



1770 DRAGONS Newsletter

ISSUE 2

BRING IT ON Dragons

Welcome back and Happy New Year to all 1770 Dragons. Great to see everyone putting in the hard work for training for states. Just wish I were in the boat with you all. At this stage with under 7 weeks of training to go I'm hoping to get back in the boat soon. Otherwise will be a great support crew cheer leader and photographer.

In this issue there are important dates to keep record of. Firstly keep your calendar clear of our regatta dates and to start we have volunteer work with the Blues and Roots Festival. Thanks kindly to Helena for organising all the volunteers over the 2 days of the event. Will be a great weekend for our community.

Our major focus is States at Kawana. Fitness is important as there are many races over the 2 days with the 10's & 20's boat plus the 2 kilometre race. Jen has asked to keep up your fitness as much as you can. Will need heaps of stamina for the states weekend.

With the commitment you all have and support of each other I am sure we are going to succeed again this year. Keep strong and keep fit. Hope to back on the water soon.

With paddle in hand - Cookie

From the PRESIDENTS Desk

"A true team player wants the same amount of light to shine on everyone"

That sums up 1770 Dragons as we hit the water at our training sessions in the lead up to the State Titles in March.

Everyone is on the same page, success won't happen unless we all aim together.

The countdown is on. Nothing like having a goal.

I wasn't real sure why i had said "Yes" to paddling at Pan Pacs but i made my way to the Gold Coast last November and found my fellow team members Lakers.

It was to be a big day with jumping in their boat 10 times and competing in 500m racing. Must have got close to medal contention but alas it was not to be.

Lakers were a very friendly lot and i thoroughly enjoyed the challenge of being part of their outfit. I paddled in the front and back of the boat and almost got to sweep.

Day 2 was looking a bit easier with 200m racing on the program. It got even easier when a storm came through and shortened the program.

I would thoroughly encourage anyone if they get the chance to join another crew to do so! Angie

Our love and thoughts to Gayle's family, friends and dragon buddies. Gayle Patricia Barnett - 62 years lost her battle with cancer last month. Gayle was certainly inspirational in our region and the dragon community. A service was held in Gympie on the 25th January followed by a celebration of her life at Tin Can Bay Yacht Club. Thanks to Angie & Jen for representing our club to attend Gayle's funeral.

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision." - Muhammad Ali

DATES & Events

February

Blues and Roots Festival

17th & 19th February

Helena is kindly organising our volunteers.

Helena Troughtons contact
helenatroughton@gmail.com

Volunteers Friday 17th

3pm - 7pm

Simon Helen Lisa Mark Angie
Jan Smith Ursula Helena
Roger & Angie

Volunteers Saturday 17th

1.30pm - 5.30pm

Roger Angie Bronny Lauren
Jan Ruth Kim & Steve Julia & Dave

March

STATE TITLES

Keep up your fitness as State Titles are not far away.

Held at Lake Kawana

MARCH 25th & 26th

DATES FOR REGATTA 2017

May ROUND 1 13/5/2017

BUNDABERG - new location
(Town Reach /Lions Park near Iron Bridge)

May ROUND 2 27/5/2017
HERVEY BAY

June ROUND 3 10/6/2017
1770

July ROUND 4 29/7/2017
COOLOOLA

Burnett River plan to hold their first regatta in 2018

Coach JEN'S Report

Hi Team, great start to the year so far. Our main focus with State titles not far away. 25th and 26th of March. 7 weeks of hard work, that's all haha, on and off the water. Lets do what ever we can to make ourselves a stronger and fitter paddlers. Team up with other paddlers for a run, bike ride, hill climbing, outriggering, weight session. We will be doing lots of racing at states, 10s racing on the saturday, 20s Sunday and a 2k race. I'm very excited can just feel it in the boat we are on a mission this year. Don't forget to treat yourself now and again. Maybe a massage, epsom salt bath or yoga class. Looking forward to seeing you all in the boat. Cheers Jen.

TRAINING TIMES
Monday and Wednesday
4 o'clock for 4.30 on the water

Saturday
7 o'clock for 7.30 on the water

Swimming sessions
Tuesday and Thursday 6.30am
at 1770 in front of the tree.

NEW EQUIPMENT TRAILER UPDATE

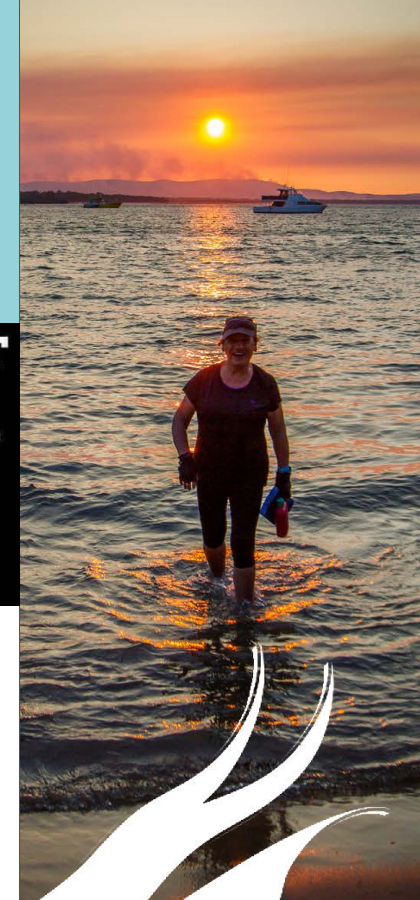
The team's new equipment trailer is being built and will be ready to be picked up soon. We purchased the trailer with grant money from the **Gladstone Regional Council**. Breck and Keith are meeting with the trailer's manufacturer on Tuesday to go over the interior shelving layout. Once it's brought here, the shelving will be made and installed. Look for our new trailer in place on the foreshore soon. Thanks to Breck, Keith & Marci for your help.



Powering home ready for Christmas drinks

THE PAIN YOU FEEL TODAY
WILL BE THE
STRENGTH
YOU FEEL TOMORROW

Julia taking in the beautiful sunset after a hard session on the water



IF AT FIRST YOU DON'T SUCCEED...

Try doing what your
COACH
told you to do
the first time.

1770
Dragons



Queensland - Australia

1770
Dragons



Queensland - Australia

Photo left: The last paddle ready for Christmas 2016, then drinkies of course

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

Back paddling for another gorgeous afternoon of hard training on the water 1770

Coach Jen preparing the boat for another extreme session on the water

Team LAUREN's Message

Look out QLD here we come

Well 1770 has got away with apparently some serious training. Yep! I may not be there physically but as your Team Manager I am certainly there in mind & spirit. Reading the emails about training & communicating with coach Jen & President Angie I gather we have a positive committed team shaping up. Look out QLD here we come. Will we be well & truly ready for States Regatta this year?

Well only you as a team member can answer this Question.

At the risk of repeating myself these are some of the elements you need to apply to join the elite paddlers.

- *Commitment to training*
- *Open your ears to coaches instruction*
- *Mix up your training on & off the boat*
- *Message the coach if you can't make a session*
- *Identify your strengths & weaknesses*
- *Team participation is essential*
- *Make sure you get enough rest*
- *Eat healthy*
- *Never give up*
- *Take time to stretch before & after training*

Great Team Players

- display genuine commitment
- don't get stressed or complain, but are positive & flexible
- communicate with other members & build strong, supportive relationships
- respect the views of others & take on board your coaches suggestions
- take risks, step outside your comfort zone to improve performance
- believe in yourself & your teams ability to be successful
- at all time show sportsmanship & respect for others
- be reliable at all times & put the teams objectives before you own.
- remember all paddlers in the boat play an important roll in getting the Dragon boat over the line

Lastly enjoy the experience & have fun.

Hope to see you all at States Regatta this year
PLF

Lauren Team Manager

1770
Dragons



Queensland Australia

TEAMWORK

Coming together is a beginning.
Keeping together is progress. Working together is success.

Thank you to our Sponsors



Newsletter by Kim Cooke Photography & Design

CONTACTS & INFORMATION

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