



PRESIDENTS REPORT

Welcome to another edition of Dragon's Breath. We are approaching the end of our racing season and the quality of racing has been excellent. The State Team training is increasing in intensity and the squad has been announced. Congratulations to all who have contributed to date and I'm sure that we will all be proud of the efforts in Penrith over Easter.



Volunteers have remained an issue and we continue to struggle to find sufficient numbers to efficiently run our race meetings. We have joined Volunteering SA and have had one volunteer come forward which we hope will be just the beginning. We welcome Susan Antoun who has been rapidly gaining experience in the judging tent and hopefully she will continue with us. Michael Geising has been our starter for the past two meetings and his calm and efficient handling of the role has made a difficult job much more enjoyable for all concerned.

There has been a suggestion that we employ people to run our race days and as a rough estimate we would need to increase our registration fees by about \$20.00 per year to cover this. Any feedback from participants would be appreciated as we consider our options. We also must bear in mind that it won't be easy to employ people and the volunteer option may remain our best course.

Unfortunately we have again had behaviour issues and I remind all participants that we not only need to respect our officials but also our fellow participants. Officials are also required to consider participants and please remember, offensive behaviour is simply not on.

AusDBF are in the process of initiating a national database which will see each registered participant issued with a photo ID card. It is proposed that each club be charged with the responsibility of photographing their own members and uploading their information onto the database. The database will be accessed via the web and will be accessible to DBSA who will print off the ID cards. Training will be provided to all clubs and although this system may appear to be a lot of work for the individual clubs, the benefits on a Club, State and National basis will be considerable.

Our Annual Presentation Dinner will be on Saturday 19th May at the Royal Adelaide Golf Club which was

the venue for last year's very successful dinner. Please keep this date clear and I encourage you all to attend our premier social event.

We are also working with the Renmark Community Club to stage an event on the Murray on a Saturday evening under lights. The proposed dates are 27th and 28th October and the rough program at this stage will involve Sports Clubs and Corporate Crews from the Renmark area plus Skins racing for the Adelaide crews as a demonstration event. Put the dates in your diaries and there will be more information on the weekend closer to the time of the event.

Finally, your Board has been discussing Succession Planning to ensure that the Association continues to grow and the right people are given the opportunity to contribute in the leadership of our sport. We will quite likely be making a recommendation that we increase the Board size by one or two members and that these positions be Board appointments with the objective of sourcing people with the required skills for identified roles.

Our Strategic Plan is about to be adopted and gives us direction for the next four years and as you can all see, the Association is thriving and our sport is rapidly gaining in popularity.

Good Luck to all for the balance of the season and all the best to our State Team for the Nationals.

John Holland, President - DragonBoat SA

THE FACTS - BE ACTIVE TIP NO. 6

DEALING WITH SETBACKS - **be active** Tip No. 6

Once you start to **be active** regularly you may find that something comes up that breaks your routine. That's okay. The key is to treat these setbacks as temporary and to get going again as soon as you can!

When facing setbacks, it may help to:

- Try a new activity if you are battling with boredom.
- Use breaks like holidays to be active in different ways.
- Remember that physical activity can help to beat the barriers of tiredness and stress.
- Find a friend with similar interests.
- Review the times that you are being active – are they practical?
- Set some new, short-term goals if your routine has been broken.

Find out more by visiting www.beactive.com.au

NEW KIDS ON THE BLOCK

As part of the Move It Keeping Communities Active Program grant, DBSA ran 3 Come & Try Sessions. One at each of the following venues: West Lakes, Murray Bridge and The Torrens. We also ran the University Head of the River where the teams competed for the Lord Mayors Cup.

We saw 452 people exposed to our sport through those events plus some come & try sessions in Port Lincoln.

From those sessions, 137 people did the 4 week training program run by DBSA volunteers.

Thank you to the SADA, Powerblades and ADR SeaDragons members who volunteered and assisted me in the running of those events.

As a result of the 4 week program, we saw some newbies join various clubs plus the formation of a new team called Tenix Blade Runners.



Early days for Tenix

Steven and I have taken on the role of coaches for Blade Runners.

After only 3 sessions of the 4 week program, Blade Runners competed on The Torrens in the Corporate/Social category finishing 3rd. They also competed at The Pub Challenge Race day.

With only a few training sessions from early December till January 14 they competed on Raceday 1 finishing a credible 2nd in both of their races in what were atrocious conditions.

Raceday 2 saw Blade Runners win race 1, come 2nd in race 2 and win races 3 and 4. Not only did they win 3 out of their 4 races but they also became the first and only Social B team to break the minute. They did that in their fourth race when they won by a boat length with a time of 59:72. [see photo] They are currently sitting equal top in Social B.



Tenix Winning

You can see from the two photos how much they have improved their timing. The photos were taken and supplied by Craig Simms from Tenix.

*Julie Clinch - DBSA Female Vice President
Participation & Development Portfolio Manager*

SA DRAGONS ABREAST

SA Dragons Abreast again participated in the Brighton Jetty Classic Swim Event held on 4th February. Several members sacrificed their opportunity to participate on race day to help run a food stall to raise funds for our trip to Penrith in April. We have been fortunate to secure this opportunity on an annual basis. Our presence at the event enables SADA to not only provide some information about breast cancer issues through the 'pink lady' image but also to raise some awareness about Dragon Boating in general and the support given to us through DBSA. We are hoping that in future years it does not coincide with a race day!!

The day did not go without its dramas! We had three fires whilst setting up our stall and a 'run in' with the health inspector before we started trading, plus it was a 'scorching' day. Having rectified the Health issue, I nearly missed my start time for the 400metre swim and ended up wearing the wrong time tag which belonged to a more able athlete - she was not impressed!!

Thirty breast cancer survivors from our SA teams attended a combined dinner this week to hear the National Coordinator of Dragons Abreast Australia speak about the "Abreast in Australia 2007" regatta. 2000 breast cancer survivors from all over the world are expected to attend the event being held in Caloundra in September this year. Representatives from all four SA breast cancer clubs will be attending.

We have a group of 45 members and supporters travelling to Penrith for the National Titles in April and seven members training with the state squad.

I would like to wish all teams the best of luck for both local and National competition for the remainder of the season and to thank DBSA for their ongoing support.

Judi Sweatman, President - SA Dragons Abreast



be active. go for a paddle

ADR SEA DRAGONS

CAROLS BY DRAGON BOAT



In early December a call went out to ADR Sea Dragon members to find out who would be interested in taking part in a 'Carols around the Island' on the evening of Sunday, 17 December.

Well, the response was overwhelming, and it also highlighted what a great bunch of people dragon boaters are.

Everyone arrived at the boatshed in the spirit of Christmas (not the liquid kind) and were decked out, from head-to-toe, with all sorts of bright, flashing and sparkling decorations.

The two boats were also decorated with lights and tinsel. Taped music was placed in each of the boats, and we set off around the island, along with a group of canoeists who also participated in the event.

Santa was sweeping one of the boats, dressed in his red suit, and onboard was his sack of sweets for the crew to give out to the younger children along the way.

Rudolph was sitting back with his fellow reindeer in her special Christmas underwear.

It was obvious from the reactions and looks on people's faces that live around the lake, that they thoroughly enjoyed this Christmas spirit and gesture from the ADR sea dragons and the canoeists.

The crews also had a great time paddling, singing carols and interacting with the Lakes' community.

It is such a beautiful time of the year, and we cannot wait to go out again in the 2007 festive season.



PADDLERS OF A DIFFERENT KIND

3am in the morning is not your usual time to go paddling, but once a year, on New Year's morning, there is a group of people silly enough to do just that. This year was no exception.

19 geriatric, delinquent ballroom dancers all 50+, still hyped up after midnight revelries, headed down to the lake with our canoes to burn off some adrenaline.

All decked out with totally unconventional flashing "navigation" lights; we headed off around Delfin Island.

The weather this year was absolutely perfect – warm and still (exactly what any of us would like when we go paddling at 3am).

On our way around the island we came across several "Land Lover" parties that hadn't yet exhausted themselves.

We greeted their bewildered looks with a hearty "HAPPY NEW YEAR".

Who knows what went through their minds when they saw strange lights appearing out of the darkness.

Arriving back to DBSA's boatshed, it was time for some liquid refreshments and to set-up kitchen for a pancake breakfast. There is nothing quite like pancakes, maple syrup, jam and cream, hot off the pan in the first light of a new day... and a NEW YEAR.

This "mad" tradition originally started on the morning of the year 2000, when we all thought it would be a good idea to "party on" down by the lake and see the new Millennium dawn.

Co-incidentally we chose to set up outside DBSA's boatshed as the ideal spot, (which it certainly turned out to be). No canoes. No thought of paddling then. There was over 40 of us on that first morning in 2000.

The next year we decided, "Why not paddle our canoes?", thus started the tradition of decking out our canoes with lights and paddling the lake.

Since then some of us graduated to "real" paddling when we became involved with ADR Sea Dragons. Most people would know Colin, Jan, Keith, Deslie and me who are mad starters every New Year.

Perhaps next year there might be a crazy enough crew to join us early New Year's morning with a dragon boat as well.

John Klopp



VOLUNTEER OPPORTUNITIES

Openings for volunteers to assist in the conduct of race days in a variety of exciting capacities.

Not all are required for local race days but the main opportunities include

- assistance in the judges tent - camera operator, data base entry and printing of results, posting of results on a notice board - 2 people
- team liaison
- boat marshalls (a couple)
- relief race starters
- a course umpire or 2
- announcer

There is a free half day officials training course that applicants can attend. On the job training is also provided.

All races are at West Lakes, on Sunday and racing is usually from 9am to around 3pm.

Race set up is from 8am

For volunteers we have

- uniforms
- sunscreen available
- comfort breaks
- a lunch break
- some food and drink supplied
- parking is available on site

All officials and volunteer duties are outlined at www.dragonboatsa.com

For further enquiries please contact
Marie Cunningham, Secretary - DragonBoat SA
Phone: 8172 1133 or email
secretary@dragonboatsa.com

2007 RACE DATES

Season competition racing continues with 2 race rounds - all after Christmas and at West Lakes

Round 4 11th March
Round 5 1st April

NATIONALS - 5-8 April 2007 - Penrith, Sydney

World Police and Fire Games - 17-18 March (Torrens Lake)

CONGRATULATIONS

Congratulations to the following paddlers who have been accredited with Level 1 Coaching:

- Greg Bond – Waiwila
- Beverly King – Adelaide Survivors Abreast
- Colin & Deborah Attewell – Water Warriors
- Brooke Dowd – SA Dragons Abreast
- David Brugioni – Black Dragons

8th IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS



"DRAGONS DOWNUNDER"

Sydney, Australia, September 19-23, 2007

The 8th IDBF WDBRC will take place at the Sydney International Regatta Centre (SIRC), located at Penrith (Sydney), Australia from 19-23, September 2007. The Opening Ceremony will be held on 19 September 2007, with Championship Racing from 20-23 September, inclusive. **Competing Teams are expected to arrive in Sydney between Saturday, 15 September and Monday 17 September 2007.**

The SIRC is a purpose-built artificial Regatta Centre, which was internationally acclaimed as the venue for the rowing and canoeing events at the Sydney 2000 Olympic Games. The SIRC is 44km west of Sydney Olympic Park, Homebush Bay and set on 196 hectares of landscaped parkland.

COMPETITION CLASSES

The following Championship Competition Classes will be contested provided that at least six (6) entries, from different Countries or Territories are received, per class. Six or more different entries are required for World Championship status. By exception, competitions will be held for Classes with three (3) to five (5) entries per competition class but such competitions will only qualify for IDBF Championship status.

	Premier Racing Division	Senior* Racing Division	Grand Dragons** Racing Division	Junior*** Racing Division
Open	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m
Mixed	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m
Women	200m, 500m, 1000m, 2000m	200m, 500m, 1000m	200m, 500m	200m, 500m

* Seniors - over 40 as of 01/01/07, **Grand Dragons - over 50 as of 01/01/07,

*** Juniors - under 18 but over 11 as of 01/01/07.

Further information is available from the following website www.dragonboat07.com.au

NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due

Friday 13th April