



April, 2017

Pearls of Wisdom

Great Lakes Pearl Dragons

www.pearldragons.com

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Vice President: Laurie Haydon
0425 234870

Secretary: Carolyn Richards
0448 529280

Treasurer: Fay Brooks
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Club Captain Female:
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Club Captain Male:
Frank Fenech 0412 194200

Director: Wendy Orman
0407 543813



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"Now this club has come along way since 2009, boasting 70 members including state and national level paddlers. They run a fantastic regatta in Forster which hosts both local clubs and community teams and we now have the pleasure of seeing them regularly as they make the long journey down to Sydney to compete at our Metro Regattas. Providing volunteers at regattas, ensuring that the club is doing their due diligence when it comes to governance and club administration and always bringing a positive attitude to our events, the 2017 club of the year is GREAT LAKES PEARL DRAGONS."



Pictured here is the crew who competed at the Sydney International Regatta Centre State Championships when the Great Lakes Pearl Dragons were named 'Club of the Year'.

President's Report April 2017

Welcome pearls to our April 2017 newsletter. Finally autumn has arrived and daylight saving has ended. I know I am in the minority when I say that I have never liked daylight saving as it only encourages you to work at the wrong end of the day.

Nationals are almost here and we as a Club are competing for the first time. What an effort by all of our coaches, sweeps and paddlers, everyone has been training so hard on the water while off the water there has been a lot of work done with team entries, training plans, accommodation, team dinners etc.

Good luck to the 30 GLPD members that are making the trip to Albury. In addition to paddling for GLPD Claire Pontin, Laurie Haydon and Frank Fenech will also paddle in the Northern Region team while Joe Iacono is NSW State Coach Senior B and Wendy Orman is paddling in the Senior B NSW State team.

I think I have personally said enough about us being named 2016/2017 Club of the Year, however let me remind everyone once again that this is a whole Club award, so we all need to take a bow.

This past year has been very busy for the "pearls" with our paddler numbers growing at some sessions and our participation in regional regattas, metro regattas, State and with Nationals to come. As our equipment inventory grows so does our maintenance schedule. We needed to cancel our planned whole Club maintenance day in March but please don't fret as it will happen a bit later on in the year.

In the meantime a few have spent a good number of hours working on the 20 seat boat. This time we sanded it back to bare wood with an electric sander before resealing. We also had fibre glassing repairs done to the hull and replaced the ropes as over time they had actually cut into the seats. Thank you to those that did these much needed repairs.

We have received a grant of \$4800 from Local Sport Grants – Dep. of Sport and Rec. This grant is to go toward the purchase of an additional 20 seat boat. Having the additional boat will be an advantage for training purposes and also we can spread the workload between the two boats and take one boat off the water spasmodically for maintenance.

Speaking of grants we have applied for a grant with Mid Coast Water and also ClubGRANTS



NSW plus submitted our Standard Funding Report for last year's ClubGRANTS NSW. If there is anyone in the Club that would like the title of "Grants Officer" plus the workload please put your hand up.

We have accepted EOI's for the 2017 regatta committee from Fay Brooks, Mary Elliot, Carol Richards, Julie Therré, Angela Visser, Kerrie Gammage and Jo Vakaahi. Thank you ladies, we know our regatta is in safe hands. We have also received the 2016 regatta report from the officials and it was very positive.

What else has happened in the last couple of months?

~Risk Management Policy Statement updated

~Risk Warning Policy updated V3

~Capsize Procedure updated V5

~Winter paddling break from 12 June to 26 June approved

~Opportunity given to paddlers to have their Club caps embroidered with "NSW Club of the Year"

Members worked at Opera by the Lake as fundraiser – funds raised \$428.75 plus those helpers enjoyed listening to the opera and received a complimentary t shirt. Thanks to those that helped.

Thank you to all for heeding the call to be quiet when walking down to the container for paddling, especially mornings. We like to be friends with our neighbours and 6.00, 7.00 even 8.00 or 9.00 can still be early for some.

Regards

Denise

What's Happening

RACING

Apr 19-24 Australian Dragon boat Championships at Gateway Lakes,
Albury-Wodonga

May 6-7 Urunga Regatta

June 10-11 18kms & Port Macquarie Regatta

PADDLING BREAK

Monday **June 12** - Sunday **June 25** (returning Monday **June 26**)

FUNDRAISER

June 3 Bunnings

The Competitive Training

STATE CHAMPIONSHIPS

Our first year of travelling to the SIRC regattas and the NSW State Championships and placing 4th in the Senior A Women's Final and making it into the finals of the Senior A Opens. There is no doubt we dug deep and brought out the 'Mongrel'. If you don't believe it have a look at the effort in the photo below!!!!

We, all of us, have to be proud of the commitment we have demonstrated to get this far over the past year. We have trained hard for over eight months in preparation for our State and Nationals campaign, which is not over.

The coaches have worked hard to improve our fitness and paddling technique, the sweeps have given up their paddling to prepare us for the journey and you all have put in the time and effort in so many ways to get our club to this point.

Congratulations everyone – we deserve all the good things that have come our way. Our next adventure is our trip to Albury next week!

	SIRC2 (500m)			SIRC3 (500m)			STATE (500m)		
	Heat 1	Heat 2	Final	Heat 1	Heat 2	Final	Heat 1	Heat 2	Final
GLPD Mixed Senior B Team	No team			02:19.52 3rd	02:21.18 2nd	02:19.74 5th	02:21.93 4th	02:29.44 5th	No final
GLPD Women's Senior A Team	02:29.67 2nd	02:28.76 3rd	02:30.95 4th	02:24.78 3rd	02:24.04 2nd	02:23.52 5th	2:25:27 2nd	2:26:05 2nd	2:26:71 4th
GLPD/Port Hacking Open Senior A Team	No team			02:15.76 3rd	02:13.88 2nd	02:14.89 4th	02:14.60 3rd	02:14.87 3rd	02:18.41 6th

Senior A Women during their final, winning fourth place.



WWE SUPERSTARS

Taking on a new role, Julie Therré is enjoying the challenge that being our trainee sweep presents. She promises to take us on some 'joy rides' as we paddle the boat for her.

Julie says, "You think it looks easy being up the back? Well, it isn't."

Our reply is that we admire our sweeps, and anyone prepared to go through the training to help our club is truly appreciated.

Thankyou to our Level 3 coaches for mentoring Julie and to paddlers for filling the boat so that she can train.



"This is for everyone whether you're our oldest member or our newest. "

"Nothing can top that the moment. What a great achievement for our club! Very exciting and totally unexpected."

"Feel proud Pearls - this is your award of the 60 Clubs in NSW."



FOOD AND HYDRATION FOR COMPETITION DAYS

The advice below comes from Sports Dietitian Australia in reference to canoe and kayaking competition <https://www.sportsdietitians.com.au/>

As we embark on what will be two days of rigorous competition, it will be vital that we fuel up and keep our engines running effectively. The following advice may be useful. In addition, there is a link at the end of this section to other sites with dietary advice.

What to eat before competition

Sprint Canoe/Kayakers will usually have several races per day. There may be as little as 30 minutes, or as long as several hours between events. A carbohydrate containing meal 2-4 hours before the start of competition is a good chance for a final fuel top up before the day begins.

Suitable options should be something that has been tried before and something the athlete enjoys. For example:

Wholegrain cereal with milk

Toast / crumpets / raisin toast + tub of yoghurt

Pikelets with banana and ricotta

Fruit salad and yoghurt

Eggs on toast plus piece of fruit + glass of milk

Athletes who feel very nervous or struggle to eat solid food before racing may prefer a liquid breakfast (e.g. fruit smoothie, flavoured milk or liquid meal replacement). To avoid stomach discomfort, foods low in fibre and fat may be preferred.

Fluids are also important in the 24 hours leading up to competition. Monitoring urine colour leading into an event is effective way for athletes to ensure they are well hydrated. Urine should be pale yellow in colour the day before and on race day, remembering to avoid drinking too much fluid the night before which can disrupt sleep with toilet trips.

What to eat and drink during competition

Competitions usually consist of several races (heats, semi's and finals) over the day; therefore recovery snacks after a race can double as pre-event snacks for the next race. As there is often only a short amount of time between races, paddlers are advised to snack on small snacks over the day rather than large meals. Printing a copy of the race program and highlighting opportunities to eat is a good strategy as the time available as it will differ every regatta.

Paddlers should pack snacks rather than rely on competition venue facilities where suitable options may not be available. Some suggestions for portable snacks between races are:

Fresh or tinned fruit
Muesli or nut bars
Trail mix with dried fruit/nuts/seeds
Sandwiches with honey/jam/banana/cheese
Flavoured milk poppers
Tub/pouch of yoghurt
Creamed rice tins
Crackers or rice crackers
Low fat fruit muffins or bliss balls



Recovery

Recovery meals and snacks should contain carbohydrate (fuel), some protein (for muscle repair and development) and plenty of fluids and electrolytes to replace sweat losses.

A recovery meal or snack should be consumed soon after exercise period, remembering that recovery nutrition extends well beyond the initial hours post-game, particularly when the next training session or game is the next day. Fluids should also be consumed, based on estimated losses. Some recovery food options are:

Egg/tuna/ham/chicken, cheese and salad sandwich
Dairy based milkshake
Dried fruit & nut mix plus piece of fresh fruit
Burgers with beef, cheese, avocado and salad



The following links present a similar view of nutrition and are well set out, explaining nutritional needs for training, before regattas, during regattas and for recovery.

<https://www.ccdragons.org.au/nutrition-general/>

<http://paddlechica.com/fueling-your-team-properly-good-food-for-race-days/>



2017
AUSTRALIAN
DRAGON BOAT
CHAMPIONSHIPS
ALBURY **WODONGA**



GLPD Members Directory



PET / HOUSE SITTING SERVICES

Reasonable rates.

All enquiries

Contact Wendy Lum.

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“Do you have nail, corns, callus or ingrown concerns? Do you suffer from lower back, hip, knee or foot pain? Do you need supports in your shoes or advice on good footwear? Do you suffer from a chronic illness e.g. diabetes, circulation trouble, nerve or muscle troubles? Then call Dr Samantha Dullaway (Podiatrist & Dry Needling Practitioner) at The Foot Whisperer Podiatry to get you walking and moving to better health.

The Foot Whisperer
Podiatry Services

Joe Crowther B. Hlth. Sc. (Podiatry)	Matthew Anderson B. Hlth. Sc. (Podiatry)
Samantha Dullaway B. Hlth. Sc. (Podiatry)	
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Dear Pearlers

I would like to offer my deepest gratitude for the compassion and sensitivity you showed me with the passing of my parents. Your support has been a great help for me during these past six months.

Thank you for being there when I needed you most.

Warm regards, Julie Therré

