

ISSUE 6

1770 DRAGONS Newsletter

Back in Action

As they say, another beautiful day in paradise.....

We have to pinch ourselves and realise how lucky we are to have the beautiful playground to train and live in.

Welcome to our mega newsletter as it has taken me so long to get back to you all. So much has gone on this year with our incredible team of dragons and yet again we are top of the leader board.

We have our final regatta here at 1770 this weekend coming - so for those in the boat keep training hard. It will be a weekend of FUN, hardwork and play..... If we can all help out on the day, please get in contact with Jan or Pammy. If we can all chip in - we will have a succesful day and to top it off to work hard in the boat and bring home the final bling for the season.

Throughout the year we have had our usual team Dragons supporting our community. You won't miss the purple dragons throughout and our story on the last page where once again got involved with our local FUN RUN. And yes FUN we had and of course the support of our number one supporter our every loving Don. Thanks Don for always being there and holding on to our team members, as you will see.....

You will also see the antics of our out and about page with our members and the fun and hard work done with our regattas.

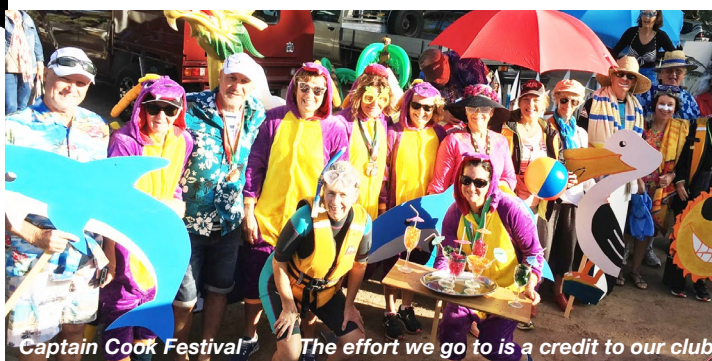
Our best results this year, our state medalists. I want to congratulate all those who competed and worked hard, it was well deserved. Credit also goes to our hard working coach Jen and the close support of our legend Lauren and El Presidente, Angie.

Hope you enjoy all our quotes throughout the newsletter and we even have a corny joke on the last page. If there is anything that you want added to our newsletters, please get in contact with me as we want the team to have fun reading and reflecting on what incredible work we do and the support we have for each other and the community.

Keep working together team, you do such a great job and all the hard work is paying off.

See you at training and looking forward to our Regatta with camera in hand of course.

Many dragon hugs to you all. Cookie.....



KIND HEART
FIERCE MIND
BRAVE SPIRIT



DATES & Events

Dragons Sausage Sizzle Dates Triathlon Agnes Water/1770
Sunday 30th September

Sausage Sizzle at the markets
Sunday 7th October

We will need volunteers for both events

PANPACKS 2018
Friday 2nd to Sunday 4th November

MANLY REGATTA 2018
Sunday 14th October

TE WOKA 2019
Sunday 10th March

STATE CHAMPIONSHIPS 2019
Saturday 23rd & Sunday 24th March
at Lake Kawana

TRAINING TIMES

Monday Endurance

4pm for 4.30 - 5.30 paddle

Wednesday

4pm for 4.30 - 5.30 paddle

Saturday

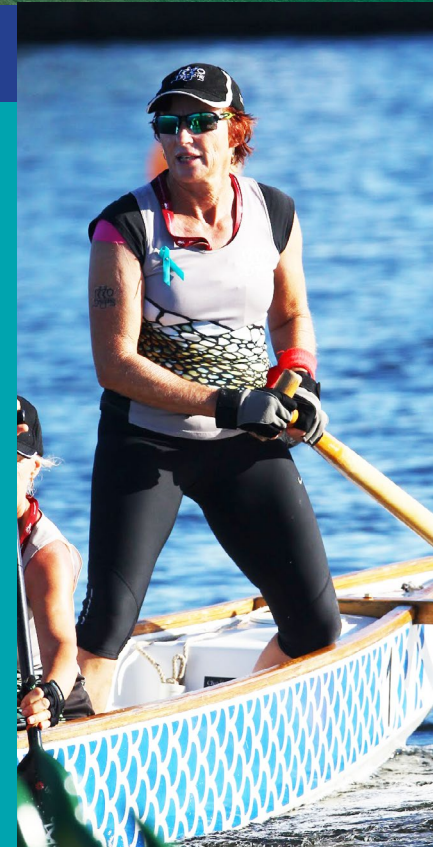
7am for 7.30 - 8.30 followed
by coffee & brekky at the
Marina Cafe

Who would want to train here?.....

PRESIDENTS Burble...

Okay fellow paddlers..... 2018 has been a busy year on the water with some great results to date. There is no time for complacency and I don't believe anyone from our club is thinking along those lines. It was a tough encounter at the last regatta at Cooloola in July. Round 3 of the Wide Bay Series and 1770 Dragons were not overloaded with paddlers. I loved the way each and everyone of the travelling team dug deep to ensure our unbeaten record was kept in tack. I loved the way we all stayed positive and believed that we could win. I'm sure the other teams were not as happy as us!

1770 Dragons have been fortunate to have quite a few visiting paddlers join us. This is one of the benefits of belonging to a dragon boat club, one can jump in another clubs boat if it suits. Also, we look forward to the return of some of our past members who have relocated but are always welcome to join our crew. How lucky are we to paddle where we live - here in paradise! Thankyou to everyone who makes 1770 Dragons possible!!
Angie - President



Our crazy Dragon Crew members. This was a full moon by the way.....

1770 Sailing Inc (trading as) 1770 Dragons. 1770 Dragon Boat & Outrigger Canoe Club



we are family

1770
Dragons



Queensland Australia

Harder.
Faster.
Deeper.



Our amazing state medalists. Well done crew- you deserve it for all the hard work put in.



Bling Bling Bling

COACH JEN's Report

Thanks team and supporters for another great year so far. We have lots more great great memories to add to our list.

States and Nationals were an exciting time. Bringing home some medals were the results of hard training and being committed to our team. Keep up the good work. Looks like we will have to go back for gold next year.

Wide bay series is nearly over for another year. With some great racing had. Tincan bay proved to be the toughest regatta so far. But we proved when you put your heart and soul into paddling and believe in ourselves we can do it. We also couldn't let B2 down for her 60th birthday and Ron doesn't know what its like to lose a race haha.

So with just this week left, let's come together as a whole team and really train hard and stay focused. Let's all help out and make our regatta a special day.

Thanks Coach Jen

OUR COACH
LEADS BY EXAMPLE
DEDICATED & DETERMINED
TEACHES TEAMWORK
MOTIVATES and LISTENS
BUILDS CHARACTER
CHALLENGES and DEVELOPS
Committed to OUR TEAM
Our **BIGGEST** Fan



PADDLES UP



YOUR FUTURE | **investment**



Our Sate Medalists - Just Oar-Some



“ABILITY
is what you're capable of doing.

MOTIVATION
determines what you do.

ATTITUDE
determines how well you do it.”

- Lou Holtz





Our Playground



Out & About with Our Dragons

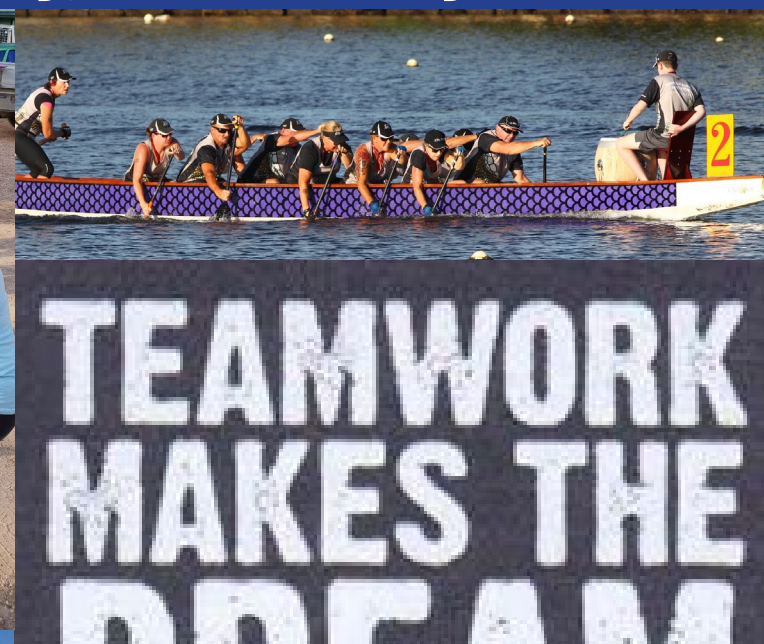
Bundy, Hervey, Tin Can Bay - Winners are GRINNERS



BOYS & THEIR TOYS

Our two members other love from Paddling. Roger who restored a vintage car and caravan & Keith who loves his Harley Davidson.

The Bike & Car Muster at Baffle Creek one weekend, both Roger & Keith participated. Keith won Best Customised Bike. Some Dragons attended of course.



Practice
like you've
never won.
Perform
like you've
never lost.
QUOTEDIARY.ME



From birthday drinks to checking out Mick's big DECK..... Christening of his big DECK.....Great job, well done....

Warm up, prepare, race, work hard, play hard, relax, have fun and enjoy - just part of the dragon way....



Packup in paradise.....



Our trail of purple treasures....



Team LAUREN's Words of Wisdom

What an awesome, busy year 1770 Dragons have had and it's not over yet. We have experienced success at States, Nationals & Wide Bay Regattas. Now three Wide Bay Regattas done & dusted and one to go Team.

I've said it before but for those who have forgotten; I believe our Compassion, care, support, & friendship to each other not to mention our social interactions bind us into a strong, dedicated Team.

Let's aim for excellence, not perfection. Persevering will help you develop "grit". Once you've prepared mentally and physically for your game, then you are ready to do your best--and your best is the best you can do.

**THINK
POSITIVE,
&
POSITIVE
THINGS
WILL
HAPPEN**

Age is no barrier. It's the limitation you put in your mind. It's not only the physical ability but also your mental ability that is your greatest asset.

Accepting failures and glitches in one's program is simply part of the process. To open your own mind to constructive feedback, heed the counsel of Carol Dweck, author of Mindset: "...

"Find success in learning and improving, not just winning."

So always be open to suggestions from our coach or fellow paddlers if it means improving your paddling skills. Communicate & ask for help if you need it. Accepting constructive criticism is a way to learn & improve our skills.

We all have room for improvement. Continue to be patient, tolerant and understanding of each other as we always have been. Welcome also to our new members. We hope you gain as much appreciation of Dragon Boating as I'm sure we all do.

Thanks for the support & friendship through out the year team & to our many supporters who come along to cheer us on. A HUGE THANK YOU.
Proud to be Team Manager - Cheers Lauren



1770 FUN RUN - Our New Dragon Onesies

Have you ever seen a purple, yellow and orange DRAGON. If not, now you have and now you will see them all over town. Our purple treasures are every where and involved in all community activities.

**THERE'S A BIG
PADDLE SALE AT
THE BOAT STORE**

IT'S QUITE AN OAR DEAL

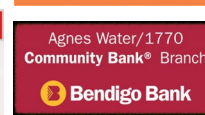


Donny's always got us by the tail. Just love you holding onto our team at all times. Love you Don, our number 1 supporter...

*Leaders
are people who
do the right things.
Managers
are people who
do things
right*



Newsletter by Kim Cooke Photography & Design



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