

# Amazons Perth Dragon Boat Club



## For your Diary

**Friday 21<sup>st</sup> September 2012:** MSRC Quiz Night  
Speak to Jane or Angela for details.

**Thursday 4<sup>th</sup> October 2012:** Thursday night training begins with a 5:30pm arrival for 6pm on the water.

**Saturday 20<sup>th</sup> October 2012:** Amazons Mini Field of Women at MSRC

**Sunday 21<sup>st</sup> October 2012:** Amazons at Bayswater Gala Community Day: Count Me In!

**Saturday 3<sup>rd</sup> November 2012:** Boddington Rodeo & Fairbridge Team Sleepover.

**Sunday 11<sup>th</sup> November 2012:** Grand Prix regatta at Champion Lakes.

**Sunday 2<sup>nd</sup> December 2012:** Grand Prix regatta at Champion Lakes.

**Saturday 22<sup>nd</sup> December 2012:** Festive Paddle and morning tea

**Tuesday 25<sup>th</sup> December 2012:** Festive Break

**Thursday 27<sup>th</sup> December 2012:** Paddling resumes.

**Sunday 20<sup>th</sup> January 2013:** Grand Prix regatta at Champion Lakes.

**February 2013** (date to be confirmed): Grand Prix regatta at Champion Lakes.

**Sunday 10<sup>th</sup> March 2013:** 10s State Championships

**Sunday 24<sup>th</sup> or 31<sup>st</sup> March 2013** – 20s State Championships (date to be confirmed)



Bring on the new season!



## From the Board:

The Board usually meets after training on the 1<sup>st</sup> Saturday of each month. Members are invited to attend these meetings.

Minutes of the Board meetings are available through Secretary Jan. They are also posted on the Amazon Notice Board in the MSRC club.

Season 2011/2012 review:

- We did well financially and socially with both our networks (breast awareness) and within the dragon boating community.
- We achieved good membership growth however this wasn't sustained.
- Over the years we have built up a considerable asset base and are developing processes for the management and maintenance of these.
- Fundraising was particularly successful this year: the biggest single item being the sale of Entertainment Books.
- Team travel is undergoing consideration as the Australian Nationals may not be the most appropriate event for Amazons to attend in the future, due to its operational restructuring.
- Amazon team members (survivors and supporters) may wish to attend the IBCPC (International Breast Cancer Paddling Commission) event in Florida in 2014 following the same structure used for the 2010 Canada and 2007 Caloundra events. This will not be a team fundraising endeavour. Jan will be distributing information and calling for expressions of interest in the next few weeks.

## President's Report:

As spring arrives I get very excited about paddling. It is the time when we officially close off last year's season and plan for the new one.

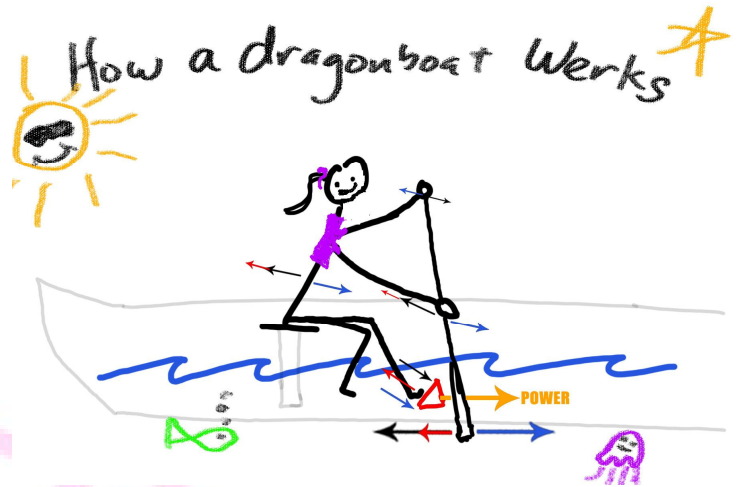


Our AGM turnout was fantastic and I welcome the new Board members to the table. I would like to thank all members leaving the Board table but encourage them to continue to influence our decisions. In particular, I would like to thank Sandra who has been a consistent member of the leadership team over the last 3 terms, filling the role of Secretary and then Treasurer. These both had substantial workloads and I thank her for her time and input. I would also like to thank Carol for being our MSRC representative for four years and although she does "just live down the road", it does take time and effort to attend meetings and represent us.

In line with our Mission - linking us with Breast Cancer Organisations and supporting the causes - you will hear more about our commitment to NBCF, BCNA and IBCPC Paddling. Each of these gives us the opportunity to raise Breast Cancer Awareness and put the Pink and Purple Messages out in the Public Arena. Please support these activities as they come around. You will read more about this in the newsletters. I again thank those members who are very active in this space!

Now for paddling: our coaching team Deb, Marg and Jenni has a wonderful year planned for us but it will only be as good as OUR involvement! I ask you to please attend as many training sessions as possible: recognising that we are all busy people. Give constructive feedback when asked for it and please have conversations with the coaching team with the aim to improve our performance. As you heard at the AGM - we are getting better with 2 PBs last season at regattas. Angela has agreed to be the Regatta Team Manager again this year and will be on your cases shortly re regatta planning. Early notification of availability is important as it determines what we can enter and how to set the boat for each of the races in each category. This job is challenging however, it is made much easier if we know who is available.

Welcome aboard the GOOD SHIP PINK and let the fun begin. Paddles up (meaning "I salute you", just in case you did not know what this statement refers to) Tanya.



## Thoughts of a Paddler after 6 years with the Amazons

I love the Amazon team and it's ethos - because I know that no matter how things are going for me on a personal or health front - that I WILL be included. Even if it is only for one race - as a volunteer on race day - or even just as a spectator - I will be welcomed with warm embracing arms ... no matter what ☺

My being in the boat would not be seen as a hindrance to the team because I have not attended every training session - or because I carry more/or less weight than other paddlers (significantly more since the holidays!) Every single Amazon will be happy to have me there: win, lose or draw.

We all give 110% on race days - and if that doesn't get us over the line in first place it doesn't matter (but it will happen one day!). Just being there and competing makes every single one of us a WINNER. We are about being there - and supporting each other as paddlers and individuals.

I would rather come last every race and maintain our team spirit - than win every race at the expense of our team soul.





# Amazons: an update on who does what in our club.



**Tanya:** President: Provides leadership and direction to the club's Board, office bearers, officials and members.

**Angela:** Vice President: Assists the President and assumes the leadership role when required.

Regatta Team Manager (RTM) coordinates & liaises between the crew and coaching team. She is responsible for overall management of team preparation for regattas and works with the coaching team to ensure the smooth organization and operation of regattas.



**Gayle & Susan:** Joint Treasurers: Manage the club's accounts and financial dealings.



**Jan:** Secretary: Responsible for the Minutes of meetings the efficient management and organization of the club records.

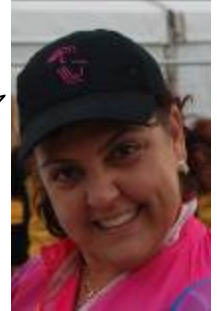


Also, DBWA Liaison and International Breast Cancer Paddlers Commission Representative



**Board Members:** The Board members work with the Office bearers as the senior decision-making group within the club to manage the club's affairs on behalf of the members

**Melina:** Social & Fundraising Committee: manages the planning of social and fundraising events within the club.



**Deb:** Lead Coach and management of membership issues, works closely with Regatta Team Manager Angela.

Coaching Team



**Deb, Marg & Jennie:** Coaching Team: responsible for all coaching matters and decisions including technique and fitness training, setting the boat for training & regattas and addressing grievances / issues / suggestions from crew regarding training and regattas.



**Jennie,** Coaching Team, Amazon Newsletter Editor Amazons/BCNA Representative





**Andrea:** manages the purchase of uniforms, gloves, paddles and lapel pins.



\* Maylands Sport & Recreation Club Representative to represent the club with Sue.

\* Web Mistress: to maintain update and manage the Amazon web-site.

### Links with Breast Cancer Groups.

**Sue:** Maylands Sport & Recreation Club Representative: Liaises with MSRC Committee by attending regular meetings, then reports back to Amazon members.



BCNA: Breast Cancer Network Australia (National advocate group for women living with breast cancer)



BreastScreen WA (Provides information about breast cancer and breast screening mammography services in WA)



**Jenny:**



See Jen for a BreastScreen T-shirt.



NBCF: National Breast Cancer Foundation raises funds for research. Some Amazons participate in the NBCF Speakers Program ask Angela, Melina or Jennie how you can be involved.

### Some useful links:

**Pam:** contact for new members.

Club Phone: 0428 249 396

[www.amazonsperth.com.au](http://www.amazonsperth.com.au)

[perthamazons@gmail.com](mailto:perthamazons@gmail.com)



Amazons on Facebook:

<http://www.facebook.com/amazons.dbc?ref=ts>

INTERNATIONAL BREAST CANCER  
PADDLERS' COMMISSION

<http://www.ibcpc.com/>



<http://www.bcna.org.au/membgroup/group/amazons-perth-dragon-boat-club>



<http://www.nbcf.org.au/>



**Barb,** DBWA Administration Officer / Amazons Travel Coordinator:



DBWA: Dragon Boating WA (State dragon boating organization)

You CAN make a difference!



<http://www.register4.org.au/>

Register4 recruits volunteers around Australia, male and female, with and without breast cancer, for breast cancer research projects. If you haven't done so yet, sign up now and help further breast cancer research projects.





## Links with BCNA: Paddle and morning



**tea with Jacques:** It was another a cold morning when a full crew turned out to share a paddle with Jacques. He joined in the pre paddle warm up and stretches and after a few quick checks were underway ... “Can you swim Jacques?”... “Lock your hip into the gunnel!” ... “Watch the Paddler in the front seat for your timing”... “Eyes up, don’t get seduced by the water” ... however, he took to the paddling like a duck to water.

**The Avon Challenge:** This was a new and different experience for our team and despite a chilly start there was great enthusiasm and excitement as the crew prepared to take to the water. We soon warmed up and muscles were stretched out for our first event after the winter break. (We'd been back training for two weeks) It wasn't too long before we were nicely under way and we paddled well to complete our section of 7kms in 42mins.

We were really proud of our efforts, and were especially chuffed to receive so many positive comments from members of the public when we came off the water. It felt so good that we're thinking that next year we could maybe take on the extra section to complete the full 15kms for dragon boats.



It was great to be out on the Swan River in perfect conditions, smooth water, clear blue sky and the steady rhythm of the boat. We saw some wildlife and pointed out a few places of interest, such as historic Tranby house and the city in the distance. Jacques said he enjoyed the experience, but thinks that sailing is his preferred mode of transport on the water.



After we'd washed and packed away the boat and completed our cool down stretches we shared a very pleasant morning tea and chat in the clubrooms. We held a raffle amongst our crew members with the proceeds of \$210 being presented to Jacques to add to his BCNA fundraising endeavour. We know he enjoyed the interaction as much as we did as he wrote in his blog.

“...After my experience on the Swan River, I have to state that I'm most impressed by the strength, collaboration and sheer fun of these women. It was a great experience being in such a small boat with 21 Amazons. Had a great morning tea after this spectacle and raised \$210.00 Oh, yeah I got wet, and cold, but I wouldn't have missed in the world! Thanks Ladies



**WOMEN REFUGE CENTRES** require new items of toiletries, towels, single sheets and clothes for women in need. Please continue to pass your donations onto Andrea for this Zonta initiative. (Holiday hotel bathroom freebies are a great source so keep up the good efforts.)



# Coming events



**Friday 21<sup>st</sup> September 2012: Quiz Night.** We need a great Amazon turnout to support our home at MSRC. Speak to Jane or Angela about your place on a table.

**Saturday 6<sup>th</sup> October 2012: Pink Ball.** You can find details at- <http://www.momentumwf.com.au/>  
Or speak to Melina.



**Friday 26<sup>th</sup> October 2012: The Pink Gig**  
You can find details at- <http://heatseeker.oztix.com.au/default.aspx?Event=29309>  
Or speak to Angela.

The Pink Gig is back with a hint of Burlesque!! The annual charity event will be in its 4th consecutive year in the fight against breast cancer!



## Fundraising

Please continue to bring suitable raffle items to Mel. Further fundraising events will occur such as the very popular breakfast, as endorsed by Kathleen.



## Gold coins for Bali Orphans



Just a reminder that your Tuesday night donations via Jane, are very appreciated as they do so much to help the Bali children in Orphanage 6.

## From your Coaches

Now is a good time to dust off the laminated sheets (that Marg gave you) and revise the technical aspects of your stroke. Remember you stored them in your paddle bag. Our training program incorporates various phases:  
Off season / Recovery (our winter program)  
Pre-season training (current program)  
General training (Welcome back Drag Queens)  
Specific training  
Pre- competition  
Competition (usually the Nationals)

Stretching is an important part of any dragon boat workout routine. It helps increase your flexibility and reduce your chances of injury. You should stretch both before and after your workout and make sure your muscles are warm (i.e., stretch after you warm up). While we are venturing out in cooler weather it's important to wear a track top during warm ups and to put it on as soon as we come off the water. We want to avoid chilled, stiff and/or sore muscles!

It's also a good time to think about some strength work. This is when you build muscle mass to be strong Amazons when we get back into 'full on' training. (Remember the Drag Queens are very demanding!). It's a good idea to be working on your personal fitness now. The 10mins a day sheet (from Jennie) is a good place to start, if you've misplaced it, another can be provided to you. You'll be amazed at how strong your abs become after a bit of this work.

