

# PADDLERS REQUIRED

Are you a committed paddler ready to take the next step?

Would you like the opportunity to represent your State?

What about the chance to represent your Country?

If you answered YES, we'd love to see you try out with the State squad!

## State Training Schedule;

Once a week at **9.30am** on **Saturday** morning, starting on the **7th October 2006**.

Then,

Three times per week from **January 2007**, Saturday, Monday and Wednesday.

The intensity of training through the season will be increased to prepare paddlers physically and mentally for the competition ahead. With this preparation paddlers will become as fit, strong and focused as possible, this will ensure our competitiveness at the Nationals and the Worlds in 2007.

**IDBF World Championships  
Penrith NSW In September 2007.**

**AusDBF National Championships  
Penrith NSW April 2007**

The DragonboatSA appointment to the State Coaching position for the next two years, has been delegated to the joint application of Peter Bristow / Gavin Kohler.