



NEWSLETTER

March 2014

Training Times



Tuesday	5.30pm to 7.30pm (6pm on the water)
Thursday	5.30pm to 7.30pm (6pm on the water)
Saturday	7.00am to 9.30am (7.30am on the water)
Sunday	7.00am to 9.30am (7.30am on the water)

Dragon boating is for everyone and anyone of any age, shape or size. It is a dynamic and exciting sport with many opportunities to compete at state, national and international levels – what other sport gives an ordinary person the opportunity to do that?

Queensland Dragon Boat Federation Vision & Values

As a sporting governing body and a team of individuals, QDBF values integrity, respect, flexibility, teamwork, dedication, and quality.

The QDBF is guided by these seven core values:

Integrity

QDBF adheres to the highest standards of conduct and moral behaviour, and maintains the highest level of ethics in all actions.

Transparency

QDBF encourages transparency and accountability in all its actions and dealing. Access to information is available on request.

Respect

QDBF fosters diversity, values people and their contributions, and treats them equitably, fairly and with dignity, care and respect.

Flexibility

QDBF is an organisation that is adaptable, flexible, and able to think 'out of the box'. This flexibility allows them to provide members with a different way of looking each situation and to deliver outstanding results.

Teamwork

QDBF takes joint responsibility through teamwork and works together to achieve great things for dragon boating, clubs, and paddlers.

Dedication

QDBF will go that extra mile to achieve results on time, every time, and for the betterment of dragon boating.

Quality

QDBF will deliver excellence and the highest quality in their management of dragon boating, strive for continuous improvement, and respond vigorously to change. They will always endeavour to impress members by exceeding their expectations

“Suck it up Princess”

Correct Paddling Technique

BASIC GUIDELINES:

- Keep the paddle vertical when the blade is in the water (top hand over bottom hand)
- All body movements are in a general forward movement, not off to a slight angle to the side
- Minimize movement when in the boat, any rocking of the boat will reduce the glide
- Keep the paddle as close to the gunwale (side of the boat) at all times, during the stroke and also during the recovery
- Try to recover with the blade as close to the water as possible, to reduce any wastage in extra movement
- Keep your head up while paddling, to be able to keep time with the lead stroke plus to keep your airways open for breathing
- Bottom hand should be gripping around 4" up from where the shaft meets the blade (I see a lot of people holding the paddle too close to the blade – personally I tape my paddle to mark the place where my hand should be); if you hold too near the blade, it will limit how far you can reach
- Paddle length: all the men should be using at least 49"; most of the women should be using 48–49"

ROTATION AND EXTENSION AND FORWARD LEAN:

- Rotation starts from the (1) hips, (2) lower back, (3) upper back, (4) shoulders, (5) extend arms
- To maximize reach and extension, concentrate on bringing your outside arm parallel to the water before the catch and extend the bottom arm straight (see photos)
- For me, good rotation means that you will put most of your weight on your outside butt-cheek with the other side slightly lifted off the bench
- I still like to keep my outside leg forwards, and I find that I put a lot of weight on my leg as well during the rotation (compression), such that when I catch and pull I am able to use my leg to push off for extra power (somewhat more advanced technique, took a good couple of years to start using my legs more – this is where OC practice can really help as well)
- Lean forwards at all times, it really helps with to get more length on the stroke – also if the person sitting in front of you is not leaning, it will shorten the stroke of the person behind. It is important that everyone leans and keeps leaning throughout the race/practice. Very tiring to those not used to it, but it gets better over the course of a month or two with regular practice
- Think about leaning and reaching and extending out slightly more than what feels comfortable – the “regular” stroke for most people probably can be optimized with a little extra reach to add additional length to the stroke

SET UP:

- Plant your paddle into the water before you start to pull
- The catch should be silent without any splashing (otherwise that means you are starting to pull before a full catch)
- Keep the stroke up-front, and do not pull back too far

PULL:

- Keep your core tight as most of the work during the pull is coming from your back and legs (not from the arms)
- Lock your bottom arm while pulling
- Push with your leg for extra power
- Think of the pull as if you are pulling yourself and the boat up to the paddle, rather than pushing the paddle into the water

EXIT AND RECOVERY:

- Exit when the blade reaches your mid thigh as pulling back too far will create drag
- Another technique to consider is to exit once your top hand reaches your shoulder level
- Try to recover without “flaring” the paddle too much to the side – keep the motion economical and if possible in the forward direction only
- As you exit the water, you can do a slight inwards twist with your wrists to break the pressure of the water against the blade of the paddle to aid the exit motion

Instructional DVD re correct Dragon Boat Paddling Technique

http://www.youtube.com/watch?feature=player_embedded&v=RwWYGpU9Emo

“Suck it up Princess”

NEW AGE RULES

Following a recent meeting of all States and Territories and AusDBF, the age rules have been modified, and come into effect immediately.

Competitors will be eligible to race in an age category if they have their birthday for that division by 1 June 2014. In future Championships, the 1 June cut off will be applied for that year.

For example, if you are 49 years of age during this year's Championships (16-20 April) but turn 50 before 1 June 2014, you are eligible to race in Senior B (50+ category). If you turn 50 later in the year, you won't be eligible for Senior B until the 2015 competition.

While this will affect a very small amount of competitors, it will make planning crews and entries a little easier with the AusChamps always held in April, but on different days and dates each year.

WHAT'S HAPPENING....

- *9 March Te Waka Regatta – Lake Kawana*
- *29 - 30Mar State Titles – Lake Kawana*
- *15 -21Apr National Titles – Lake Kawana*
- *2 Sept Club Crew World Championships – Italy*
- *8 - 9Nov Pan Pacific Masters Games – Lake Orr*

VOLUNTEERS WANTED - NATIONALS KAWANA

QDBF / Aus Champs Organising Committee need enthusiastic Volunteers to help make the 2014 Aus Champs a success and are looking for people to assist with the following:

- After Party - venue has been found but need assistance with the food package & entertainment
- Merchandise - QDBF have some ideas but need the assistance of someone to complete the finer details
- Food vendors - QDBF have some contacts from those used at our States but need someone to co-ordinate between vendor & Aus Champs OrgCom
- Site set up & pack up - set up is on Monday, 14 April and pack up on Monday, 21 April. These are non-racing days & many hands make light work.

All of these roles should have minimal impact during actual race days (Wednesday 16 April - Sunday 20 April) so you will be able to still race (unlike officiating or volunteering during the event when unfortunately you cannot race as well).

“Suck it up Princess”



URGENT

**Burleigh Fire Dragons club
needs you!**

States Titles:



Please let Allison or Bill know
if attending States –
March 29/30 2014, please do so ASAP – so crews
can be sorted....

National Titles:



Australia National Titles 15 to 21 April 2014
Please let Allison or Bill if attending –
so crew selection and training
can proceed.

“Suck it up Princess”

It is imperative to let Coaches know, so crew categories can be sorted and everyone can be advised what crew you will be in. We also need to finalise accommodation – please see Kaye Hart for details.

Have a talk with someone who has attended States & National in the pastto get an idea of how exciting it is...

Dragon Boat Humour

Top ten signs that you're a Hardcore Dragon Boater:

10. After a meeting at work, you form a line outside the boardroom and high-five everyone as they file out.
9. Brother's wedding or the States Dragon Boat Carnival? Why, that practically answers itself.
8. When stopped at an intersection, you see a car creeping over the solid white line and yell, "man in the red Ford back-paddle 2 strokes or you're disqualified!"
7. You have calluses on your ass and palms the size of coins
6. When running with your friends to catch the last train home from work, you yell "Get ready to lift, Now!".
5. You are starting to resemble the body shape of a gorilla.
4. You know what a heart attack feels like already.
3. You argue with a 90 year old lady who is sitting in the middle of the bus, claiming that you always sit in the 'engine room'.
2. After a bout of lovemaking with your significant other, you say 'let it run'
1. You have finally found something that smells worse than your running bag...PADDLING SHOES!

“Suck it up Princess”

BFD MEMBERS AND FAMILIES BIRTHDAYS



Happy Birthday Everyone

10 March Andrew

11 March India

17 March Grace

20 March Narelle and Pat S

28 March Bridget

28 March Con Dimauro (Welcome to GGD's)

BFD Member Profile



Cliff QUINLIVAN is a qualified (10yrs Experience)
Masseuse, trained in:

- Remedial Massage (Government Accredited)
- Sports Massage
- Relaxation Massage
- Reflexology
- Reiki
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So if you require a good massage after training or States
get in contact with Cliff on: wombat4221@y7mail.com

“Suck it up Princess”



Burleigh Fire Dragons

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