



# THE DRAGON'S HEAD



## State Squad

State squad going really well and even though we only had 2 sessions teams seem to be bonding well together and the feed back from paddlers is that people are talking to each other from other clubs and there isn't that us and them scenario.

We had a couple of injuries with the warm-up sessions but the paddlers attitude are positive and everyone seems enjoying themselves. We have some of the best coaches in Qld and with that comes a wealth of knowledge and experience.

**Grand Masters** - Blair Gamble, GM State Coach  
Saturday the 6th of February saw the Queensland State Team training at Varsity Lake on the Gold Coast.

The Grand Master team turnout was excellent. Two boats of women and one of men. This could give us five teams down at Adelaide, and lots of paddling on the day.

It was good to see the bonding happening, this was very similar to when we all went to the World Titles in Sydney. Let's keep that spirit going.

One thing noticed was the raiding of our division by the Master's coaches who nicked a few GM's for their team, and of course we were pulling some GGM's out of Ross Boyce's crew. This shows the quality of Queensland paddlers that are able to drop down a category and still be very competitive.

Many thanks to the Gold Coast clubs who provided the gear for the day. Next session is the 27th Feb. at Colmslie.

This does clash with the Chinese New Year regatta at Sydney where the Dragons Abreast girls will be competing but we will still have plenty of work to do.

## Coaching and Sweeping Workshop for Regional Clubs

Queensland Dragon Boat Federation (QDBF) is organizing a Coaching/Sweeping workshop weekend to be held on the 6th and 7th March, 2010 in Townsville.

Members of Cairns Dragon Boat Club, Mackay Stingers, Dragons Abreast Mackay, and Dragons Abreast Townsville are all invited to attend.

This weekend will be a full on, hands on learning experience for all – from beginners to the more experienced, so this is an awesome opportunity for all club members to come along and join the fun.

The workshop will include coaching techniques, coaching tips, videoing and technique analysis, sweep instruction and training, plus extras. On hand will also be a QDBF Management Committee member to answer all questions regarding Club administration issues, insurance, etc.

As part of our workshop, DA Townsville will be hosting a "Come & Try Day" on Sunday 7th March, from 10 a.m. to 12 noon on the beach near the Sailing Club, to promote the sport to the local community, and to build interest in forming a sports team.

2010 will see QDBF send many experienced and qualified dragon boat personnel to clubs to assist and to share their knowledge.

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## Project Officer

With only 7 weeks to go on her contract, QDBF Project Officer, Annette Densham has resigned from her position. Annette was involved in the initial writing of the grant application to Sport and Recreation.

The success of gaining this 3 year grant for QDBF has helped dragon boating to grow in Queensland and Annette's contribution is very much appreciated.

Her latest projects, Come & Try sessions in Gladstone and Airlie Beach will be followed up by the Development Director.

We wish Annette all the best with her new employment and future endeavours.

## Profile

### President-Gary Ellis, President, QDBF

It has been a busy couple of months what with the AGM being late, Christmas and the States coming up, we also had the added work load due to the requirement to adopt the AusDBF Rules of Racing and to attend the AusDBF Presidents meeting to ratify those Rules.



The committee has settled in and is working well as a team with each individual committee member having their own issues and roles to work on with support from each other, we have a lot of work to clear up this year but we will get there.

### Looking Forward

- On Line registration, AusDBF have adopted a online registration system which QDBF signed up for last year so we will be having a look at how it works and will provide feedback and information to clubs as soon as we can
- Sweep Manuals, AusDBF are rewriting the sweep manuals and Dallas has submitted feedback from our Queensland coaches to AusDBF
- Development, our Risk Management Plan and Development Plan need rewriting and we have begun on this. QDBF will also be applying for more Development Grants for next year when the Sports & Recreation Department have received the approved program from the Queensland Government

From a paddlers point of view I, like everybody else, am ramping up my training regime to perform at my best in the Queensland State Titles and maybe as a member of the Queensland Representative Team for Adelaide so good luck to all and I will see you on the water (hopefully not a view from behind), lets hope we have a good and full regatta season.

## Great Grand Masters

Continuing from where we left off at the 2009 Australian Championships at Lake Kawana, I wish to confirm that Great Grand Dragon Category is still attracting an enormous amount of interest nationally.

In April 2009, Queensland had 72 paddlers on our data base; this number has dropped marginally over the past twelve months. The AusBDF Rules & Regulations of Racing prevent doubling up of divisions and has reduced the spectacle of what would have been a huge showing in Adelaide; if last year's demonstrational races were an indicator.

On each race day we had eight boatloads of 60 + year olds using every bit of muscle and sweat paddling their boats down the course to a rousing reception at the finish line.

Subject to continuing support, 2010 Australian Championships will be the 1<sup>st</sup> Official Race of this Division (GGD) in Australia. Unfortunately, it would appear this will only be in the Mixed Category due to the above mentioned ruling. Be that as it may, we have approximately 28 paddlers striving for a place on the team to represent Queensland as trailblazers in this historic race.

Good luck & safe water  
Ross Boyce, GGD State Coach / Coordinator

## June 13 Festivals - Forest Lake

A combined Multi-Cultural and Dragon Boat Festival is being held in the BCC Parkinson Ward.

More details will be forthcoming over the next month or two.

The two dragon boats gifted by the City of Kaofisiung will be there on the day.



## Coming up ...

**NEXT REGATTA: BROADWATER DRAGONS – Sport Regatta, Emerald Lakes, Gold Coast, Sun 21 February 2010**

### QUEENSLAND STATE TITLES

Kawana Waters  
20 & 21 March 2010

### AusDBF NATIONAL CHAMPIONSHIPS

West Lakes, Adelaide SA  
22 – 25 April 2010

### COOLANGATTA/MT WARNING DRAGON BOAT CLUB –

Corporate Regatta,  
2nd Boat Ramp, McLeod Street, Condong  
Sunday 30 May 2010

### BRISBANE RIVER DRAGONS -

Sport Regatta, Kawana Waters  
Sunday 11th April 2010

## Lakers Dragons in Focus



In October 2009 after training for 4 years at Forest Lake, the Lakers Dragon Boat team have made the move to Springfield Lakes following an invitation from Delfin Lend Lease to start training on the recently filled lake there. Since moving there membership has been increasing and after a recent "Come and Try" day at the Summer Buzz festival at Springfield Lake numbers are looking to increase even more. The Lakers are currently working closely with the Ipswich City Council and Delfin Lend Lease to secure a home base near the lake which is proving to be a great venue for training. All of the Lakers paddlers are very excited about the move and are looking forward to a great future for the club in Dragon Boating.



**Rough weather entry to Weinam Creek.**

## Redlands Sea Dragons Go from Strength to Strength

There's no holding back the Redlands Sea Dragons who have been busy and active on all fronts!

In recent months club paddlers have been right into their training and looking great. After recently undergoing technique analysis via the computerised paddle diagnostic, paddlers have been intent on applying the results to their training, with encouraging results.

Club members held a successful end of year "have a go" barbeque and paddle at Thomson's Beach Victoria Point, and recently enjoyed a rip roaring New Year's Eve celebration at the club rooms, with ethnic dancing and revelry!

A successful chocolate drive at the end of the year was a great way to boost club funds and a Bunnings sausage sizzle has continued the trend.

Redlands Sea Dragons, seen here in their stunning new club shirts, are going from strength to strength with club numbers swelling and dedication and commitment being shown by all. Well done Redlands!



## Classifieds

### RACE SINGLETS For Sale

Maroon Lycra race singlets used once only for a corporate event.

Sponsors' logos on front & Queensland printed on back.



Perfect for club training \$ 5.00 each, Sizes 10 -16  
Quantity 30

Will be sold at Broadwater Regatta on Feb 21st

### GREY OWL PADDLES – February & March 2010 Special

C. High Performer - \$64 plus GST, normally \$80.30

D. Carbon Shaft - \$125 plus GST, normally \$143

E. JET Carbon - \$182 plus GST, normally \$220

Tried, tested and true with over 20 years of experience in manufacturing canoe paddles and still a winner at elite level, Grey Owl paddles stand the test of time.



Contact: e: [gopaddle@bigpond.com](mailto:gopaddle@bigpond.com) or p: 0412 692 458

### FOR SALE – Old Style Dragon Boats

Redlands Sea Dragons

1x in excellent condition, 1 x in VERY good condition.

Enquiries to either:

**Leisa Fein:** m: 0427 768 966, e: [elfiendish@bigpond.com](mailto:elfiendish@bigpond.com)

**Eduardo SiFontes:** m: 0431 993 031, e: [sifontese@usa.net](mailto:sifontese@usa.net)

## For All Drum Repairs

Can you please forward to all clubs that drums can be repaired at the following:

Rae-Line Queensland

Contact Kellie Vorhauer

2/16 Industrial Avenue, Molendinar, QLD 4214

p: 5564 9565, f: 5564 9562, e: [kelliev@rae-lineqld.com.au](mailto:kelliev@rae-lineqld.com.au)

## Entry System - Online Now

Entry to the AusDBF Australian Dragon Boat Racing Championships 2010 will only be accepted online. The link that the club's team manager (or designated person) must click on is:

[https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display\\_event\\_detail&EventID=3652&orgid=3741](https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=3652&orgid=3741)

Details are now being forwarded to all clubs.

The entry system closes on 14 March 2010.

## Sport Regattas 2010-2011 Season

QDBF has allocated regatta dates and venues for the 2010-2011 season. Clubs can submit an Expressions of Interest to host a regatta on a nominated date. Expressions of Interest can be done via email before 24th February. Details have been forwarded to all clubs, any further information contact the Development Director – [development@qdbf.com.au](mailto:development@qdbf.com.au).

The dates available are: 15 August, 19th September, 17th October, 5th December, 30th January, 13th February.

## QDBF Web site - Check it out!

The navigation bar has been reorganised to be more user friendly and some drop down heading have been deleted. We are currently working through each drop down menu to bring them up-to-date.

In the Events/Grants/Training there is a continuous flow of entries being made, especially in the Events Schedule.



## Share your news

Got some news, information or pics that could be included in *The Dragon's Head* newsletter? Send your contributions to [info@qdbf.com.au](mailto:info@qdbf.com.au). Even if you just send your club newsletters – be great to hear what you are all up to.