

# BROADWATER DRAGONS

Newsletter

Keeping you updated with the latest trainings, events and social gossip!

Dec 2012



World Champions

## WCC FROM GEORGIES PERSPECTIVE

It was a wonderful experience to compete at the WWCC but to be part of the coaching team as well was a real highlight.

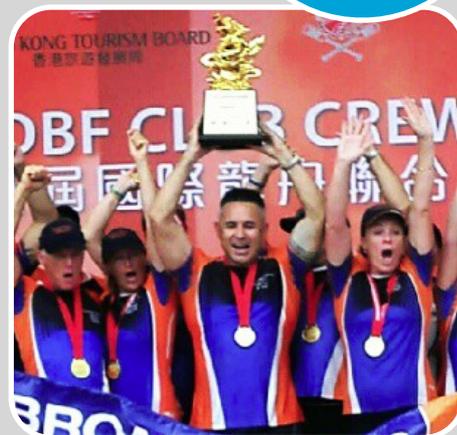
We are a small team by Queensland standards, let alone Nationally and Worldwide and this becomes a juggling act as the coaching team try to put together the best team into each racing category across the spectrum of events.

The coaches plan crews by moving paddlers between races, time between events must be considered if the paddlers are to make it through marshalling and into the next event, balancing the boat with keeping paddlers weights as even as possible, utilising the sweeps available as best we can, do they sweep or paddle? Who strokes which event? Which drummer for which race? Carly was our only Premier does she paddle as a premier or does she drum? Can we keep the boat stable with the paddlers who can only paddle left

rather than right, engine room paddlers in the middle of the boat and twitchy and light to the back etc.

Personally, I learnt so much from Micah in putting the teams together as the coaches talked into the night putting the team lists together for submission, preferably at the Team Managers Meeting each evening after racing or at the latest the morning of racing by 0700 hrs. I have to admit Jayne and I would submit our crew lists at night and know we would get an early morning call with a change and have to make a fast dash to submit the amended list in time!

Jayne was a great support regarding the Team Managers role as I had never been to a Team Managers Meeting before going to Hong Kong. (continued on p.2)



## WORLD CHAMPIONS

Broadwater Dragons are now the official Club Crew World Champions for the 10s 200m and 500m categories

### Grand Final(10s)200 m

1st 1:04.462 Broadwater Dragons

Paddling Club Inc GOLD COAST

2nd 1:04.929 Manly Dragons Boat Club Brisbane

3rd 1:05.129 Adelaide Sea Dragons North Haven SA

### Grand Final(10s)500m

1st 2:30.177 Broadwater Dragons

Paddling Club Inc GOLD COAST

2nd 2:34.357 Manly Dragons Boat Club Brisbane

3rd 2:34.951 Black Dragons Dragonboat Club West Beach

Meeting before going to Hong Kong. I expected the IDBF to be well organised, for things to run smoothly and processes to be put in place. I should have known at the first meeting in Hong Kong when the IDBF official asked if anyone had an ipod on them??? I thought HK was the techno city! A lot of angry Team Managers complained each night and received the rote response of, "We hear your concerns and we are working on it". Two lanes had an advantage as they were straight and the rest were dog legged so another strategy we tried to allow for was placing second in a heat rather than first if it meant getting one of the fast lanes in the final. . . . All this with a "Jam Stop Ending and Smile for the cameras", it was enough to curl the sweeps hair!!

Helen and Bonnie stepped up to the plate and acted as our Team Managers during racing. They lost kilos literally running up and down the causeway with competitors race times and ours, calling us to

marshalling, counting us off and being sure we had the right number on our shirts for the right event. The organisers in the race box would call one time for the next race and marshalling would call another, we actually missed a race through no fault of our own until so the girls covered marshalling, the race box and the team site because of the disorganisation, hence walkie talkies and a lot of running.

Did I mention the humidity? We drank copious amounts of water and were still thirsty, we drank the bottles of energy drinks provided and were still thirsty, they were actually sugar water so standing around in wet clothes, constant humidity and ingesting sugar were not a healthy combination.

Highlights for me were not only learning about myself and coaching but also about our team mates. Bonnie posting a note on Irene's door reminding her to charge the walkie talkies and ringing my room at 0500 to ask me

where was my ID tag???? Roz yelling at the top of her lungs "How do we win in Hong Kong, we win it twice!!!!", when the Grand Masters returned from winning the race with a better time the second time round and the men who genuinely supported the ladies on a day they could have gone sight seeing or kicked back in HK. To PT who truly believes I can do anything, or at least convinces me I can and finally Fiona, who held back tears while offering her staunch support when she took a moment for the ladies coach who was feeling over tired, frustrated and struggling to find ways to motivate her own team.

I thank you all and would do it again in a heart beat.

Georgie





# SOCIAL SCENE

Left: Kelly fills her plate as Georgie checks out the menu.

Below: Broadwater kids learning the haka



## Sweat, Survival and the Social Scene

**Polyneisan Night a Success!** . In June we ran our first Polynesian Night to raise funds for our champion paddlers who were representing the club at the World Club Crew Championships in Hong Kong. This became the biggest fund raising event in the history of the club, with paddlers inviting their friends and families coming through with flying colours!

We received so much positive feedback from everyone, including other clubs who asked if we were doing this event annually. It was great to meet old friends and make new ones on the night. Fantastic to see all the kids at the concert running around and enjoying themselves. That is what the club is about, our juniors, our future. A big thanks to Peter Tuitama and his band for getting their kids up on stage and involving the kids in their entertainment.

“Paddling is more than the strokes. It’s pushing yourself for the team”



We hope to run another cultural night next year! [Micah]



# FROM THE SIDELINES

Be very careful what you pray for, because prayers get answered.

Sport has always been a passion of mine, and as with many people, if you find something you can do well – keep doing it. Competitive sport, began with swimming squads on a Saturday morning at the age of five, and this paved the way into a number of sports that I enjoyed immensely.

The interest in dragon boating began for me in Hamilton New Zealand 16 years ago. I was persuaded to come and 'givitago mate – it'll be choice, eh'. I'm sure you get the message. We trained hard, and partied hard. The TEAM debrief after our water training sessions was always held in the local club rooms – the pub. Despite this, or perhaps because of this, the season concluded with a silver medal at the National Champs in Wellington.

I have such incredibly fond memories of those great people and our crazy adventures.

After living in Germany for five years, we (Martin, my significant other and I) returned to the Gold Coast to care for my frail and aging parents. I immediately took out a gym membership to help control my weight, which had dramatically increased. I soon realised that I certainly needed a specific goal to train for, as without it, I just turned up and went through the motions. Needless to say – I found myself secretly praying, often, for something to happen that could improve my health and general outlook on life.

Last year at the beginning of the season, Vionna, our Activities Officer at Griffith University asked if I would be interested in coming down to help out with a large group of international students to try dragon boating. This seemingly small event was the catalyst for personal change. Without me really acknowledging it as such – it was an answer to prayer. As soon as I got on the water and we began to paddle, I felt that familiar drive and



connection within a team sport again.

I eventually joined Broadwater Dragons and was immediately made to feel most welcome. Initially, I found the training and exercising exhausting, and the whole idea of going three times a week as overwhelming. To jog around the round-a-bout was an ambition that I could only dream about, as it was seemingly unattainable to me. Everyone was so incredibly encouraging and supportive of my attempts on and off the water; it was as if they could see the potential in me that I could not. I was 17 kilos overweight and had a very low self-concept.

Soon after joining, we (the newbies: Roze, Fiona and I) were asked if we would think about joining the team to go to Hong Kong in July 2012. Bonnie also agreed to go. There are always a certain number of people within a successful progressive club or organisation that represent the glue of the fabric (and I don't mean that unkindly at all – far from it), the person who always meets and greets, consistently steps-up to the cause and unites the group; Bonnie

is such a person. The four of us decided collectively to give it a go and would commit to being the best support team we could, regardless of whether we made the boat selection or not. In the months that quickly passed, and many regattas later, our decision remained solid and confirmed. Fiona's three essentials of dragon boating were 1. Don't slip off the seat. 2. Don't miss the start, and 3. Stay in time. This has served me well the past twelve months, as I think we have all quietly recited the mantra on our way up to any race start line.

Training continued to intensify and consolidate team commitment. The mental and emotional pressure of the State and National Championships was another 'new experience' for me. As I listened to the coaches remind us of what we had worked for all these months, I could feel my entire stomach lurch, contort and turn with nerves. How was I going to get through this without messing it up! I was acutely aware that I had the opportunity to prove that I could do this, and not let myself or the team down.

It was now my responsibility to occupy a seat in the boat that would contribute to the whole – the Broadwater Dragons team effort, which was not just the people in the boat out on the water, but the entire club. Once again I find myself fervently shooting out another prayer, “Lord I can't do this on my own – help”!

Training for the World Club Champs in Hong Kong took effort to entirely different level. I was training six days a week, as were most of the team. With the changes in diet we were asked to try and implement, plus the increased intensity and endurance of the training sessions, my excess weight continued to shed. We were being pushed to new limits on the water, and my PT instructor,

Trent, was pushing me over my limits in our gym sessions. For the first time in nearly 17 years, I felt I could realistically say, “I can do this”!

Hong Kong in July was such an incredible experience. To relive those memories of the gold medal ceremonies fills me with indescribable joy, celebration and excitement. The pride was shared with each and every member of the team – on and off the water. Even though the exhilaration of our success was a highlight, the gut-wrenching fight and determination that the Premier Women's team showed to reach the semi-finals in both the 200 and the 500 meter races, was the outstanding triumph for me. I vividly recall the looks we got from some of the

other '20-somethings' who lined up at the marshalling with us, as they quickly sized us up and down and discounted our chances entirely. Even though we were mostly a crew of masters and grand master women, we certainly gave them something to think about by the time we finished the race. Paddle-with-heart has taken on a whole new meaning for me since that experience. It was more like paddle with heart, liver, lungs, kidneys, spleen, and fallopian tubes – well that's what it felt like anyway.

Thank you, Broadwater Dragons for an **unforgettable** 12 months, and I look forward to the next season(s) with great anticipation.

[Contribution: Sue T]



# WE'VE GOT FEEL FOR DENISE



**DENISE  
ENJOYING  
PADDLING WITH  
THE PREMIER  
WOMEN AT  
NATIONALS**

**NAME: Denise Roberts**

**NICKNAME:** Denni

**ORIGIN:** Samoan

**BROADWATER PADDLER SINCE:** 23rd Sept 2010

**WHO INTRODUCED YOU:** Dad & Mum

**WHY YOU TOOK UP THE SPORT:** fitness, socialise, entertainment, travel, be with family

**FAVOURITE REGATTA:** QLD states, 2011

**FAVOURITE TRIP:** CCWC 2012

**FAVOURITE RACE:** 200m, sprinting in always the man matel

**FAVOURITE SEAT:** drummer, just kidding...Number (2)

**FAVOURITE RACE CATEGORY:** Premier Mixed

**HOW DO YOU KEEP FIT FOR DRAGON:** workout in gym, running, swimming, outrigger

**OCCUPATION:** Dad's PA

**PASSIONS:** Desire to travel

**AMBITIONS:** Be good at whatever I do

**CLAIM TO FAME:** Paddling in premier womens in CCWC 2012

**OTHER SPORTS PLAYED:** kayaking, touchfootie, basketball

**FAVOURITE FOOD:** Dad's japanese spagattie

**FAVOURITE MOVIE:** Too many to choose from

**FAVOURTE BAND/MUSIC:** Any that involve dancing and sining in the bathroom

**HOBBIES:** Movies, Books, Eating, phtography, assist dad

**WHERE YOU LIKE TO HANG OUT:** at Home

**YOUR HERO:** My dad...pls dont get confused i happen to have 2 dads so both

# MEMBERS BLAB



Peter Elekana

I discovered dragonboating when my family and I moved back to Auckland in 2009. I love my rugby and going to the gym and since competing throughout 2009 – 2011 paddling is at the top of my list. When we moved back to Australia in 2011 I went searching for a team to paddle with and knew as soon I met the Broadwater Dragons that was the team for me. The team culture and dynamic blew me away.

I train in the gym 3 times a week and paddle twice a week wherever possible. When training at the gym I focus on 10% cardio and 90%

weights. I love the team aspect of dragonboating and enjoy being on a boat where everyone pulls together. The main key for me with paddling is to keep physically fit and mentally fit as this allows me to achieve my goals.

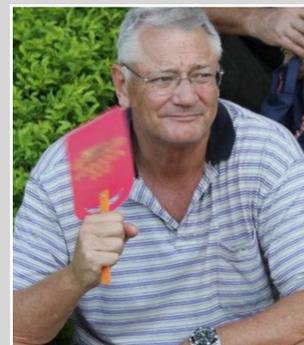


Peter Bell

It all started with a new year's resolution. You know the one – give up the booze and the one night stands.[and KFC] So Andrew Tremelling says try dragon boating. Sounds pretty cruisy..sightseeing on the river.

Wow!! Then reality struck. I never knew 2 minutes could be so long and 200m so far. But hey, know what. I loved it. I enjoyed the discipline of working hard in a team environment where you dare not let your mates down so you paddle harder. So first the fitness had to ramp up bigtime and while it is still work in progress its amazing how much better I feel. Then the technique. I need to understand why you must do things in a certain way and once it makes sense then I can work on improving how I paddle. This is where the coaches have certainly contributed in a positive way and I see the focus on the continued improvements. And what a bunch of great people. The happiest and most welcoming group of people I have met.

Then came Hong Kong. Strive towards a milestone I thought and it worked. Exercise and ...diet??? 180 pushups in a session [apparently] What tha!! This is serious, and it was. But hey what a result. Broadie came back covered in glory and hungry to repeat the feat in Italy in 2014. So while I am new to dragon boating I already feel a bit like an old hand and love getting out there and winning. Go Broadie!!



Polynesian Nite attendies

# COMMITTEE SPIEL



**PRESIDENT-Micah**

Greetings Paddlers, Well it has been a very busy three months since the new committee has

been put in place.

Behind the scenes the committee has been restructuring how we operate to allow for grow and efficiency.

Each committee member has been encouraged to have a sub-committee to spread the load and to also allow for cooperation with fellow paddlers who have experience in that specific area. We

appreciate and thank club members who have stepped forward to be involved when asked.

One of the most important issues this calendar year is to have a safe and suitable training location. A sub-committee including Teresa, Peter and Con have been busy strategizing a plan and working with the council to ensure before June 2013 we have a suitable training location. At this

point of time it seems we will be testing a Clear Island waters location as per councils recommendations.

It is encouraging to see the growth of the club in the last few months and we are setting in place structure to ensure we grow however keep the social and competitive culture of our club positive. Looking forward to a great 2013!



**Vise President-Jayne**

As club captain is was great to see such a great turnout at Sundays Chinese regatta festival. Broadwater proved one again what great team members we are by everyone getting there on time and helping unload the trailer, setting up the tents and even helping other club members carry things from their cars. A successful regatta is not only about winning. Its getting to the

venue on time, being ready to race when told to by the coaching team, respecting the coaches decisions about the team line up, actively participating in the warm up, walking to marshalling as a team who are proud to wear the broadwater race shirt, listening to the coaches giving last minute race plans, being quite on the boat on the way to the starting line, listening and carrying through with the sweeps instructions and last but not least paddling your heart out to the finish line. A great regatta is about putting every last ounce of energy in to every race and doing your best but its also about enjoying the company of other likeminded people and being part of the Broadwater family.

It made me feel proud to be part of the Broadwater family on Sunday.

Part of my role as Club Captain is ensuring everyone has signed the crew participant list at each regatta we attend. I also attend the meetings before the start of the regatta, keep all the coaches and paddlers up to date on the days proceedings, i.e. when the next race is, what final we are in; liaison between race officials, coaches and club members and be responsible for the conduct of all club members.

I am looking for a paddler who would like to take on the position of team manager and be responsible for the communication and distribution of all practise and race

information to the team at future regattas. A job description will be available and I will work closely alongside the club member who volunteers for what is a very fulfilling and enjoyable role. I look forward to recieving EOI for this position.people I have met.

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Equipment Manager - Graham



Events Manager- Roz



Social & Fund Raising - Krystal



Recruiting Officer - Kelly



Secretary - Di



Treasuerr - Terrie

# CALENDAR OF EVENTS

DAGC Christmas on the Creek  
 scheduled 2 December 2012 from 8:00 AM to 3:00 PM  
 Location: Winders Park Currumbin

Manly Regatta at Lake Kawana  
 scheduled for 9 December 2012  
 Location: Lake Kawana

Broadwater Special Training Day  
 scheduled for 16 December 2012  
 Location: Venue TBA

Bunnings Southport Fundraiser BBQ  
 scheduled for 22 December 2012

Bunnings Southport Fundraiser BBQ  
 scheduled for 20 January 2013

Broadwater Sports Regatta – 200mtr, venue TBA  
 scheduled for 3 February 2013

Currumbin Sports Regatta  
 scheduled for 17 February 2013  
 Location: Varsity Lakes

Te Waka Sports Regatta 500metre  
 scheduled for 3 March 2013  
 Location: Kawana



Gold Coast Dragons Charity Event  
 scheduled for 10 March 2013  
 Location: Gold Coast

QLD State Championships, Kawana Waters, Caloundra  
 scheduled for 23 March 2013 to 24 March 2013  
 Accommodation at Breakfree Grand Pacific

Bunnings Southport Fundraising BBQ (Easter Saturday)  
 scheduled for 30 March 2013

Australian National Titles, Penrith, NSW.  
 scheduled for 15 April 2013 to 20 April 2013  
 Accommodation booked from Mon – Sat Saturday 13th – Sunday

## ADMINISTRATION

President - Micah Roberts  
 Vice President - Jayne Moore  
 Secretary - Di Mitchell  
 Treasurer - Terrie Elekana  
 Equipment & Events - Graham Kelly  
 Recruitment & Membership - Kelly Carter  
 Social & Fund Raising - Krystal Robbins

Coaching  
 Head Coach: Paul Tyack  
 Assistant Coaches:  
 Andrew Tremelling  
 Georgina Bailey  
 Chris Beamish  
 Micah Roberts

## Membership Fees - Join Us!

Adults- \$135-00  
 (\$44 QDBF, \$91 Club membership)  
 Juniors- \$78-00  
 (\$33 QDBF, \$45 Club membership)  
 50% of Adult membership

Pay to-  
 Suncorp Bank  
 Account Name-Broadwater  
 Dragons  
 BSB-484 799  
 A/c-161 531 360

Please pay by EFT, or into a Suncorp  
 Bank Branch & advise Di of your  
 payment

Application Forms  
 Web: <http://broadwaterdragons.com/join.html>

## TRAINING

Where:  
 Royal Pines Resort Marina  
 When:  
 Tuesdays 5.30pm  
 Thursdays 6.00pm  
 Sundays 8.00am  
 Arrive 15mins earlier for warm-up  
 All sessions run for 1.5 hours

## UNIFORMS & EQUIPMENT

Race Shirt \$55 – Compulsory for  
 Racing  
 Club Shirt \$  
 Caps \$15  
 Sports Bags \$28  
 For Orders Contact Jayne Moore

Email:  
[info@broadwaterdragons.com](mailto:info@broadwaterdragons.com)  
 Web: <http://broadwaterdragons.com>

Got something to say on members blab. Email us [info@broadwaterdragons.com](mailto:info@broadwaterdragons.com)

## SPONSORS

