



# 1770 DRAGONS Newsletter

## DRAGONS 1770 RULE

Welcome to our first issue of 1770 Dragon News. As a newbie to the Dragons I want to thank you all for making me feel welcome and in true Dragon style you're all a great bunch to socialise with but at the same time dedicated to your team and hard work.

Firstly congratulations to all you Dragons who competed at Bucca - what a WIN, what fun and what a result. Also a huge thanks to our Coach Jen, Manager Lauren, our ever vibrant President Angie, Jan Treasurer and all the others who helped out on the day, what a team effort.

I'd like to introduce our new committee:

President	Angie Draheim
Vice Pres	Keith Tucker
Secretary	Garry Rapley
Treasurer	Jan Bergman
Pulbicity Officer	Kim Cooke
Coach	Jen Hansen
Team Manager	Lauren McGrath
Equipment Officer	Breck Morrison
Fundraising Crew	Bronny Hornell
	Julia Stubbs
	Pam Lawry
	Jan Bergman
	Viv Moore

Please if you have any input or ideas for the newsletter email Kim on [cookeks@bigpond.net.au](mailto:cookeks@bigpond.net.au)

We are hoping the newsletter will keep us up to date with what is going on in our ever busy club.

Looking forward to seeing you all back on the water.

With paddle in hand - Cookie

### From the PRESIDENTS Desk

2016 has been a season of many firsts! Firstly, the State Titles were held outside of the metropolitan area at Bucca in March. First time a regatta has been cancelled due to weather - September Hervey Bay. First time any team has won back to back Wide Bay Series Titles..... and that's not to mention placing first in every race of the Series! There were dolphins at Hervey Bay, a snake at Bucca and broken sweep oar at 1770.

We have a new OC4 and news to hand is approval of a new trailer - a big thanks to Breck our equipment/grants officer.

We really appreciate the support 1770 Dragons receives from our community. Please support our sponsors who support us.



Our Committe - Garry, Jen, Jan, Lauren & Ange



### DATES & Events

#### Training Times October

Wednesday 4 for 4.30

Saturday 7 for 7.30

#### November

Rest Month as Coach Jen is away but for those who still want to paddle will be doing a casual paddle session to keep up our fitness

#### Christmas Party

Saturday 3 December 2016 Roger and Angie Grabers

Cnr of Streeter & Watkins

#### Events

Good luck to Angie who is competing in the Pan Pacs Masters Games at the Gold Coast in November.

Will keep you up to date with fundraising sausage sizzles and other events.

#### STATE TITLES

Keep up your fitness as State Titles are in March next year. Will be here before we know it.

Story from the Observer LINK <https://www.facebook.com/NickKossatchsportsjournalist/posts/1592733471022699>

### Coach JEN'S Report

Well done team, what a great weekend on and off the water. Want to thank all of you for your hard work this year. It really showed on the water. My flowers and card are beautiful thanks guys. Its so exciting to see we have stepped it up a level. Thanks to family and friends for their support, great having you guys on the side line cheering us on. Lets keep going with our land fitness. In Oct we will be doing some videoing. Having a look at our technique and try to keep improving. We will get together soon and talk about our goals for next year. Also a huge thank you to our team manager Lauren - your help has been incredible this year. Cheers coach Jen

### TEAM Lauren's MESSAGE

As Team Manager I often stand back & try to analysis our success. Ask yourself this Question? What makes us stand out as a team amongst our competitors? Is it just our wins? Our commitment to training? Great coaching? Awesome committee? Our individual drive to win? Number of members? Or is it all of these Plus The fact that we put aside our individual aspirations to think "Team First" Personally I believe that our Compassion, care, support, & friendship to each other not to mention our social interactions bind us into a strong, dedicated Team. Keep up the awesome work team. So proud to see our paddlers ready & willing to support other clubs by jumping in to paddle for them. Oh & also being Race Starter. Always remember if there is a kink in the chain the strength is gone. We all have room to improve so keep up the commitment to training, communicate with the coach if you can't make it. Try to keep each link in the team paddle fit. So proud to be your Team Manager Lauren



Photos of our training sessions leading up to our Bucca Regatta - Great Work





# 1770 DRAGONS - TEAMWORK

**Talent wins games, but teamwork and intelligence win championships.**

To be a great team player, you don't have to be extroverted or indulge in self-promotion. In fact, great team players sport all kinds of personalities. You just need to be an active participant and do more than your share. Put the team's objectives above yours and take the initiative to get things done without waiting to be asked.

- 1 Always reliable. A great team player is constantly reliable day in and day out, not just some of the time. You can count on them to perform their very best.
  2. Communicates with confidence. Good team players might silently get the work done but shy away from speaking up and speaking often. Great team players communicate their ideas honestly and clearly and respect the views and opinions of others.
  3. Does more than asked. While getting the work done and doing your fair share is expected of good team players, great team players know that taking risks, stepping outside their comfort zones, is what it'll take to get ahead. Taking on more responsibilities and extra initiative sets them apart from others on the team.
  4. Adapts quickly and easily. Great team players don't passively sit on the sideline and see change happen; they adapt to changing situations and often drive positive change themselves. They don't get stressed or complain but are flexible in finding their feet in whatever is thrown their way.
  5. Displays genuine commitment. Great team players take the time to make positive relationships with other team members a priority and display a genuine passion and commitment toward their team.
- Dragon boat teams provide an opportunity for a diverse range of people to get to know each other through an accessible and spirited team oriented activity. Dragon boat racing is unique in its ability to bridge communication gaps by building strong, supportive relationships.
  - Racing enhances work dynamics, increases paddler motivation, improves communication, boosts self-confidence, and breaks down barriers among team members.
  - The sport fosters team spirit and cooperation among its members, which are transferrable skills.

- Dragon boating is the ultimate team sport. It's not about you; it's about how the whole team works together.
- Psychological health benefits
- It provides members with a relaxed atmosphere
- It encourages mental and physical health through a commitment to each other
- The physical experience of being in the dragon boat is an excellent catalyst for clear, creative thinking and innovation, which adds to productivity outside of sport
- A reduction in stress levels;
- Improved self-esteem;
- Increased energy;
- Improved mood and body image;
- Greater confidence
- Individual feeling of accomplishment, along with the pride of being part of a team.
- Over the past 15 years Dragon Boat Racing has become extremely popular among Breast Cancer survivors. The repetitive and intense upper body workout has proven physical benefits. Paddling together with a team of survivors bestows the full range of psychological benefits and has been shown to be an invaluable part of the recovery process.

Cheers Lauren



## Successful Grants

The 1770 Dragons thank the Gladstone Regional Council Sport and Recreation Department for awarding the club a Facility Assistance Grant towards the purchase of a custom-built, all-aluminum, equipment trailer. This trailer will be a valuable asset for the club, and make the storage and use of paddling, safety equipment and accessories much easier.

The 1770 Dragons also thank the Gambling Community Benefit Fund for a grant to purchase a Comet OC4 (4-person outrigger canoe) built by The Outrigger Man in Sippy Downs, QLD. The Comet has proved to be a great craft for cross training and wave surfing, and provides a new option for paddling fun in the estuary at Seventeen Seventy.

*A huge thanks to Breck & Marci for all your hard work organising these grants.*

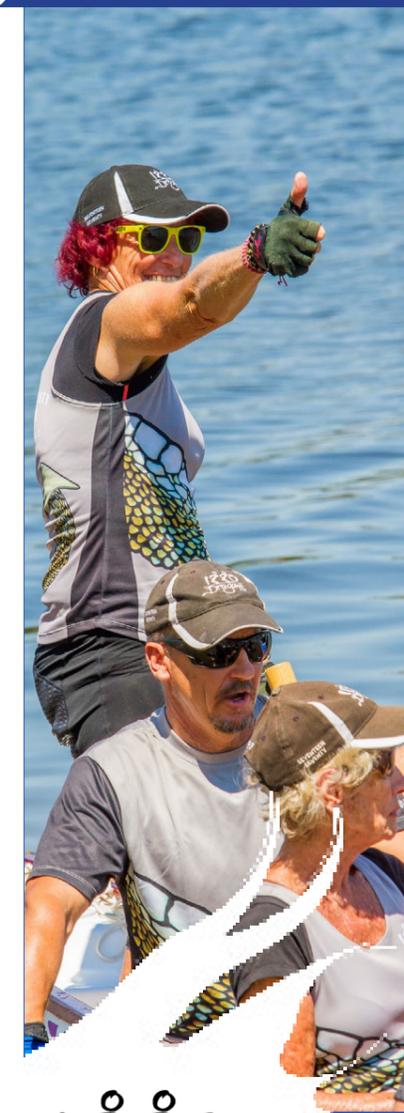
## Our SUPERSTARS

### Shane & Regan's Selections

At the end of last month Regan joined around 90 other junior paddlers from all over the country at the Aurora's selection and training camp at the AIS in Canberra. For three days – three sessions a day - they paddled in TK1's and dragon boats around Lake Burley Griffin under the supervision of the two juniors coaches, Rex from WA and Sally from ACT as well as the Australian head coach, Serge. They were able to make use of the facilities at the AIS including the recovery centre, and got to eat dinner with the up and coming Australian gym team. She received some invaluable technique evaluation as well as exercise and training tips. Regan had a great time meeting other paddlers and gaining all sorts of knowledge. As the only U18 regional girl selected to attend 1770 should be very proud of their junior paddler.

Not long after the camp all that hard work paid off when she received her official invite to be a part of the U18 Aurora team heading for Kunming, China in 2017. Now it's up to Shane to see if he can join her. He also passed the physical and was invited to the Senior A's training camp to be held in Sydney on the 4th and 5th of Dec.

*thanks Leah for your story*



1770  
Dragons



Queensland - Australia



Celebrations all day with the win of every one of our 10 races. Well done dragons

Team spirit and support of all paddlers

1770  
Dragons



Queensland - Australia



# SWEET HOME - Agnes Water



## OUR GENEROUS CLUB SUPPORT

As a club we involve ourselves in all aspects of other community fundraising and events. Recently we had more of our talented Dragon members compete in the Agnes Water Triathlon 2016.

With Jen and Lisa competing in the groups sections they came an amazing 1st. Your hard work paid off ladies and hope you have a few wines with your winning cheque.

**SUPERSTARS** - Chris and Penny Palfry, competed at the World Aquathlon Championships in Cozumel Mexico in September. Penny - 2nd in her age group and Chris 4th in his age group & then Chris and Penny took out best local male and female athlete at the Agnes Water Triathlon in October.



## Sweet Home Agnes Water 1770 Dragons Song

*Tune by Lynyrd Skynyrd. Rewritten by Penny*

Dragon paddlers keep on churning,  
Paddling home to see our kin,  
Dragon paddlers keep on paddling,  
'Til the sweep calls "let 'er run".

Sweet home Agnes Water,  
Where the skies are so blue,  
Sweet Town of 1770,  
Folks we're paddling hard for you!

Some boats try to swamp us,  
Makin' waves to paddle through,  
Dragon paddlers of 1770,  
We'll show them a skill or two!

Sweet home Agnes Water,  
Where the skies are so blue,  
Sweet Town of 1770,  
Folks we're paddling hard for you!

Warm up's over for the arvo,  
Coach Jen tells us what to do,  
She says we're gonna work a little harder,  
'Til we see this session through!

Sweet home Agnes Water,  
Where the skies are so blue,  
Sweet Town of 1770,  
Folks we're paddling hard for you!

The drogue makes paddling harder,  
Towed along behind the boat,  
Jen says throw the drogue out Angie,  
Too bad it didn't float!

Sweet home Agnes Water,  
Where the skies are so blue,  
Sweet Town of 1770,  
Folks we're paddling hard for you!

Let 'er run....

## 1770 Dragons Club RAFFLE

A huge thanks to Natalie at Capacity Sports Victoria for donating this PELICAN SONIC 80X Kyack. Comes with Seat & Paddle.

Tickets are \$2.00 each or 3 for \$5.00.

Make sure to ask Lauren for a book of tickets as all funds go back to the club.

Drawn 24th December 2016



1770  
Dragons



Thank you to our Sponsors



Newsletter by Kim Cooke Photography & Design

## CONTACTS & INFORMATION

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