



Dragons Abreast Sydney  
 Sydney Coordinator – Wilma Kippers  
 Email: [sydney@dragonsabreast.com.au](mailto:sydney@dragonsabreast.com.au)  
 PO Box 133, Pyrmont NSW 2009  
 Editor: Kerry Enemark

## Tacoma 2010

### Ruth Turnell reports on a great day of racing at Tacoma.

Once again the Tacoma Regatta on the Central Coast proved a draw card for DASzlers with a good contingent of paddlers making the trip north.

Amongst our paddlers was an enthusiastic group of newbies, who excelled in their first regatta. These virgin regatta paddlers included Donna Robinson, Colleen Henry, Louise James, Beth Jacob and Julie Grantham.

While somewhat nervous, our newest recruits agreed it was a great experience and they will all be lining up again for the next regatta!

Tacoma was the venue for Deb Hirst to complete her first accredited sweep at a regatta. With a sick feeling in the pit of her stomach, Deb got into the boat for her first time sweeping a race.

The excitement at crossing the finishing line "having not gone off course, not having had to stop the boat, not falling off etc" was clearly evident in her face!

Deb would like to thank her awesome crew in the blue boat who followed her calls perfectly on the day, the sweeps who have trained and nurtured her and all the DASydney members who encouraged her along the way.

"I love Tacoma and always will because I swept a race successfully...at last." said Deb, with an audible sigh of relief!

Tacoma also marked a milestone for Sergio Pineiro, who successfully swept his fourth and final race necessary to become a fully accredited sweep. Well done Sergio! We now know that when a "surge" is called for in the boat, it may not be a



"Virgin" racers at Tacoma

call for a greater effort – it probably means Sergio is on the sweep oar!

Once again, our men joined up with Pendragons to form a team to compete in the Premier Open as "PenDASzlers". Despite paddling in the very competitive open category, the guys put in a big effort and gave a very creditable performance. Congratulations fellas on a great race against a field of slightly testosterone loaded younger competitors.

Finally, our pink boat had a fantastic race to the finish in the Masters Women's final. Having improved their time with every heat, and putting in a huge effort in the last few metres, the DASzlers took great pleasure in getting past Central Coast to finish second across the line. What a great result!

In summary, Tacoma was as usual a great regatta,



Deb Hirst in command for her first race.

a fun day out and I urge everyone to put it in their diaries for next January – it's a blast!

Welcome to the February 2010 edition of Paddles Up.

We are now well and truly into Regatta Season, with Chinese New Year later this month and the State and National titles just around the corner.

However, there's always time for safety. Read about the right way to lift a boat on page 3 and don't forget our special water safety training session on March 6 (see page 2).

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## Member services

Dragons Abreast Sydney has two Members Protection Information Officers (MPIO) – Muriel Buckeridge and Neil Millgate.

An MPIO is a club member who has been trained to have a handle on the legislation, both State and Federal, referring to all forms of discrimination, harassment and child protection, as well as policies and procedures in the club referring to codes of conduct, complaint processes and dispute resolution.

The aim of the program is to:

- Prevent "sport rage"
- Reduce the incidence of discrimination and harassment within sport
- Protect children and young people
- Encourage dispute resolution at the grassroots level.

The MPIO can be the first port of call for members for information regarding the above matters. The role of the MPIO is NOT to resolve disputes but to give the complainant all the necessary information to allow them to understand their options, either at club level or higher.

As part of our ongoing program of member support, a Dragons Abreast Sydney Code of Conduct and Grievance/Complaint Resolution Procedure have been developed. These documents are available on our site at <http://groups.yahoo.com/group/DASydney/>



Muriel Buckeridge and Neil Millgate

## NSW State Squad

Congratulations to all Dragons Abreast Sydney members who have qualified for the NSW State Team to compete at the National Titles in Adelaide in April.

### Masters Women

Yolande Presland

### Grand Masters Open

Martin Hastings     Martin Hirst  
Chris Kwong         Neil Millgate  
Sergio Pineiro       Tony Williams

### Grand Masters Women

Angie Aston         Charline Emzin-Boyd  
Deb Hirst             Beth Jacob  
Wendy Jensen       Cynthia Kuiper  
Eugenia Raftos       Robin Shoebridge  
Fairlie Stanish       Carol Taylor

Dianne Williams

### Masters Team Manager

Fairlie Stanish

### Grand Masters Team Manager

Rosie O'Donnell

### Sweep

Carol Fentoullis

## Saturday March 6

This season we are replacing one Saturday Paddling Session at Bank Street with a Water Safety Session to be held at the Enfield Olympic Pool.

An early start before the pool is open to the public will enable us to learn and practice a number of important survival strokes and skills under the tuition of highly qualified Life Savers.

While our club has never been involved in a boat turning over or being swamped, it is a situation we need to consider with our sport as there have been instances in other states and also a number of fatalities have occurred at both practice sessions and racing regattas overseas.

The overall aim of the day is to increase each individual's self confidence so that they could respond appropriately if they suddenly found themselves in the water. While your own personal safety is always the number one priority, there is also the secondary concern that you have the skills to help/assist your paddling buddy or other team members. This will essentially be a self-diagnostic opportunity for us all.

The plan is for you to be wearing clothing and accessories as close as possible to your normal paddling attire for the 'in water' exercises so that you will be able to experience how they would feel in the water. You will be able to try a 50m swim at your own pace and style and will receive instruction on how to help or support a buddy and assist those with an injury.

The morning will also include CPR instruction and demonstration and the opportunity to practice on a dummy.

Please put this important date in your diary now and be prepared to arrive at 5.45 a.m. dressed ready to go into the water.

Enfield Olympic Pool is located on the corner of Portland and Shelley Streets, Enfield.

The session will be conducted by Stephen Williams, Assistant Pool Manager and Manager of the Life Savers at Enfield Pool. Stephen is the son of Di and Tony Williams and so has a very personal interest in our safety.

If you have any questions please contact Wendy Jensen at [crownandanchor@optusnet.com.au](mailto:crownandanchor@optusnet.com.au) or speak to her at our normal paddling sessions.

## Have your say

Since the inception of Dragons Abreast Sydney, our coaches have done an exceptional job in getting our paddlers to where we are now.

Our club also recognise that whilst some of you

aim to be competitive paddlers, there are others of you who do not, but would enjoy a social paddle. Whichever end of the spectrum you want to be, this is absolutely fine.

At this stage, we cannot quantify the numbers, so in order to give us some idea of club member's needs and to guide the coaches in planning training sessions (where possible), to accommodate varying needs, the Dragons Abreast Sydney committee has endorsed the dissemination of a members opinion survey.

Your responses will not be identifiable in the final report. Results will be made available to all members.

You will have received this survey via email from Rosie O'Donnell and it should be returned to her by March 5. If you have not received your copy of the survey, please contact Rosie at [rock8rod@yahoo.com.au](mailto:rock8rod@yahoo.com.au)

## Getting the message out

Pam Bell has been at it again, drumming up media attention for Dragons Abreast. Her latest coup is an article in a new online womens magazine "Dawn". Go to <http://www.dawnmagazine.com.au/> to read all about us.

## Birthdays

Happy birthday to all those born in February.

Ruth Turnell	10th
Linda Bryan	16th
Brenda Owen	20th
Vicki McLean	24th
Susie Ingram	27th
Samantha Russell	27th





Lifting the boats into the water is one of the most difficult and dangerous parts of dragon boating. Recently our coaches and sweeps committee reviewed this integral part of our training sessions.

## Safety First

One of the most dangerous pursuits for us as dragon boaters is not the paddling, not being out on the water at night, but the lifting, turning and carrying of the boats to and from the water.

This is the time when we have the most accidents and injuries and we all need to take particular care to make sure we follow directions and pay attention to what we're doing.

At least 20 paddlers are needed to lift a boat off the rack, turn it, take it down the ramp and put it in the water. If we don't have that many lifters available, and there are no other clubs around to give us a hand, we cannot take a boat out.

When taking the boats off the racks all lifters need to be evenly spread out along the boat so we can distribute the weight of the boat (250 kg) amongst us all. Everyone lifting the boat needs to

feel like they are carrying three bricks or a 15 litre container of water. Pick one up and check it out. If you're not carrying that amount of weight then that means you're making someone else carry more. If possible, bend your knees when lifting.

It is important that everyone is quiet and listens to the person making the calls.

- "Hands On"
- "Ready to Lift"
- "Lift"

Don't lift the boat until you hear the final "Lift".

When the boat is off the rack, move to the ends of the boat, without letting go, for turning. Bend your knees and listen for the call:

- "Turning to the (road or water)"
- "Turning on 3, 2, 1 – turn"

Once the boat has been turned, spread out along the boat again, making sure you don't stop holding as much weight as possible.

When coming off the water it is important to get the boat off the ramp as quickly as possible to avoid congestion. Paddlers should put their paddles down safely and come immediately back to the ramp.

For safety's sake we need to do the following:


- Keep quiet and listen for instructions
- Follow the instructions
- Make sure you are carrying your share of the load


There are also jobs for non-lifters, who can hold boats at the ramp, retrieve and store sweep oars, remove and stow lights, safety bags and ropes while the boats are being lifted.

The time for stretching and chatting is after the boats are safely on the racks.

If we all follow these simple strategies, we will make getting on and off the water safer and easier.

# DRAGONS ABREAST SYDNEY CALENDAR 2009/2010

Month	Date(s)	Event	Location	Details
<b>February 2010</b>	 Saturday 13th	Twilight race around Scotland Island	Bayview	Contact Rosie O'Donnell to register for this regatta at <a href="mailto:rock7rod@yahoo.com.au">rock7rod@yahoo.com.au</a>
	 Sat 27th/ Sun 28th	Chinese New Year	Darling Harbour	Contact Rosie O'Donnell to register for this regatta at <a href="mailto:rock8rod@yahoo.com.au">rock8rod@yahoo.com.au</a>
<b>March 2010</b>	 Sunday 28th	State Titles	SIRC Penrith	Contact Rosie O'Donnell to register for this regatta at <a href="mailto:rock8rod@yahoo.com.au">rock8rod@yahoo.com.au</a>
	Monday 29th - April 4th	Bank Street clean-up	Bank Street	It's our turn to tidy up the boat and parking area at Bank Street.
<b>April 2010</b>	 22nd-25th	National Titles	Adelaide	Contact Rosie O'Donnell to register for this regatta at <a href="mailto:rock8rod@yahoo.com.au">rock8rod@yahoo.com.au</a>
<b>June 2010</b>	 11th-13th	The International Breast Cancer Participatory Festival	Peterborough, Ontario, Canada	Registrations now closed.

 Regatta dates – put them in your diary now!