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Bayswater and Noranda  
Community Bank® branches



# Amazons Perth Dragon Boat Club



It was a long winter...



... and our poor Amazon Warrior took a real thump when she was smashed onto the concrete kerb during a nasty storm.

What is in those bailers?



Submit your suggestions in 25 words or less to Deb and win an Amazon prize.

Seriously though...

- Pre-season training is well under way with:
- longer training sessions, plan to be on the water for an hour.
  - 'in water' race starts.
  - more 'twist' and less 'fling' in the stroke as we work on technique.
  - Guest Coach sessions.
  - training for fast, effective turns for 2000m races.
  - measuring our progress with the GPS.



## Calendar of Events

DATES FOR YOUR DIARY

**25<sup>th</sup> October 2009:** Pink Come & Try Day & Field of Women at Maylands Sport & Rec Club.

**7<sup>th</sup> November 2009:** Boddington Regatta & Fairbridge Party Night Sleepover.

**15<sup>th</sup> November 2009:** Grand prix regatta @ Champion Lakes

**17<sup>th</sup> January 2010:** Grand prix regatta @ Champion Lakes

**14<sup>th</sup> February 2010:** Grand prix regatta @ Champion Lakes

**7<sup>th</sup> March 2010:** Regatta @ Bunbury



**21<sup>st</sup> March 2010:** State Titles @ Champion Lakes

**22-24<sup>th</sup> April 2010 (ANZAC weekend):** National Dragon Boat Championships (Adelaide)

**June 2010:** International Breast Cancer Survivors Festival (Peterborough, Ontario, Canada). There's still time to register and join those Amazons travelling to this great event. (Talk to Jan or Susan)

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# Season Plan 2009-10

2009/10	Pre Season Training								General Training								
	September				October				November				December				
Competitions	12th	19th	26th	3rd	10th	17th	24th	31st	7 <sup>th</sup> Bodd	15 <sup>th</sup> Grand Prix	17th	21st	28	6 <sup>th</sup> Grand Prix	12th	19	26
Testing																	
Endurance	Technique revision/fundamentals Motivation Goal setting: teamwork Building aerobic base Building strength Building stamina Incorporate bursts of speed.								Technique refinements Goal setting: teamwork Maintaining aerobic base Increasing strength & stamina Increase endurance drills Longer bursts of speed. Introduce race plans								Christmas /New Year Break Paddlers to follow individual fitness programs.
Strength																	
Speed																	
Psychology																	
Skill																	
Tactics																	
Flexibility																	
Recovery																	
FUN ☺																	

2009/10	Specific Training								Competition Training							
	January				February				March				April			
Competitions	2nd	9th	17 <sup>th</sup> Grand Prix	30th	6th	14 <sup>th</sup> Grand Prix	20th	27th	6th	13th	21 <sup>st</sup> State Titles	27th	3rd	10th	17th	22-24 Nationals
Testing																
Endurance	Technique: finer points Goal setting Increase & maintain aerobic base Build & maintain strength & stamina Build & maintain endurance Build & develop speed Race starts & plans								Technique: maintain Race plans & thinking Maintain aerobic base Maintain strength & stamina Use endurance for more power work Continue developing speed Refine race starts							
Strength																
Speed																
Psychology																
Skill																
Tactics																
Flexibility																
Recovery																
FUN ☺																

2009/10	Recovery					Off Season												
	May					June				July				August				
Competitions	1st	8th	15th	22nd	29th	5th	11-13 Canada	19th	26th	3rd	10th	17th	24th	31st	7th	14th	21st	28th
Testing																		
Endurance	Technique: maintain quality Drills to maintain power & strength Shorter sessions					Maintain Technique Maintain aerobic base Incorporate some longer drills to maintain endurance Include some speed bursts & race starts												
Strength																		
Speed																		
Psychology																		
Skill																		
Tactics																		
Flexibility																		
Recovery																		
FUN ☺																		

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## Meet Our Members



### **Paddler Angela...**

I found out about dragon boat paddling with the Amazons from a person handing out brochures at Autumn River Festival in Bayswater. I decided to try it because I felt qualified to join in as I'm a 9 year breast cancer Survivor. Paddling makes me feel great, healthy, happy and enthusiastic. The one thing I like about paddling with the

Amazons is the great team spirit, sense of fun and just enjoying life on the water.

### **Paddler Margaret...**

I found out about dragon boating - whilst having my pap smear-interesting... certainly took my mind off my anatomy!

I tried it because- well, why not have-a-go! My hubby was in a dragon boat team -The Wombats in the '80 and he has talked about joining the Pirates, but as yet- hasn't.

Paddling makes me feel- knackered and very thirsty- love the beautiful nights on the Swan and feel grateful that I can enjoy my health.

The Amazons are great bunch of girls- up for hard work and a giggle they are an inspiration to me.

### **Paddler Jane...**

I found out about dragon boat paddling with the Amazons from.....the BCNA newsletter and having spoken to Yvette on the phone it sounded like fun.



I decided to try it because the river is so lovely and you don't have to have a boat of your own to get out there to enjoy it.

Paddling makes me feel....like it's worth making the effort.

The one thing I like about paddling with the Amazons is being with a group of women from so many walks of life who mix well together and everyone has something different to bring especially to the Tuesday evening 'discussion group'...

### **Paddler Fiona...**

I found out about dragon boat paddling with the Amazons from my friend Margaret.

I decided to try it because it sounded like a challenge but fun at the same time.

Paddling makes me feel at one with nature (?) especially when the water is like a mirror, there's no wind, it's a braw moon licht nicht and there are dolphins keeping us company

The one thing I like about with the Amazons paddling is we're all there to help one another



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## BCNA Members Summit



Raelene Boyle, Olympic legend, breast cancer survivor and BCNA Board member spoke to each of us offering personal support, encouragement and inspiration.

Local breast cancer groups are a great source of support for women dealing with breast cancer. Coming together with women from around Australia and connecting with their experiences really brings home how important it is to link with the national network.

Wanda and her work mates: enjoying a bit of fun at work. They collected nearly \$600 for breast cancer.... not a bad effort

PS - notice no one went for my boobs...

In August as the Amazons Perth representative Jennie joined 200+ breast cancer survivors and advocates in Melbourne to share information about breast cancer issues as part of a national Summit hosted by Breast Cancer Network Australia (BCNA).

The Governor General, Ms Quentin Bryce AC, opened the Summit speaking to the women about the importance of connecting with their communities and using their combined voice as a positive force for change.

The Governor-General, a long standing supporter of women with breast cancer and BCNA Patron, was visibly moved by the personal stories from women about the effect of breast cancer on their lives.

The focus of the event was for the survivors to share their stories, strengthen their networks and work towards better outcomes for women living with breast cancer and their families. Delegates heard powerful presentations from medical and oncology experts, psychologists, personal development specialists, and communications and technology leaders.



## Comings & Goings



Congratulations to Pat and her family on the arrival of Liam, a new brother for James. Liam is doing well and recovering from his recent surgery.

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25<sup>th</sup> October 2009: Keep it Free for our 'Pink Come & Try Day!' 10am - 2pm.

Deb was first to finish the puzzle in the last newsletter and won: some chocolate coated pink fish



Put your best foot forward as we need everyone to lend their willing hands (from 8am) to make this a great event.

See you there!

**Members Fees 2009/2010**

A reminder that your membership fees for 2009/2010 are due - \$210 for the current year.

There are 3 forms to complete this year – Amazons, DBWA (please don't forget to sign the back of the form) and Maylands Sport & Recreation Club has asked that all paddlers complete their new green form as they are updating their records.

**Grant Monies**

The club holds \$3,250 from the Department of Sport & Recreation for the "Come & Try Day". The Amazon Board has also agreed to contribute \$1,500 towards ensuring the day goes well.

**Boat Trolley**

Yes – it may be a dim dark memory, but another trolley has been ordered and is being built so that our other boat has somewhere to rest as opposed to laying delicately on the grass.

The trolley has been paid for, but is taking some time to materialise – so watch this space.

**Members**

We have 32 Members with 18 Paid up Members  
1 Life Member

Here's to another great season of paddling & friendship.

Thanks, Andrea (1/10/2009)

