



August, 2021

Pearls of Wisdom

Great Lakes Pearl Dragons

<https://dragons2428.wixsite.com/pearldragons>

TURBULENT TIMES



Executive Committee

President:
Laurie Haydon
0425 234 870

Vice President:
Wendy Burdekin
0428 561 890

Secretary:
Sue Welch
0417 200 895

Treasurer
Brenda Taute:
0407 724 268

Club Captain Female:
Kim Haydon
0419 231 230

Club Captain Male:
John Welch
0418 110 200

Director: Kerrie Gammage
0423 490 633

dragons2428@hotmail.com

NBN Television approached our President to come and film the Pearlers on the 10th July. It was a wet and wild Saturday morning. The lake was turbulent and rough as shown in the footage taken by NBN. That story aired that Saturday night. This was a great opportunity to tell our community that we are continuing and keen to see new members. It has resulted in further people coming to try paddling and this is the start of our rebuilding.

Despite recent turmoil within the club which has led to an unplanned refocus within the GLPD, we continue to paddle regularly on Wallis Lake. However, out of all risks and threats, there are opportunities and new challenges that can be taken.

We have definitely lost the skills of some excellent coaches and paddlers. This has greatly impacted and will take time to rebuild within the club. We have gained some new members and refocused our skills training, along with introducing paddling sessions that give a break from the rigorous training.

Our remaining coaches, John and Rejane have been very active, providing coaching sessions to cover the roster.

We have had to contend with cold weather, cancellation of regattas, COVID19 restrictions, sickness and people escaping on holidays. Many paddlers routinely do hibernate in winter.

'Stay at Home Order' to all of Regional NSW from 14th August 5pm until Sunday 22nd August - This means the whole of NSW will be under stay at home restrictions. Further details to follow.

PRESIDENT'S REPORT AUGUST 2021

Hi all,

Well COVID-19 is still with us and causing all sorts of issues with not only paddling at home but everywhere, however, we have been lucky thus far with at least being able to train on the beautiful Wallis Lake.

Our new season has now started, but officially not till September all being well. Our numbers of members is steadily increasing with numbers at 41 so far with more to come I know.

It is pleasing to see the enthusiasm of all the members both old and new. Again I emphasise, the importance of all of us working together – Paddlers ,Coaches and Sweeps in making our Club the best it can be. We will be a force to be reckoned with in the future.

Our AGM is coming up on Thursday 26th August, 2021 so be sure to attend and support your club, which has kept strong through the most difficult times now, even though I am sure the future will bring challenges a plenty with the movement of COVID, that word again.

There are several plans for the future in the introduction of a men's day date to be decided and a fun paddle to Long Island for morning tea, on the 28th August. Notification has been sent to members via TeamApp with some details to be added.

I also would like to thank the members that assisted in the repairs to our boats and trailer - much appreciated. Many hands made light work of the jobs. Also thanks to Leanne and Bruce for the upgrade of the Wally table and to Leanne for the new Fisho's table-great job Leanne.

Now I cannot forget our undercover worker who liaised with Barclays to grade the launching area for our boats and for the continued mowing around our shed, none other than Allan Peter. Thank you from all of us for your continuing great work.

As for the new shed, Crown Lands has been liaising with council to sort out some issues related to the 'fixings" as per Native Title requirements (which are different to fixings for low environmental impact) and the access for construction vehicles, ensuring all permissions have been legally sought and approved. Things are moving in the right direction. Just on a more serious note, we need to keep up the good work when we attend training by ensuring the use of masks on arrival and to social distance where possible. I know this is difficult but it is necessary to allow us to continue to do what we are doing and that is enjoying the freedom that we have at the moment.

Enough with COVID, I hope everyone keeps safe and stays safe for the future. Most of all, have fun and enjoy your paddling. For the newer members, welcome aboard and enjoy your new found sport.

Regards

Laurie Haydon - President



COACHES' CORNER REPORT AUGUST 2021

Hello Pearlers and welcome to the latest newsletter,

Sadly, the Rainbow Regatta at Ballina has been postponed due to Covid but on the plus side, it gives us more time to train etc...

DBNSW has also postponed the season launch until September, due to Covid, and at this stage we as a club, like all clubs, have no idea what the coming season will look like.
So what do we know? Damn good question!!

We are really enjoying our coaching sessions with everyone. The commitment of everyone in the boat at each session to try their best and be part of the team is awesome. We have been spending time looking at each paddler in the boat, to see what minor corrections to technique we can identify to help each paddler improve their technique which in turn helps everyone in the boat. Like all things paddling, the change in technique will not happen overnight, but with perseverance and nagging, especially by John, it will happen.

So please, talk to us whenever you want to clarify anything, hone your personal technique, make a suggestion that might benefit yourself and other paddlers, but especially if you have an injury/health concern as we take our duty of care seriously.

Our Aims & direction for the coming season:

- Train with a smile and why not become a trainer?
- Support & encourage each other in and out of the boat.
- Pat each other on the back, at the end of each set in the boat.
- Curse the coaches for pushing you to train at a level, you never thought you could.
- Continue to work on technique for everyone
- Improve our fitness in and out of the boat/club's OC1s
- Train at consistently higher stroke rates
- Participate in our many social activities which in turn helps us form stronger mateship bonds; from coffee after training to our upcoming AGM, a position on our EC or a club committee (regatta, maintenance....), birthday celebrations, L & O raffles, our own November regatta, etc...

And at the end of this new season, hopefully we will have done our job, and you will feel you are a better paddler.

Regattas:

When DBNSW release the racing calendar for the season, all the coaches & the EC will sit down and decide on the events we feel will best suit the club. Until then, even if regattas are being postponed/cancelled, we will make our own "in-house competitions" for a fun challenge here and there. Stay tuned.....

But no matter what events we do, it's important we do them as a happy & united team, confident that we will all give 100% to each other in the boat.

**See you at Training
The Coaches.**



CLUB FEMALE CAPTAIN REPORT AUGUST 2021

Well, what a memorable few months we have had within our club. We had several members including 3 coaches, Wendy Orman, Jo Harris and Kim Creighton, transfer to Manning Club. At the same time, we have welcomed new members on board- Esther Huba, Lynn Cook, Helen Campbell, Kim Read, Sarvarna Sallaway and Joe Jeffries with three more still at our "Come and Try" paddling sessions on Saturday who look like they will join as well. I am sure our Pearlars are looking to make our club an even better club.

Jo Newman is our trainee sweep and is doing a mighty fine job of it. Jo is on holidays at the moment but am sure she will be back on board as soon as she can. John Welch is continuing his coaching (and sweeping) as well as Rejane with her coaching. From the response that I am hearing from our members is that they are all very happy with all the paddling sessions.

Regattas being cancelled due to COVID is an ongoing situation. That is out of everyone's control. Point Wollstoncroft was cancelled in January but Urunga Regatta was very lucky to go ahead.- it was a huge success for them and everyone had fun! Following Urunga Regatta was to be Kempsey River Rats and Manning River at Taree but due to Sydney lockdown the Regattas have been rescheduled to another date. Kempsey is now set for 25 and 26 September and Ballina for 9 and 10 October if all goes well.

Our "Come and Try " on Saturday 16th October at Paradise Marina Forster: More information will be sent out as it gets closer, so if you know anyone who would love to have a go at paddling, please bring them along!

Our breakfast venues have been a great success. We have shared ourselves around our community as the different cafes in Forster and Tuncurry - Lakes and Ocean Hotel, Paradise Marina and the Sicilian in Forster and the Deck in Tuncurry. I will be introducing The Oyster Man in Manning Street Tuncurry (just near the traffic lights and crossing) soon.

Stay Safe. Keep well and take care.

**Cheers
Kim Haydon
Club Captain**



Sweep Report

Hi Pearlars & welcome to the Sweep Coordinator's Report.

Those of you who usually see that title & skip to the next item ... DON'T! There is something good in here for everyone - even if it's the fact you've reached the end of the writing.

Our new look club is going from strength to strength & this is making it way more interesting for our sweeps. Sweeps involvement in training sessions is lovely to see & leads to rounded development, which in time (& with much practise), leads to their ability to be able to sweep State & National crews if they so aspire. Part of being involved with a club is having the ability & support to learn new skills. Life is not only about paddling. Please bear with the sweeps as they steer the boat, look after the safety of boat & paddlers AND master the difficult skill of "counting" & later "timing things" & even later working with the coach & drummer to successfully win us races. It seems sweeps have taken an interest in being flexible with session routes. Variety is the spice of life, so it's good to see sweeps & the EC exploring new / different routes, locations & session types to go on.

If you can imagine yourself sweeping a social session up the Wallamba or Coolongolook Rivers or down to the Sailing Club, with a BBQ at the end, then perhaps you may want to express your previously unknown desire to stand at the back of a dragon boat (or heaven forbid, be a (social?) coach). It's time to step up! Get in touch with me or a member of The EC to further your journey. It's about time I ran another sweeps workshop & "newbies" are always welcome. The workshop will cover how to control a boat when i) your sweep falls overboard or ii) the sweep calls for assistance. Who knows what "front two rows, draw left" means? What is the best way to keep the bow of the boat in the middle of a lane when you are starting from a pontoon? A hint, it's not traditional, very tiring, drawing water. Who wants to learn this & other skills?

As the weather warms up (bring it on!) & we venture further afield, bear in mind it's the sweeps job to preserve life & limb & the boat, but spare eyes are always welcome. Shallow water, debris in the water, bridge piers & other "hazards" can often be identified earlier by a paddler, coach or drummer. Just yell out the hazard if you spot it. You won't get in trouble!

Speaking of weather ... there are other things that like it warm as well ... mozzies. With warm weather, the breeding cycle dictates you'll get bitten 11 days after rain. Be prepared.

There is a rumour going around I may be trying out to be coach, IF club members see this as a step forward. IF this happens, the sweeps will be under more pressure (1 less sweep for a bit of the time) & accordingly, see above! I trust the remainder of our so called "winter" passes & sees us spring into spring with new vigour.

Cheers,
Peter

Sweep Coordinator (for the time being until the AGM)



What's Happening

Events

All events dependent upon NSW COVID Restrictions.

Raffles are not currently being held at Lakes and Oceans Hotel due to COVID19 restrictions

AGM is on the 26th August 6.30pm at Tuncurry Beach Bowling Club. This is your opportunity to determine who you want to represent us on the Executive Committee. Dinner will be held after the AGM and is an opportunity to join together. RSVP by the 19th August.

Super Saturday 28th August -Paddling from Container to Long Island, Wallis Lake

Regattas

Manning Regatta to be held in 2022

Kempsey Regatta has postponed from 10/11 July to 25/26 September 2021

Rainbow Region Regatta has postponed from August 28/29 to October 9/10th at Shaw's Bay, Ballina. See Team App if you would like to race and put your name down. Rick Fry is organising a Waratah's Team. However, it would be great if we could get enough for a Pearler's team.

Come and Try Day—Saturday 16th October, Paradise Marina. Swim test will also be held on the same day.

Sunday August 29 Port Macquarie Rowing Club 25 km Mini Marathon - our club is not registering a team so you can enter as an individual.

November 5- 14 Varsity Lakes, Gold Coast, Pan Pacific Games. Contact Motley Crew 's Jenny Higgins of Port Macquarie's Flamin Dragons at Pandjhiggins@gmail.com

Upcoming Event- 2022 Ord River Stay tuned for an exciting opportunity to paddle in the Ord River Challenge 55km in a dragon boat. June 2022

MEMBER SUGGESTIONS FOR 'SUPER FUN PADDLES'

All paddling is fun – even when it hurts! So these will be super fun paddles!!!

- Tow boat to Discovery Park, Aquatic Rd, Darawank. Paddle up/down stream. Food at Café on location on completion
- Paddle session to be followed by BBQ at containers
- Forster Keys visit - paddle to/from or other version using trailer for return (transport paddlers?)
- Bring your partner/ buddy for a cruisy time on the boat
- Paddle and picnic Wallis Island
- Sundays not all Saturdays
- Increase distances over time ... Coomba Park
- Exchange visit with Wallis Spirit - paddle together but on separate occasions at the other's location

Many different launch spots and landings to be investigated so ideas will keep flowing... just need more weekends!!! AND of course there is our '22 Men in a Boat' event when we hear from a group of men to request a paddle. A great idea for giving back to our community and helping men's health.

A SPECIAL VISITOR TO WALLIS LAKE



On the 29th June, there was a sighting in our Wallis Lake of a rare southern right whale. The whale was approximately 15 metres long. It was first spotted swimming along the sandbanks on the western side of the Forster-Tuncurry Bridge on Tuesday at 7.30am. The whale remained in the estuary until Friday. These type of whales are highly endangered, with around 270 left including only 68 breeding females. On Friday, the 2nd July, the whale passed under the bridge about 3.30pm for the open sea. GLPD did paddle on Wednesday

and Friday but did not have any close physical encounters with this special whale that made Forster it home for this time.

Expression of Interest for Coaches

To Engage, Encourage and Enthuse!

We are calling for any paddlers with an interest in becoming a GLPD Club Coach to submit an EOI to the executive committee for the current season.

Our aim is to take on at least 2 new training coaches immediately, to be mentored by our coaches John and Rejane. Both are accredited Level 1 coaches.

Please note the following links:

GLPD coach training procedures

<https://cdn.revolutionise.com.au/cups/greatlakespd/files/xzpj80jcukzctmk.pdf>

DBNSW Club Governance—Coaching and Sweeping

<https://cdn.revolutionise.com.au/cups/dbnsw/files/whkvuqspr66tcqdt.pdf>

AUSDBF National Coach Accreditation Scheme- Coaching Framework

<https://cdn.revolutionise.com.au/site/7npsjhtzsfcjro5p.pdf>

Coach Accreditation & Currency

<https://cdn.revolutionise.com.au/site/xb4wpqlgf6brxkmt.pdf>

Memorandum (fees)

<https://cdn.revolutionise.com.au/site/gyz4eyndetphx0ym.pdf>

Coach Accreditation Overview

<https://cdn.revolutionise.com.au/site/on8fhk4atobgwezj.pdf>

AusDBF Coaches/Officials Code of Behaviour Individual Agreement Form

<https://cdn.revolutionise.com.au/site/k7yp9ynxdzmxsoni.pdf>

In your EOI, please outline relevant paddling experience, any relevant experience in coaching or similar roles and clearly state your reasons for wanting to become a coach. Consider your skills in relation to being able to clearly communicate to paddlers and others in the team, your motivational skills and your role in leadership as you perceive a coach might need to demonstrate.

Paddlers need to be committed to attending regular training each week and maintain their club coach commitment to GLPD for at least 12 months following the completion of training.

New Paddlers

Dragon Boat Paddling is suitable for all ages. In our club we have a wide range of ages.

Our youngest is Sarvarna Sallaway and Bill Kennedy at 40 years of age and our most senior member is Ray Howe. (87 years young).

We have had quite a few new paddlers join the Pearlbers. Here are interviews with Helen Campbell and Esther Huba. Helen first attended the Come and Try on the 24th April 2021.

Helen Campbell

I moved to Forster from the Central Coast in April 2020 with my husband, Col where we had lived for 30 years. We have 2 daughters and 3 grandkids. Before our move and retirement, I was working as a picker/packer at Scholastics Australia and Col was in the construction industry. Once we moved here and not really knowing anyone, I was looking for activities to join. When I saw the "Come and Try" day for Dragon Boating advertised, I was keen to give it a go. I really felt welcomed and everyone has been very supportive since joining the club. I am enjoying the workouts of the training sessions, the social get togethers after paddling which have been great for me to meet and make new friends and am looking forward to one day hopefully participating at a regatta. I have also joined the YMCA and recently started playing lawn bowls at the Sporties club. Moving to Forster has been a very easy transition. We love the coastline walks and we never tire of admiring the beautiful waterways.

Our new home and lifestyle has exceeded all our expectations. We are lucky to call this paradise our home.

Esther Huba

Last September my husband and I moved from our beautiful country property of 200 acres at Firefly to the coast. I am able to work 4 days per week remotely from home. As I have always enjoyed being active, but have had little time to commit to a regular group, GLPD provides a wonderful and accommodating opportunity with many time slots to choose in the week, plus flexibility. Sessions are short 1-1.5hrs with a range of ages and personalities attending. I love the feeling of synchronisation that results when all on the boat are focused - so pleasurable and the scenery on a nice sunny calm morning is to die for!

I have had no previous experience and the support, encouragement and coaching provided is phenomenal, and always accepted with joviality.



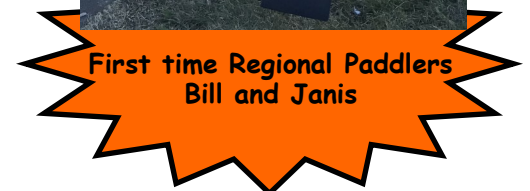
Region Vs Region

The inaugural Region V Region Regatta was held on Sunday 20th June. Janis Radford and Bill Kennedy were part of the Northern Region team that attended SIRC at Penrith. The 2km turn race/relay was attended in almost perfect conditions and Northern Region turned it on.

At our training sessions we had to work hard on our timing and coming together as a "team" but the replays of 200m racing and 2km turn showed amazing teamwork. The competition was fierce and much younger but putting that aside we had 8 men and 12 women in each boat and everyone putting in their best effort.

Coaches Jenny Higgins and Wendy Orman were happy with the end result of coming fourth as we were against Sydney teams with their vast population to draw on for paddlers .

The bright yellow shirts seemed a bit much but when you saw them on the water, they looked fantastic.



The Wally Table

Recently our table has had a face lift. Thanks to Bruce Dayment (Kathy D's husband) for timber work and Leanne for painting. People who had been at the club a long time started calling the table the Wally table. Apparently Wally and Gayle were members of the club in 2012 and they first built the table. They attended for about 3 years. Initially it was known as the "Wallet" table, sounds like ballet. Over time it is just the Wally Table. Wally also provided the white board in the container. Also Dan Henry built the bridge we go over to get to the container.

Leanne has also built the Fisho's Table. Thanks so much everyone for your hard work.





Great Lakes Pearl Dragons Annual Regatta

**Saturday 20th &
Sunday 21st November 2021**



Elizabeth Reserve - Forster Keys

We Want You

to be available on this weekend
Please put the dates
on your Calendar asap!!!

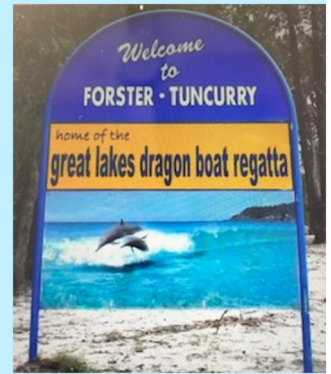
**We need as many Pearlors as possible
to assist in the running of our Regatta**

For more information email pearlsregatta@hotmail.com

GLPD REGATTA NOVEMBER 20 AND 21, 2021

The GLPD Regatta committee continues to meet monthly to prepare for the Regatta on 20th & 21st November. The Committee consists of: Wendy Burdekin, Rejane Chapman, Trish McDermott, Janis Radford, Ann-Maree Swanson, Leanne Jeffries, Kerrie Gammage, Brenda Taute, Gill Williams, Meaghan O'Riley and Sue Welch.

The Regatta work plan is reviewed and jobs allocated. Forster Tuncurry Golf Club/ Buko's Bistro is now one of our sponsors for the Regatta. A group of Pearlers attended Bukos Bistro on June to show our support.



Please Save the Date as there are many tasks that need to be attended to ensure a successful regatta. We need all hands available for the weekend. Saturday 20th will be the 2km race. On Sunday, we will not be part of racing but there are many jobs that need to be covered. Closer to the event there will be the chance to sign up for jobs.

Also look out for the opportunity to donate towards hampers to be raffled. This has been a very successful way of gaining items together to be made into hampers. We will also be approaching local businesses for donations, however we do need to be mindful that COVID19 has impacted upon some businesses in our area.

COVID-19 OFFICER REPORT

Hi All, Just an update on COVID restrictions. Currently there is a stay at home order to all regional NSW from 14th August 5pm to until 12.01am Sunday 22nd August. This may even be extended. This means the whole of NSW will be under stay at home restrictions. All training will be ceased at this time. If you have any flu like symptoms, please be responsible and get tested, isolate till results returned, and rest with plenty of fluids. Do not hesitate to contact me if you have any questions..
Peta McInnes COVID Safety Officer 0488042091

FOR SALE

Green Club T Shirt size 14 \$30
Call Gina on 0412 815 311

49inch Paddle (see photo)
Call Kathy Peter (0413 667 376)

Red Dress shirt size 16, Cap Sleeve size 16 & 18,
Cap worn to one regatta only.
Call Kaye 0417493095 to negotiate price .

Green Dress shirt size 14 Cap sleeve V-neck T shirt size 14 and singlet size 14.
Excellent condition.

Call Annie 0412 161 963 to negotiate price .



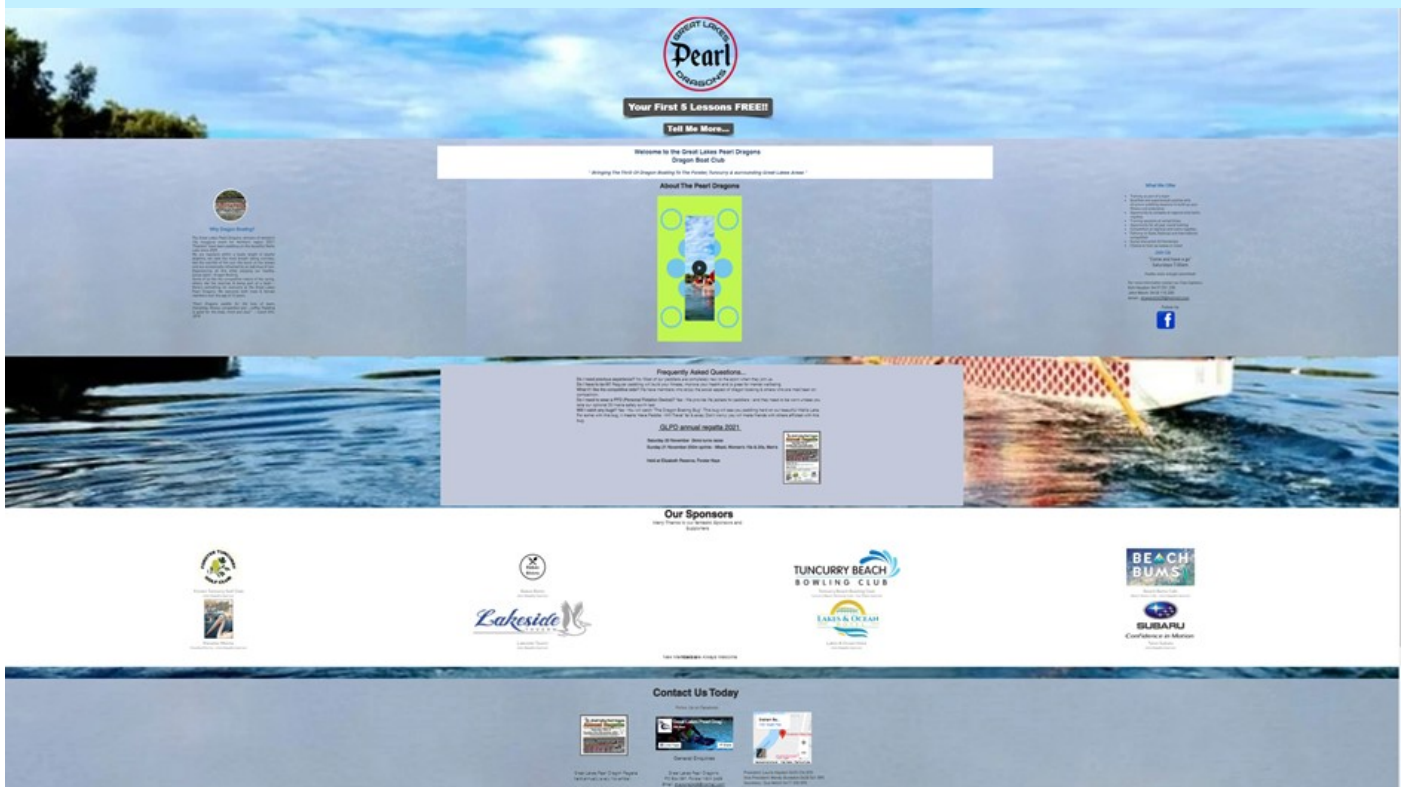
Heads in the Boat

NEW Team App was introduced in May 2020. Members are becoming more comfortable with the use of the app and its function for booking in for training sessions and regattas. Angela Visser is the Administrator for the App.



The Great Lakes Pearl Dragon Website (<https://dragons2428.wixsite.com/pearldragons>) is still available for all other information including the Members section using the password. You can also find information on policies and procedures, club forms and previous newsletters in there.

The site also gives details of Executive Committee members, Coaches, Sweeps and the role of MPIO (Member Protection Information Officer). Also see the latest vimeo video made by Wendy Burdekin for the website showing what we offer.



Heads in the Boat

NUTRITION

Please note this is generic information. It doesn't take personal circumstances into account

PRE-TRAINING

To eat, or not to eat? This is a common question that gets asked *all* the time. Generally, people don't like training or competing with something in their stomach and often hydration can often be more important. Whilst overall intake is most important, pre-training nutrition can be a great way to promote performance and drive adaptations to your chosen exercise and in this case, dragon boating.

Fuelling before sessions lasting an hour or more comes down to **carbohydrates** (0.5-1g/kg of body weight). As a very general guideline, aim for at least 30g in the hour before. For reference, 1 banana is roughly 30g carbs. Make sure to choose a quick-digesting, **moderate protein** (for amino acid availability), **low fibre**, and **low fat** food source to limit stomach discomfort. Minimal fat and fibre? Why? Fat actually takes a while to digest and can slow down the digestion of your other food (carbs & protein) which can negate the effects of a pre workout meal. Too much fibre has been shown to cause a tummy upset for some. So be mindful of that. Aim to have meals 2-4 hours before, or snacks 1-2 hours before. Below are some favourite examples.



BANANA & A SMALL HANDFUL OF NUTS



BERRY SMOOTHIE



CHICKEN SANDWICH OR WRAP



COFFEE & PB / RAISIN TOAST

GREEK YOGHURT WITH GRANOLA



OATS OR CEREAL WITH FRUIT



APPLE SLICES & ALMOND BUTTER



2 MEDJOO L DATES



MUSELI BAR

Heads in the Boat

NUTRITION

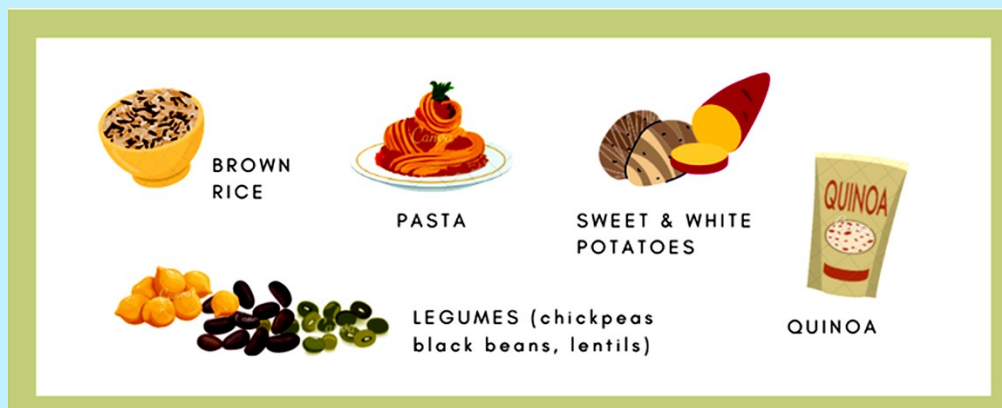
If it's a morning training session and you prefer to train on an **empty stomach**, that's fine - just be mindful of what you've eaten the night before. This is when **complex carbohydrates** would be recommended as they typically take longer to digest, providing a longer lasting, and more sustained form of energy.

While pre-training nutrition is important, the broader picture of your diet as a whole has a huge influence on your performance. You can't just focus on your pre workout nutrition and think "she'll be right mate just had my protein shake, banana and pre workout sorted". While that's a great pre workout option, the other 2-5 meals around that meal throughout the course of your day are just as important. Think of it like this. If you fill your tank with e91, but add 1L of e98, you can't expect the engine to run like it's got a full tank of e98. That's the same as nutrition, you can't expect to see your true performance potential if you are only fuelling for performance 5% of the time.

POST-TRAINING

Everyone's requirements post training will differ. Requirements will be influenced by the type of training you completed, the time until your next session, your goals, what you have already eaten that day, etc. This is the time where we want to refuel with **carbohydrates** and **protein**. Pair carbohydrates with protein (aim for 20-40g), add some **vegetables**, healthy fats and most importantly some H₂O to rehydrate.

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Heads in the Boat

NUTRITION

Carbohydrates are important to help replace the energy you used up. How much carbohydrate you need will depend on the intensity of your workout (e.g. endurance events use up more energy than strength training). **Protein** is important for repairing and rebuilding the muscles that have been "damaged" during training. It provides the body with amino acids, which are the building blocks for new muscle and for muscle repair - great for reducing muscle soreness.

To maximise your intake of fibre as well as an array of vitamins, minerals, and antioxidants, it is important in this meal to fill your bowl or plate with **colourful**

vegetables - whether it is in the form of a wrap, one-tray bake, sandwich, or stir fry. Think about vegetables such as red/green/yellow peppers, red onions, sweet potato, kale, broccoli, purple cabbage, brussel sprouts, pumpkin, tomatoes, beetroot, or spinach. If you are leaning towards a post-workout smoothie, bowl of oats, or serving of yogurt, reach for fruits distinct in colour such as strawberries, blueberries, oranges, cherries, mangoes, papaya, red grapes, apples (with skin), kiwi fruit, or plums. More colours = more phytonutrients = more antioxidant and anti-inflammatory benefits.



Examples could be grilled salmon and roast veg, a chicken wrap, eggs & avocado on toast, tofu scramble, tinned tuna and crackers, yoghurt and a banana to name a few. Below are some examples:

Heads in the Boat

NUTRITION

Pasta and rice dishes will deliver the complex carbohydrates but it is the toppings and sauces, glass of beer or wine that can bring down the quality of the meal.

Probably the most important thing for people to remember is that changing diet can have consequences with bowel reaction. Sticking with known foods and not changing things up for the sake of following a 'recommendation' is the best scenario. Whether those foods are high or low in fibre doesn't really matter. What's important is that you're not introducing something new a couple of days before big training sessions or regattas. That's a recipe for disaster.

On regatta days with multiple races over the day, that's where maintaining energy levels throughout the day can be important for those later races. Simple sugars light on the gut are best as the body needs to refuel. Overdoing it though can cause gastric upset. So if there are breaks in the day where small meals can be eaten then it's a better option than something like jelly beans that can draw water into the gut and cause gastric distress.

Information adapted and provided by Rachel Eagleton, Clinical Nutritionist and Adam Walsh, Advanced Accredited Practising Dietitian, Senior Lecturer in Nutrition and Dietetics in the School of Behavioural and Health Sciences at the Australian Catholic University.



EXERCISE IS KING. NUTRITION IS QUEEN.
PUT THEM TOGETHER AND YOU'VE GOT A KINGDOM.

GLPD Uniform Update

Contact our Uniform Officer Brenda Taute on 0407 724 268 for your uniform needs.

Paddling shirts still available as per last years sizes.

All Shirts \$54

Muscle Shirts Size 12

VCAP Shirts Size 14,16, 18,20

Short Sleeve Shirts Size 14,16, L, XL

Hats \$16 (one size)

Dress Shirts - Available on request - Contact Brenda

Winter Jackets

1/2 price sale at JPX2, now \$40. Paddlers can order direct from <https://jpx2.com.au/products/3-in-1-jacket?pos=2&sid=9b117c700&ss=r>

Are you interested in having your say about new uniforms

We are looking to form a sub-committee to assist with ideas regarding improved materials and designs for future dress shirts and paddling shirts.

Anyone willing to join this committee will be most welcome by contacting Brenda on 0407 724 268



Follow us on Facebook

<http://www.facebook.com/GreatLakesPearlDragons/>

Take up the invite to be part of the **Facebook Pearlers Page**

<https://www.facebook.com/groups/290050921720731/>

Check out the website for updates and events, along with regatta and paddling bookings

<https://dragons2428.wixsite.com/pearldragons>

