay which made it such a team building, training, fun camp. The food was beautiful and plentiful; the weather near perfect and the entertainment was well done. Of course the west coasters know it is not a short trip and thanks go to all who ventured over and last but not least Kath de Ross you have done it again!



## WATER WARRIORS

The annual Water Warriors training weekend was held on the long weekend in October. 6 cabins were booked this year at the River Palms Holiday Park. Most of our members attend this weekend every year and have a really good time. We have managed to pick up quite a few new members this season and they were encouraged to come along, which most of them did.

The weekend consists of 2 training sessions on the Murray on Saturday and Sunday in the old green dragon boat and quite a bit of drinking and socializing. Coach doesn't mind how much you drink, but you better be up and ready to train the day after – or else! In the past we have held a talent show on the Saturday night, but unfortunately, over the years it became the same ole people putting on the show, so...this year we

tried something a little different, an "Op Shop ball/night".

The BBQ area was tarped off and we had 3 braziers going, so it was nice and warm. We had a variety of different looks on the night, from the glam to the bogan, to a cross-dresser with a blonde wig (mind you, this person doesn't need much of an excuse to get a dress on, you know who you are)! Great photos of several members, I have been told, appear on one paddler's face book. We also attempted to play some sort of charade game which was short lived, so we cranked up the stereo and got into the night. In light of the good time had by all at the ball, we have now had to book out the whole top part of the caravan park, after a complaint was made about the noise about 3am (could it have been the noise perhaps from the performance by one of our new Kiwi teammates, or perhaps one other paddler and his guitar as he tried desperately to remember the words! Anyway, all sorted... we can be as noisy as we like next year! I think the last straggler went to bed about 5am!

Thanks to Darren for supplying the BBQ meat and chickens, and those that helped with the cooking of the above. Thanks also to all members for contributing salads and desserts for the weekend. Thanks also to Phil and Barb from the River Palms Holiday Park, Blanchetown.

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## NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due:

**Friday 29<sup>th</sup> January 2010**  
**be active.** go for a paddle