



Feb, 2021

Pearls of Wisdom

Great Lakes Pearl Dragons

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

PADDLING BACK ON COURSE!

Executive Committee

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We have now merged back into pre COVID-19 full training sessions. It has been so good to experience the camaraderie with full boats of our fellow dragon boaters. Saturday mornings and Monday afternoons are proving to be very popular sessions so please ensure you have your name down early as the spots in the boat are quickly filled.

Coaches have been focusing on improving our paddling technique by working on timing and "set up". Wendy has been imparting her mathematics knowledge about discrete and continuous variables relating to paddling techniques. You get more than just paddling when you come for a Pearlers paddling session!

We are looking forward to the Urunga Regatta in May and more details will be available soon.

The Executive Committee have reviewed the DBNSW Strategic Plan. Values have been put forward. The EC would like to initially focus on the FUN and PASSION Value. This is our drive. We are here for both the joy and the personal benefit that Dragon Boating brings.

We know we have plenty of passion and like to incorporate fun with our time together.

PRESIDENT'S REPORT FEBRUARY 2021

Our training sessions are back to normal - well, we are on the water anyway. It has been pleasing to see the numbers of paddlers on the Saturday and Monday sessions with two boats on the water. We need to build up the Wednesday and Friday morning sessions if we intend to start going to regattas.

The EC at their recent meeting, would like to share with all Great Lakes Pearl Dragon paddlers, our commitment to the values as stated in the 'DBNSW Strategic Plan 2020-2024'. In particular, the value of "Fun and Passion" is our chosen focus. This value states that: "We are here both for the joy and the personal training benefit that dragon boating brings". We would like to highlight this for the remainder of the year.

It is great to see some of our paddlers trying out for the Region v Region squad (Northern). I am sure you will all do us proud. Our club is also represented by Wendy Orman who has been appointed manager of the Northern Region training squad.

We have had some 'come and try' paddlers both male and female and I am happy to inform you that one has joined our ranks and another is about to. A community 'Come and Try' event is being planned and at this stage is to be held on Easter Saturday. We need all members to be available for this event as in previous years.

Last Friday night was our first raffle for the year at the Lakes and Ocean Hotel. What a great turn up of our paddlers! A very big thank you to our ticket sellers. This is our biggest fund raising commitment (other than through grants) and what a success it was. It is also a necessary fund raiser for our club, as grant money is dependent on the club co-payments. Support through attendance by all members over time, whether a coach, sweep or paddler would be appreciated. The calendar is included in the newsletter and website so you know ahead of time when these will be. Reminders are also posted on Facebook.

Our new club house planning is still in Council, awaiting approval from the land owners (Crown Lands). I have been in contact with the council on several occasions but no further progress has been notified as yet.

The EC will be sending out 'expressions of interest' for members willing to join the regatta committee for our November 2021 regatta. If you are interested, please let us know or contact Jo Harris who is head of the regatta committee.

We are happy that we are back on the water. We could be like Victoria being shut down. A thank you goes to all who attend training for the way they have continued to be aware of Covid safety and following directions if needed.

Hoping for the best for the future. Stay safe and well as we have regattas to compete in coming up.

**Regards Laurie Haydon
President GLPD**



PERFORMANCE

this means our effort.
We are always striving to achieve something more than we thought possible.



INTEGRITY

this is role modelling.
We compete and contribute fairly and transparently both on and off the water.



OUR VALUES

INNOVATION

this is about sustainable growth. We create a vibrant environment today, while also preparing for tomorrow.



COMMUNITY AND CAMARADERIE

this is our heart. It's about support for our fellow dragon boaters and the diverse and inclusive community that we represent.



FUN AND PASSION

this our driver. We are here for both the joy and the personal benefit that dragon boating brings.



COACH'S CORNER REPORT FEBRUARY 2021

Hey Pearlers,

It's so fantastic to be back on the water!!!

We are all working hard to get back the fitness we lost during the COVID shutdown so we have started slow and safe.

It's time however to get our base fitness moving. We have the Titavators' regatta in May (our first regional regatta in such a long time) and we all know that we have to train for the 8-9km event on the Saturday.

This news is perfect as it fits nicely into our season plan - building up our aerobic fitness (base fitness). Coaches all know the importance of building up the aerobic base before any work is done on anaerobic or speed work (like race starts etc). Those come MUCH later.

One of the hardest concepts for paddlers to understand and appreciate is base training. It's counterintuitive to paddle slowly for longer periods in order to gain performance later in the season. But if we have the discipline to train aerobically for a period of time, it will pay our team dividends down the road.

The more work we perform aerobically, or in the presence of oxygen, the more efficient we are. Prolonged aerobic training produces muscular adaptations that improve oxygen transport to the muscles, reduces the rate of lactate formation, improves the rate of lactate removal and increases energy production and utilization. These adaptations occur slowly over time.

So next time you hear a paddler complain about having to paddle for longer without the 'sprints' and 'race starts' remind them - hey we are building our BASE fitness!!!

Remember Jo's house analogy - we have to build the foundations BEFORE we put on the walls and the roof. Sprints and race starts are the roof - we are working on our foundation at the moment.

See you on the water!!

Wendy xx



CLUB CAPTAIN REPORT FEBRUARY 2021

Hi Pearlers,

Hope everyone had a Merry Christmas and a Happy New Year and a Great Australia Day! It's good to be back on the water and paddling on our beautiful lake breathing in the fresh air!

Paddling returned on the first Saturday of the year, 9th January with great response from our members.

In the last 5 weeks we have had a few men and women "Come and Try". We now have one new member from those sessions. We welcome Sussan Beecroft. I hope Sussan will enjoy her new sport in dragon boat paddling!



We finally received our Roster for our Raffles for 2021 from Lakes and Ocean Hotel Forster who are one of our Sponsors. Our first raffle being Friday 12 February, we would like as many club members including Coaches and Sweeps to come to these raffles to help out from time to time and support your club!

Please check your Pearlers page on Mondays as I am now booking a table on Saturdays for Breakfast after paddling at 9am. The time could change during the months ahead to 9.30am with coaches who may want to train us an additional half hour! I am picking a different Café each Saturday so we do not get bored. However, we are limited to where we can go because of our large group. There has been some great feedback on going to a different cafes which is great to hear.

If I book a table it means the management of that Café can get more staff on and we are not left sitting waiting 90 minutes or more for a coffee or breakfast. So please if you want to come to one of the breakfasts make sure you put your reply on the Pearlers page so I can book. Don't just turn up thinking you will get a seat.

The Region v's Region is coming up on 28 March and will be held at the Sydney International Regatta Centre in Penrith. I would like to wish Lou Watson, Annie Manticas, Janis Radford and John McInnes all the best in their conquest on the ERG and hope you get through to the next stage.

Cheers

Kim Haydon

CLUB CAPTAIN

STOP PRESS: Following submission of Kim's report, we have another new member -Karen Francis. Welcome Karen.



Sweep Report

Hello Pearlers and welcome to our first newsletter for 2021.

I thought I would offer an insight into sweeping for anyone thinking about giving it a try.

But first a few self evaluation questions

- Do you enjoy giving directions to other people.
- Do you enjoy watching others obey your commands
- Do you enjoy the smell of fresh air in your nostrils



And finally

- Do you enjoy having fun while standing on a wobbly boat with a wooden stick in your hand for balance

If yes to all the above, put your hand up  and you will receive permission to stand on the back of the boat and try sweeping. The worst thing that can happen is you fall over and get wet .

Seriously though, I love my sweeping , the different crew dynamics, different water conditions, other water craft, dolphins and the beautiful scenery of Wallis Lake that you never get tired of it .

The club definitely needs more sweeps so if you're keen, talk to myself (John), Laurie, Peter , Wendy , Peta , Kez or Brian and we will be more than happy to get you started.



COME AND TRY 2021

As Paddlers, we know that Dragon Boating is a fun team based sport. It origins can be traced back 2,500 years ago to ancient China where races played an important role during religious ceremonies and festivals.

Whether it be for fitness, friends, competition or fun, dragon boating caters for all!

Last year, we had a successful Come and Try Day with many people coming to try dragon boat paddling. Unfortunately, due to the cessation of paddling due to Covid-19 pandemic, many people did not become members.

However, we have had a few people Come and Try this year .

Karen Francis, Steve Cather and Sussan Beecroft. Sussan and Karen are both now members after completing their 5 free sessions and joining the club.

Members please consider if you have any friends who would be interested in joining us on the lake.



Events

- **Region Vs Region Regatta** -Some club representatives 28 March at SIRC
- **State Championships 27 March at SIRC** NB. GLPDs not attending as a club
- **Urunga Regatta 1st & 2nd May**
- **Flaming Dragons Regatta 12th & 13th June, Wauchope**
- **Raffle Dates at Lakes and Oceans Hotel**
 - Wednesday 3rd March
 - Friday 19th March
 - Wednesday 7th April
 - Friday 23rd April
 - Wednesday 12th May
 - Friday 28th May
 - Wednesday 16th June

WHERE THE HELL IS ANNIE'S PADDLE?

A possible sighting has been reported at a beach ... which beach, where????



If located, please contact Annie who is missing her paddle but recently purchased a new paddle that she is not taking her eyes off!

Heads in the Boat

Who's in Row Two?

How many times have you been on Row 2 and in charge of locking/ unlocking the containers?
Have you ever wondered why it is so difficult?

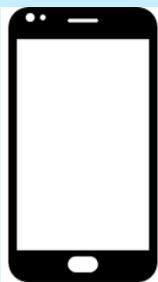
Well, here is your easy remedy for all those of you who wondered how to make it easier:

- | |
|--|
| A) After removing the lock and hanging it on hinge outside, start with the right- hand side door. You must do this door first on opening and last on closing. Flick the small levers to the upwards position. |
| B) Stand with one hand on each of the long levers and keep head clear. |
| C) Pull both towards you at the same time until they are perpendicular to the door. The feet of the long locking rod should be facing out of their holding slots. |
| D) Open door fully and put down the metal ramp |
| E) Repeat for the Left hand side. |
| F) To close, start with Left hand side (seems obvious here but when you are doing it, you might forget). Lift up the metal ramp <u>til</u> it leans in its place. Both of the long levers need to be held at right angles to the door. Push the door while holding the levers and keeping them parallel to each other. |
| G) When you can see the feet are in line with the inside of their slots, cross your arms to close each lever at the same time. The feet should engage in their slots and you will feel the door hold in place. |
| H) Flick the small levers back down to sit in place in top of the long levers. |
| I) Repeat with the right hand side. |
| J) Insert padlock inside its cover and lock. (Sweep/Coach in charge of checking this. |
| Added advice for locking the door to the breezeway area: |
| A) Make sure the chain is wrapped through the handles on the inside so that it is unable to be moved up and down the vertical bars. |
| B) Take out the slack in the chain when attaching lock, as when it is left loose, the doors can be opened partially. This is risky. |



Heads in the Boat

And why is the phone now on the front of the boat?



Imagine there is an incident on the boat... who is steering the boat? The sweep. The sweep will be busy keeping people and the boat safe while issuing instructions. The coach and/or strokes can then use the phone to call for assistance at the same time. It would be good to make sure you have checked how our phones work and to know what numbers are stored in there.

Of course 000 is easy. But what of the other contacts? The sweep will be able to tell you but it doesn't hurt to be aware.

COVID-19 OFFICER REPORT

Peta McInnes is our GLPD Club COVID-19 Safety Coordinator



I hope you are all keeping safe, well and fit. Just a reminder to all that we are still at Level C which requires us to maintain physical distancing whilst at training sessions. Please avoid using the table for your personal belongings. Please ensure you sanitise your hands when arriving at training and remember your towel to dry the boat after cleaning the boat. Masks are available if you wish to wear one. Please feel free to call me if you have any questions.

Peta McInnes 0488042091

FOR SALE

Kathy Peter has some uniform shirts (12-14) and a 48 inch Paddle

Special request from Treasurer



Paddlers please ensure only Australian currency is provided for the \$3 paddling fee. There have been some foreign coins **accidentally** given and this does affect our bottom line. However, when we are travelling again Post COVID-19, Brenda is happy to exchange a variety of overseas coins.



Lakes and Oceans Raffles Fund Raising

The Lakes and Oceans Hotel raffles are the major source of funding for the club. Thank you to all the regulars who attend raffle nights. It is an enjoyable way to fund raise. The Lakes and Oceans Raffles are held twice a month. This can be a great time to share camaraderie with other paddlers. It is great if paddlers can attend occasionally to support this initiative. However, if you can't make it, it is not a problem. We wear our club shirts to promote the GLPDs to potential paddlers and also to show the pub that we are supporting them. We generally get a good turn up. Please see dates for raffles in the "What's Happening" section. On Wednesdays the pub also have a great steak night which includes a drink for \$15. This source of funding is assisting the club to pay for equipment. Grants generally only partially cover payment for equipment so the club can use the money from fund raising to cover the balance.

SUCCESS IN GAINING OFFICE OF SPORT "DEFIBRILLATOR" GRANT

Late in 2020, our club applied for a grant to enable the purchase of 2 defibrillators (AED's) for dragon boat training and related activities. We have been offered and consequently accepted this grant and will be proceeding with these purchases for our club.

The successful service provider is St John's ambulance who will supply and service these devices. They will also provide a training session in their use on delivery of the AED's. This will be a refresher for coaches and sweeps and other interested club members.

The rationale for our application came from the concerns over lack of access to nearby AED's for our sessions and the nature of our sport being one where "a participant's heart rate can go from resting to maximum in as little as 30 seconds", this fluctuation being quite dangerous.



LOCAL SPORT GRANT PROGRAM

Earlier in 2020, we also applied for funding from the 'Office of Sports' to purchase new PFD's suitable for wearing during our paddling sessions and which would provide a safer option to paddlers (not having to pull a cord when in need of the inflation). We received notice of our success in this application late last year and took delivery of a set of 30 Vaikobi PFD's from JPX2 prior to Christmas. Thanks to Steve Gammage for receiving and storing the delivery for us.



These new PFD's will require no servicing which had been an ongoing need for the previous inflatable types.

All life jackets in our shed are currently in service as they have been checked and removed if they failed the annual tests. Thanks to Brenda for providing the energy to inflate, and deflate, all the jackets (manually) !!!



GLPD Uniform Update

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

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 and Winter jackets - Available on request - Contact Brenda



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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>

