



DAM BUSTERS

Dragons Abreast Melbourne



SOME INFORMATION ABOUT DRAGONS ABREAST MELBOURNE Inc.

Dragons Abreast Melbourne (DAM Busters) promotes public awareness of Breast Cancer through Dragon Boating. The team is comprised of Breast Cancer survivors or supporters who are passionate about raising public awareness of Breast Cancer; we are of all ages and all fitness levels with the emphasis being on participation. Our pink "rashies" and PFDs ensure we are a standout at every event we attend. We are the public – and positive face – for breast cancer survivors and their families and bring a message that there is light at the end of the tunnel. The promotion of this sport offers a great opportunity to give hope to newly diagnosed women - and their families and friends - that their Mother, Partner, Daughter, Aunt, Grandmother, family friend or work colleague can regain their energy and health following treatment. Women from the team also undertake public speaking engagements to interested groups.

THE DRAGON BOAT

A dragon boat can seat up to 20 paddlers with a coach or drummer at the front and a sweep at the back of the boat, a total of 22 persons in the boat.

MEMBERSHIP OF OTHER ASSOCIATIONS

Dragons Abreast Melbourne is a member of

- Dragons Abreast Australia (DAA) – enables us to use the Dragons Abreast Logo, wear the pink rashie and promote ourselves under the Dragons Abreast banner. We are required to adhere to Dragons Abreast policies and procedures. Within Victoria there are Dragons Abreast teams (either established or being set up) in Melbourne, Bendigo, Geelong, Ballarat, Albury-Wodonga and Patterson Lakes. Membership of DAA also provides our all-important insurance coverage.
- Dragon Boats Victoria (DBV) – allows us the use of the boat sheds and boats for training and racing.
- Breast Cancer Network Australia (BCNA) – the peak national organisation for Australians personally affected by breast cancer - represented by the pink lady silhouette.

DRAGONS ABREAST MELBOURNE – COMMITTEE

DA Melbourne is an incorporated association run by a voluntary committee of management elected each year. The committee meets monthly in the season (September – April) and anyone is welcome to attend. The current committee is:

Ali Sutton – President
Toni Borrett – Secretary
Mim Tielen - Committee
Christine Williams - Committee
Pamela Williams - Committee
Hayley Coutts - Coach

Joyce Evans – Treasurer
Jan McFeeter - Committee
Pru Menzies - Committee
Judith Bell-Towers - Committee
Victoria Horner – Committee

All DA Melbourne members are encouraged to contribute their skills; a volunteer organisation is only as strong and effective as its volunteers who 'make it all happen'! So – 'hop on board and lend us a hand'!

EQUIPMENT

Participation in any sport requires equipment; Dragon Boating is no different. The following equipment is used by paddlers in Dragons Abreast Melbourne:

- Pink/white/blue Rashie – this is part of our official uniform, and all DA Melbourne women wear it proudly. The purchase price is ~\$60. These can be ordered through the DA Melbourne Committee. Other merchandise is also available such as caps, hats, stickers, vests, backpacks, Holey Soles paddle shoes etc. and can be ordered through the DAA website - <http://www.dragonsabreast.com.au/Admin/merchandise.htm>
- Paddle (the team has a set of paddles for use by those who do not have their own). Many paddlers purchase their own paddles, which tend to be lighter. Prices range from ~\$65 for a wooden Ocky Oar to \$250+ for a carbon fibre paddle.
- PFD – Personal Flotation Device or a safety vest. PFDs are compulsory in Victoria; no person will be permitted to enter a boat without wearing a PFD. The team has a set of beautiful pink PFDs for use by all paddlers at training and during events.
- Bath mat (cut into a 1/3) or a non stick mat – this stops slippage when seated in the boat.
- Water bottle / waist holder – available from army disposal stores or sport stores. An hour on the water at training can make you very thirsty.
- 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.
- Leggings or bike shorts – bike shorts have some extra padding on the buttock area. Helps stop chaffing!
- Sunscreen, cap/hat and sunglasses.

TRAINING

Training for 2010/11 will be held at Shed 2 at Docklands (Please check the [training](#) page for details) free parking is available right near the Shed. Training is held every Tuesday evening from 6pm and Sunday mornings from 9.00am. The team also meets socially after training for breakfast or a coffee and everyone is welcome.

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.

Please register your email address at dragonsabreastmelb@yahoo.com.au so that you remain informed of the DAM Busters activities.

A minimum of 14 paddlers is required to take a boat out for training, so please let us know (via email) of your intentions to attend training.

In the event of inclement weather, the team will head for the local cafe for coffee. Inclement weather means one or more of the following: approaching storm activity, risk of lightning (we will not paddle), or high winds. Generally, **RAIN IS NOT** inclement weather! **If you are uncertain, please contact one of your committee members who are listed below.**

If you wish to paddle with the DAM Busters you are required to pay a membership fee. Membership fees have been set to cover costs of DBV membership (use of boats and training facilities), DAA (insurance), equipment maintenance (PFDs and paddles) and Committee administration. You can also choose to join as a non-paddling member to support the team. Concessions are available.

FESTIVAL DATES

The most exciting part of the Dragon Boating is participating in the Festivals. The following are scheduled in the upcoming season –

1. 2010 Dragons Abreast Festival Sydney (Oct)
2. Docklands Cup: Docklands (March)
3. AquaFest: Martha Cove (Feb)
4. Canberra Dragon Boats Association Regatta (Feb)
5. Falls Creek Mile High Championships (Jan)
6. Chinese New Year Regatta: Docklands (Feb)
7. Melbourne International Dragon Boat Festival: Docklands (Nov)

Not only will the DAM Busters be competing, there will also be other Dragons Abreast teams from throughout Victoria and sometimes interstate. These events are good fun, but they are also competitive! They also make exciting days for spectators too!

PADDLING WITH DRAGONS ABREAST

Dragons Abreast is open to breast cancer survivors, other cancer survivors or any person wishing to become a supporter. The DAA charter states that on a race day preference is given to breast cancer survivors in the boat, then to other cancer survivors and then supporters. Dragons Abreast Melbourne generally rotates women throughout the boat on race day and is hopeful that in 2010/11 there will be enough members to enter 2 boats.

MEMBERSHIP

New members and paddlers are always welcome! Don't worry if you have never paddled before, most of us hadn't when we first came along....Celebrate Life!!!

Click [here](#) for our membership package.

IMPORTANT WEBSITES and EMAIL ADDRESSES

VDBA - <http://www.dragonboatsvictoria.com.au/> - find out all the news on upcoming Dragon Boating Events (click on Latest News).

DAA - <http://www.dragonsabreast.com.au/> - for all the news on Dragons Abreast across Australia.

BCNA - www.bcna.org.au

Dragons Abreast Melbourne – Register Your Email Address Here To Receive News On Training & Other Events! - dragonsabreastmelb@yahoo.com.au

Contact details of committee members:

Ali Sutton 0433 649 132	Joyce Evans 0419 559 539	Toni Borrett 0407 837 400	Jan McFeeter 0402 527 935
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