

Dragons Abreast Melbourne Inc.

DA Melbourne Training Information ~ 2010/2011

General Contact: 1300 889 566

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We invite all breast cancer survivors and supporters to come and experience the magic that is part of our unique team - not necessarily as a paddler; there are many tasks that we welcome assistance with.

We paddle at Docklands so you get a fantastic view of Melbourne while you paddle!

**Where: Docklands Shed 2
North Wharf
Docklands Melbourne**

Daylight Savings Period

If you have never been in a Dragon Boat before, but would like to 'give it a go', you are more than welcome, but do email the co-ordinator to let her know when you might come down. You are welcome to 'Come and Try' on three occasions, thereafter you will need to decide if you'd like to join



(Sunday 3rd October 2010 — Sunday 3rd April 2011:

- ⇒ Tuesday evening 6pm (6.30 on the water) until 7.30pm
- ⇒ Sunday morning 9am (9.30 on the water) until 10.30am

Our main training session is held on Tuesday evening at 6pm (on the water by 6.30). You are advised to arrive at 6pm to complete any necessary paperwork and do your 'warm ups'.

We also paddle every Sunday morning at 9.30am; again, you are advised to arrive at 9.00am to complete any necessary paperwork and do your 'warm ups'. We will be on the water at 10.00am!

The team also meets socially after both training sessions for coffee or a bite to eat and everyone is welcome.

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Daylight Savings Period (Sunday 10th April 2011 — Sunday 25th September 2011:

- ⇒ Sunday morning 9am (9.30 on the water) until 10.30am

During the off season we continue to paddle each Sunday morning to maintain our fitness and paddle technique. We also thoroughly enjoy the social aspect and meet for breakfast or a coffee after training. All welcome!

What you need:

- Non-slip shoes – to wear in the boat. Paddlers tend to choose between the "croc" slip-ons, aqua shoes (available at Kmart, Big W or disposal stores) or an old pair of runners.
- Sunscreen, cap/hat and sunglasses.
- Leggings or bike shorts – bike shorts have some extra padding on the buttock area. Helps stop chaffing!
- Water bottle - an hour on the water at training can make you very thirsty.
- Paddle (**the team has a set of paddles for use by those who do not have their own**).
- PFD – Personal Flotation Device or life jacket - (**the team has a set of beautiful pink PFDs for use by all paddlers at training and during events**). PFDs are compulsory in Victoria; no person will be permitted to enter a boat without wearing a PFD.