



Dec 2017

Pearls of Wisdom

Great Lakes Pearl Dragons

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

CLUB OF THE YEAR SHARES THE CHRISTMAS CHEER

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Pearlers change of hats at the Sydney international Regatta Centre was a shared moment of frivolity before the team put on their racing hats and resumed their serious focus.

Excellent calls from the team's drummer, Jo Harris, kept the team going strong in their two separate events. Jo also had a special piece of the action when she took part in the Premiers age group racing for the first time, filling in along with Jo Newman to help Sandy Point Dragons fill their boat.

Although there were no finals for the team, there was a great reward for the crew when they could feel their 'starts' practices paying off.

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

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



PRESIDENT'S REPORT DECEMBER 2017

Oh what a year!

Welcome Pearls. We are nearing the end of 2017 and it has been another big year for the Club. We all should be proud of our achievements this past year, not only as a club but also as individuals.

What have been some of these highlights?

When we were named as NSW Club of the Year 2016 – 2017 earlier in the year at State, we were all surprised, shocked etc. but most of all we were proud of our Club. Proud of how our Club has evolved since 2009 and proud that our good qualities as a club, the way we conduct our business, were being recognized by "head office" DBNSW.

Moving on, on the water we were more than chuffed to take out bronze in the Snr A Women's 200 metres at Nationals. Nationals was a great experience for those that travelled to Albury/Wodonga - an experience that will be repeated again in March 2018, this time on Queensland's Sunshine Coast.

We have since joined with other teams and won both the Women's and Men's 200 metres at Mylestom and got pipped in the Women's 200 metres at our regatta by .06 of a second by our friends from Camden Haven.

Speaking of our regatta, once again we showcased our Club, sport and region with the help of you our members. It is your regatta and you all did yourselves and the Club proud. We have had very positive feedback from other clubs and also the local community and businesses.

As paddlers we are improving, building on our fitness, working together as a team. The coaches spend a good deal of time working out session plans that fit into a macro cycle with meso and micro plans. We thank them for this and also the sweeps for steering the big oar at each session.

Plus we have had the added advantage this current season of having had two coaches complete a Level 2 coaching course. This course was held over 6 days and required extra research and study post course. Thank you to Wendy O and Rejane for completing the course and sharing this knowledge with their fellow coaches and team members.

The Club is now on the raffle roster at the Lakes and Ocean Hotel. This is turning into a real social occasion with the fundraising an added bonus. Thanks to those that have been coming along and also if you haven't been, please do try as it is quite good fun.

This has been a huge year for two of our members Wendy Orman and Frank Fenech. They both went to the top of the tree when they were named as Aurora's and paddled at the 13th World Championships in China this past October. Hard work enabled them to achieve this goal and we as a club supported them. Congratulations guys on your achievements. Also a successful fundraiser to help with their expenses was organised by members with the support of the Club in September at Forster Bowling Club.

Hopefully over the past twelve months we have all experienced some joy in our lives; unfortunately some of us have experienced sadness and as a Club we will support one another. Please enjoy your family and friends over Christmas and the holiday break. I look forward to us all paddling together in 2018.

Regards and best wishes,
Denise



Heads in the Boat

Continue to respect our neighbours to and from early morning paddles ...sshhh (be quiet 7.00am is still early).

Continue to respect our neighbours in regards to parking of cars (driveways, garbage bins) Park close together.

AURORAS

Frank and Wendy had plenty to smile about after their campaign at the International Dragonboat Championships at Kunming, China in October. They each brought back an amazing collection of medals - Wendy collected 2 gold, 2 Silver and 2 bronze for her Senior B age group; Frank achieved 3 silver and 3 bronze in his Senior C age group. They are pictured here in Kunming with Heather, another of their paddling buddies.



What's Happening

RACING

• **State Championships** – Penrith 14th January

• **Manning Regatta** – Taree 27th & 28th January (Saturday 2km/Novelty and Sunday 500m races this year!!!! Sign up for both)

• **Australian Championships** – Kawana Waters Queensland (Women's and Mixed - 200m/500m/2km races) 7th - 8th March

FUNDRAISER

• **15 Dec** Lakes & Oceans Hotel Raffles

• **LAST PADDLE FOR 2017** - DEC 22ND

• **PADDLING RESUMES 2018** - JAN 3RD

2017 SIRC 2

There are so many positives about what happened on the weekend at the SIRC 2 that I can't begin to list them. What a fantastic day!!!

We had a great team dinner (all the team together of those that were close by)
Everyone was happy always positive all day (despite some paddlers having to race in 5 x 500m races)

We had enough men to paddle without being disqualified in the Mixed Senior A race
We had five Pearl paddlers who had NEVER paddled at SIRC before: Peter Ingle, Jo Newman, Shelley Ryan, Jane Bercini and Michelle Maher - all of whom busted their bottoms all day for the team.

We had three L3 women sweeps who allowed our men to race and took turns to paddle/ sweep and enjoyed it

We had a drummer who was brilliant, enthusiastic and brought us home

We had a team pull together to try two different race plans during the day - which were a huge success

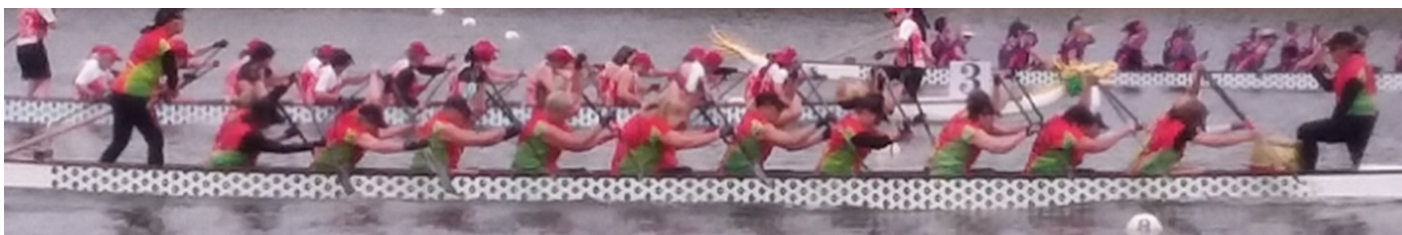
Every time we knew we needed to do something a different way - everyone did it

We had a gorgeous little butterfly mascot, Pepper, who makes us all smile

Really a club can't be more proud of its members than on Sunday with such a wonderful keen group of paddlers!

Not just all of the above was great but the Senior A Women's team did their PB in the FINALS - first time EVER!!!! We wanted it more than we've ever wanted it before - the mongrel came out BIG TIME and we beat our nemesis Bei Loon AND Pittwater had to combine with DAS to beat us!

We did extremely well in the Senior A Mixed races having only five men compared to those teams that had the maximum 10 men in the boat. It was our first time in the Senior A Mixed event as we normally have paddled in the Senior B age bracket. We are however, delighted to be able to present a boat with enough men not to be disqualified and come fourth in the heats. We didn't make the finals. A very respectable time though!



Senior A Women's results – over two years (500m)

| | Round 1 Nationals 2016 | Round 2 Nationals 2016 | SIRC 2 2016 Best time | SIRC 3 2016 Best time | State 2016 Best time | NSW State Regional (20s) 2016 | SIRC 2 2017 Best Times | SIRC 3 2017 Best Times |
|---------------------------------|------------------------------|------------------------------|-----------------------------|-----------------------------|----------------------------|-------------------------------------|---------------------------|---------------------------|
| Different Strokes | 2:16:20 | 2:16:726 | | | 2:17:45 | | 2:21:75 | 2.20.72 |
| Manly (QLD) | 2:23:792 | 2:27:278 | | | | | | |
| Bei Loon | 2:26:744 | 2:29:130 | | | | | 2:27:71 | 2.27.95 |
| GLPD | 2:26:792 | 2:29:270 | 2:28:76 | 2:23:78 | 2:25:27 | | 2:26:65 | 2.35.98 |
| Pittwater | 2:28:148 | 2:30:438 | | | | 2:22:209 | 2:23:37 (+ DAS) | 2.28.47 (+DAS) |
| DA Peninsula Dragonfly (QLD) | 2:38:032 | 2:39:138 | | | | | | |
| Flamin Dragons | | | | | 2:27:23 | | 2:33:43 | |

2017 SIRC 3

Despite losing two of our team members, Denise and Helen Davy to serious illnesses, we still paddled hard and again brought mongrel with us!



Our race starts were awesome (and we all know it). We flew out of the start and just kept going.

Great stroke rate from our wonderful strokes Kathy P and Kim C!

Great calls all day from Jo H. Short, sharp and when we needed them!

Great RESTARTS!!!!

Our sweeps did us proud as usual and we love them for getting up the back of the boat and keeping us safe and in a straight line

You can all be proud that our training is paying off. You can feel it in the boat.

We paddled in the Senior B Mixed Team this time rather than the Senior A Mixed as we didn't have any Senior A's paddling with us.

There were less mixed teams this time around.

The time our team got in the first race of the day was better than the two race times for SIRC 2!! Great job.

| <u>SIRC 2</u> | <u>Senior B Mixed</u> | <u>Heats 3 & 4</u> | <u>FINAL</u> |
|---|--|--|--|
| <u>Senior A Mixed</u> <u>Overall Result</u> GLPD: Heat 1/2 - 2:20:96 Heat 3/4 - 2:20:68 No final appearance. | <u>Heats 1 & 2</u> 2:12.20 Nowra > 2:13.92 Bei Loon Red > 2:15.31 Newcastle > 2:17.08 Nth Beaches > 2:18.46 Central Coast/ Pendragons > 2:19.39 Pittwater > 2:20.22 GLPD > 2:25.21 FFB > 2:26.36 DAS > 2:27.49 Bei Loon White | > 2:12.68 Nowra > 2:15.20 Bei Loon Red > 2:18.30 Newcastle > 2:19.66 Nth Beaches > 2:20.81 Pittwater > 2:21.43 Central Coast/ Pendragons > 2:22.65 GLPD > 2:23.81 FFB > 2:29.79 DAS > 2:30.51 Bei Loon White | 2:12.74 Nowra > 2:15.63 Bei Loon Red > 2:16.80 Newcastle > 2:18.69 Central Coast/ Pendragons > 2:20.46 Nth Beaches > 2:22.31 Pittwater |
| <u>SIRC 3</u> <u>Senior B Mixed</u> <u>Overall Result</u> GLPD: Heat 1/2 - 2:20:22 (better than SIRC2 times) Heat 3/4 - 2:22:65 | | | |

SIRC 3 - Senior A Women's 500m (in detail thanks to our Amazing Ange)

| <u>Senior A Women</u> | <u>Heats 3 & 4</u> | <u>Senior A Women - Final</u> |
|---|---|--|
| <u>Heats 1 & 2</u> > 2:21.01 Different Stokes > 2:27.95 Bei Loon Red > 2:28.47 Pittwater/DAS > 2:28.62 Newcastle > 2:31.12 Port Hacking/Nowra > 2:31.55 FFB > 2:36.06 Pendragons > 2:36.41 GLPD > 2:47.44 Bei Loon White | 20.72 Different Stokes > 2:28.27 Newcastle > 2:28.67 Pittwater/DAS > 2:29.88 Bei Loon Red > 2:30.87 Port Hacking/Nowra > 2:31.16 FFB > 2:35.98 GLPD > 2:37.63 Pendragons > 2:48.93 Bei Loon White | 2:20.06 Different Stokes 2:26.09 Bei Loon Red 2:26.52 Newcastle 2:26.77 FFB 2:28.56 DAS/Pittwater 2:29.91 Port Hacking/ Nowra |

PEARLERS PREPARING FOR NATIONALS

Welcome as we head towards Kawana, QLD, on the 7-8th March 2018. Yes, the always hard working Coaching Team have begun the serious planning for our team's preparation for NSW State Championships in Penrith on Sunday 14th January and then Nationals in March (with Manning on 28th January - 500m races).

We have a plan for the teams we are entering, based on our numbers and success at Nationals in 2017 (Albury), and plan to select specific paddlers for the Mixed team (all men will be in all the Mixed races of course).

It is exciting to have our new paddlers on board our team including Jo Newman, Shelley, Denis, Peter Ingle, Aor, Helen Davy, Michelle Maher and Jane Bercini. They are joining the Pearlers that have been training hard and attending the SIRC regattas in Penrith for the past 2 years – our KEEN MACHINE.

The coaches have already divided our 5 Sunday sessions, between State and Nationals (excluding Sunday 28th January – Manning regatta), into 200m, 500m and 2km turn races training. We have also divided the Sunday 1.5 hour session into Big Boat and Small Boat sessions (Big Boat for our Women's team and Small boat being our Mixed team).

All of us are very excited and enthusiastic about our journey this year and hope that our feelings can be shared with the team. Everything we do, including trying out our Go-Pro to further improve our coaching, is for our wonderful Pearlers team.

We are always doing our best to provide the best possible training sessions, based on the latest and best source of information, our Australian Aurora's Coach, so join us in our journey to Nationals.

Sign up and jump on board – everyone is welcome. All you need is dedication and enthusiasm.

See you on the water,

Wendy

Head Coach, GLPD



Some of our newer members attending their first SIRC regatta!



Laurie being congratulated by Anni on achieving Level 2 sweep status.



Community teams' (Snr) winners "Anna's and Lakeside" showing the value of straight arm technique!



The lengths some people will go to in order to help at our regatta!



Our lovely volunteer for SIRC 3, Jamie Gammage. Thank you so much!

PEARLS 2017 REGATTA

What a weekend we all had.

First of all I would like to thank everyone who helped out over the weekend. If it wasn't for you it wouldn't have been a successful regatta, so thank you all again.

Ok - now for the exciting part of the weekend.

On Saturday, the **Mixed Team** had a great 2km paddle coming in second place overall. Thanks Peter for sweeping.

Results of 2km racing:

3rd Grafton/Wallis Spirit 12.49.50

2nd GLPD 12.23.69

1st Newcastle Dragonhunters 12.08.14

On Sunday the **Women's Team** paddled in the Women's 200 metres race (for the first time at our own regatta).

What a race.

All I can say is that we sure did show everyone what we are made of and gave them all a run for their money.

Heat 1.

We used that for our warm up and blew the cobwebs out ready for the next heat.

Heat 2.

We changed tactics, dug deeper and lifted the boat and flew home.

The Final.

I know I was on the edge of my seat biting my nails as we waited and waited. Next thing Anthony Zanos announced the final race team names, and guess what?

The Pearler's Women's Team was in the final.

What a nail biter that was.

We all dug as deep as we could go and as strong too. We lifted the boat as high as we could, skimmed the boat like skimming a rock. We flew to the finish - we heard the buzzer and let it run. It was very close and we weren't sure who had won.

On land everyone was waiting for the final results. We were so nervous to know who got over the line first.

Anthony announced the teams (there was only seconds between each team).

3rd Illawarra/Kempsey -1:03.12

2nd GLPD -1:02.62

1st Camden Haven -1:02.56

Won by 0.06 seconds. What a race it was!

Thank you to Julie for sweeping and Wendy L for drumming. You girls did a great job.

Thank you all again for doing your part, if not more over the weekend.

Well that's a wrap from me.

Jo Harris (200 metres Women's coach)





Thank you to those who volunteered their time and services to this year's regatta!!!

For a small club we certainly know how to do things in a big way.

We had 63 volunteers on Saturday and 69 on Sunday, most of these being from our club members, family or friends. With special note, we thank those who were called on at short notice to help or to take on a different role to that planned.

Our volunteers and officials included 15 on Saturday and 17 on Sunday from visiting clubs many having travelled quite a distance to get here. They were essential to the efficiency and enjoyment of the regatta. This aspect of our regatta is to be highly commended.

THANKYOU VOLUNTEERS!!!

FAREWELL & THANKS

At this time of the year we think of those who have contributed greatly to our club but who have moved on to new and different adventures.

We wish them all the best and are grateful that they have helped form us into the club we are now.



**TIMEKEEPERS SET IN POSITION!
KEEPING WARMED AND AT THE
READY WITH FAST FINGERS!**