



ISSUE 5

1770 DRAGONS Newsletter

HAPPY NEW YEAR

Welcome to 2018

Where do I start? 2017 a year filled with much success and hard work. The hard work is just beginning and we all need to focus for the next 4 weeks, as states and nationals are just on our doorstep.

1770 Dragons has topped the rankings yet again. All the training and support from not only our members but our incredible crew of coach, president, manager and our team support network has paid off.

We have to stop and realise the special situation we are all in. We live, train and work in a beautiful part of the world. This is just the start, but more importantly than anything else is our amazing, talented and ever dedicated crew of members. I have been in many sporting teams and committees and there is something special going on here. Number one is that we all support each other through thick or thin. No matter the situation we are there to help each other out.

What makes me proud to be part of the Dragon Crew is our team support for our community. Everywhere you look there is a Dragon helping out, markets, art shows, festivals, other sporting events, foundation events and more. This is the Dragon way and so glad to be part of it all.

Where ever you go, there is always a smile and helping hand. Our commitment to each other, the fun and at the same time the hard work is what makes us a successful team. You just have to look at all the photos in this newsletter to see what we are about.

I am sure we will succeed in what ever we do this year and again we have that special team bond to work together and get the job done.

Again I'm proud and privileged to part of part of the dragon team, not only a team but a group of caring and supportive friends. Just remember how lucky we are and always be there for one another.

Our team is so successful for who and what we stand for and that is supporting and working together. We have a great core unit of people with the same focus, so lets have another year of fun, hard work and success.

I look forward to many more wonderful memories and snapshots along the way.

Have a great year Team 1770 Dragons. Just love you all and glad to be part of this amazing journey.

With paddle, camera and determination for 2018, your team crew member and supporter always with hugs Kim

PRESIDENTS Burble...

BLURB FROM THE TOP

Welcome to the New Year and oh what a year it plans to be! There is nothing better than a challenge and the challenge for 1770 Dragons is to keep doing what we do and just maybe make the podium this year at either States or Nationals or lets think big and say 'both'. We are looking strong and have got off to a great start with fitness testing (that was a challenge). We are extremely lucky to have coach Jen pushing us. We don't have a lot of time so lets all put in the effort required and hopefully our team can reap the rewards.

A big thank you to all who work hard for our club. It is really appreciated. There are a lot of 'behind the scenes' activities so thank you members.

Here's to a big year.
Angie - President

IT NEVER GETS EASIER, YOU JUST GET BETTER

Our Committee - Lauren McGrath - Team Manager, Jan Bergman - Treasurer, Jen Hansen - Coach, Keith Tucker - Vice President, Angie Draheim - President, Kim Cooke - Publicity Officer & Lisa Scott - Secretary



Thanks Al for your support this year



1770
Dragons



Queensland, Australia

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

The end to another gorgeous day of training. How lucky are we.

DATES & Events

Keep an eye out for emails regarding our sausage sizzles for the Sunday Markets

We still need to finalise some of our regatta dates

Blues & Roots Festival
Fri 16th Feb - Sun 18th Feb
Helpers needed for festival

State Titles
Sat 17th Feb - Sund 18 Feb
Kawana

National Titles
Sat 3rd - Thurs 8th March
Kawana

Captain Cook Festival
Fri 25th May - Sun 27th May
Street Parade and help at festival

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

Coach JENs Report



1770 Dragons and supporters, thanks for a great 2017. Before I started writing this I went back over all the photos that Kimmy took of our team. It puts a smile on your face, a tear in your eye and makes you feel so proud of how well we have done as a team and just the friendship we've made on and off the water. Thanks Kimmy.

Looking forward to another great year guys. With states only 4 weeks away and nationals 2 weeks after that. Time now is to really focus on

our training. The more time we spend on the water together and doing that bit on the side will benefit the whole team and when you hop in the boat you know that you are making a difference. So lets make it happen, you never know who is going to get a tattoo this year. SYITB. Coach JEN

Keep up your strength training:

Push-ups 2min - Planking 3min - Kettlebell squats 2 min - Cardio, running, swimming, bike riding extra.

Never know when we could throw in a fitness test. Haha and look out for the blackboard at training with some exercises to do in your warmup.



Our Bronnie Sunset Salute



“Coming together is the beginning. Keeping together is progress. Working together... is success.”

~Henry Ford

A typical Dragon warm up before training. Make sure to warm up and warm down team - this includes hugs from Angie and Keith





Our dragons team support is endless



SeniorsWeek

Our legend ladies doing the beep test. Well done a great effort

OUR Super fit Dragons - So Proud



So proud of your hard work
Helen



Our superstar Lisa

You all need a pat on your back

What an effort from our ever supportive team. It was wonderful to see so many people come together and give the fitness test a go, even those not trying out for the regional team. I know myself it was an inspiration just giving it a go. Congratulations to all those selected for the regional team too - you deserve all your hard work.

1770 Dragons rule for reasons being - commitment, hard work, team support and all this doesn't matter without bringing in the fun factor too. Work hard but enjoy yourself at the same time.

Thanks again to Jen our every loving and dedicated coach who pushes us all and keeps us in line. Jen, you do such an incredible job for our team - thank you. With your support, our ever vibrant president Angie, vice president Keith, very organised team manager Lauren, on the ball treasurer Jan, our special secretary Lisa who is always there for us to take over from Jen, oh me, I'm there for the hugs and then the teams support we are a force to be reckoned with.

Keep up the hard work everyone and bring on the winning streak. Team 1770 Dragons - bring on 2018.

**PUSH
YOURSELF
BECAUSE NO ONE ELSE IS
GOING TO DO IT FOR YOU.**



Thank you to all Dragon members who helped support our Seniors in Seniors Week. It is great to see them get out and have a go. Again without our support they don't get the opportunity to be involved.



DRAGONS FUNDRAISING

Since our AGM we have held a Sausage Sizzle at the Triathlon, Sunday Market on 10th Dec and one at Foodworks on Christmas Eve (which included our Christmas Raffle) which have netted our club a total of \$1,998.00. As the club has subsidised registration fees for 1770 to compete at Nationals our funds will need replenishing and we will need to continue fundraising with the help of all members. The Fundraising committee have now set their sights on alternative means of raising funds so watch this space for further fun times ahead. We would like to thank everyone for their efforts to date and for your continued support. Cheers Jan - treasurer.

A huge thanks goes to our fundraising guru B2 for her efforts last year in prizes for our raffles and also contacting Tackle World. Thanks B1 for donating the esky and to everyone who helped sell tickets, sausages and for your donations which made our raffle look fantastic for our Christmas draw this year.

Fundraising is a huge part of our club so please get on board and help out where ever we can. Will keep you up to date with sausages sizzles dates at the markets.



Oh Dave you always make us laugh



Our hard working team and mascot 'Lottie'

So proud of all the efforts from our Dragon members - well done



BE LIKE A DUCK
ABOVE THE SURFACE,
LOOK CALM & UNRUFFLED
BELOW THE SURFACE
PADDLE LIKE HELL

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Team 1770 - a group effort as usual

Out & About with Our Dragons

No matter where we go or what we do, the Dragons are involved and having fun as usual. Just a game of musical chairs on a wet afternoon at Lisa's house as the day in Bundaberg for the Cancer Morning Tea was canceled. Beautiful Lisa invited a large group of ladies to have it back at her house and of course the Dragons got up to no good again. Our competitive coach Jen was to battle our ever competitive Sandy to the last chair standing and yes guess who won - coach Jen. Thanks to Lisa for a great afternoon and of course our fun loving Dragons.



Sometimes the big kids just want to be the little kids



THANK YOU Bendigo Bank

To the Bendigo Bank and Manager Bob McKewan. 1770 Dragons thank you for your continued support and for donating the printing of our new sign for our trailer. Thank you also Kim for designing and installing the sign onto the trailer.



Christmas Raffle



Dragons Xmas Celebrations

FUN, FUN, FUN

Oh what a night. I am sure there are some stories to be told. I have some incriminating videos which will surface very soon. One especially of Karaoke singer Ruthy, oh you make me laugh. A shame so many photos taken on my phone were out of focus. Some funny photos from the noodle passing and also the pass the parcel events. Will take my real camera next time. We need to thank all those who organised this great night out at Lowmead. I stood back and just looked at everyone having the time of their lives. Credit goes to our Marjie who organised all the games for the night. As you can see, plenty were involved and Oh I have some classic images but not in focus. Again the support from all the crew shows what we are about. Having the bus to pick up and drop off those of us who couldn't camp or stay in accommodation for the night was a hoot. Will have to plan for our next big event next year. Hope you all had a Merry Christmas and here's to happiness, health and success for 2018. Christmas Raffle Winner - Heta Thompson



Elf Al & Reindeer Pammy keeping the Christmas spirit on our training sessions

Christmas celebrations at the Lowmead Pub. What a great night out and for the campers too



Another afternoon of hard work on the water and obviously the power house at the back of the boat.



Lauren in action

Team LAUREN's Words of Wisdom

Hi Fellow paddlers

Well we are heading into a massive year of Dragon Boat paddling. States in February and Nationals in March only two weeks later. It's going to be a huge commitment both physically, emotionally & financially for the next couple months. As Team Manager I need you to know I am here to support you as well as boss you all around. I have already seen the commitment from not only the members paddling on the Sunday at Nationals but by members knowing their 1770 team commitment in the Club Champions held on the Wednesday & Thursday at Nationals & States Regatta are extremely important roles.

Make sure you are covering all bases Paddle training, off the boat fitness, stretching before & after & plenty of rest.

I would also like to remind you all once again to have a Wellness test with your doctor especially if you have not been for a doctor's visit recently. Found these great Quotes online they say it better than I can.

Cheers Lauren McGrath Team Manager

WE may have **ALL**
come *ON different*
SHIPS
but we're on
THE *same*
BOAT
now.

Ever since I got into
DRAGON BOATING,
I have often wondered
what *normal people*
do in their spare time.

#dragonsenseofhumour



Regan on the water at Tallebudgera Creek



The view from our hard working crew at the back of the boat.....



Catching up with the Yea's

We haven't actually been doing much except training, and driving to training!!

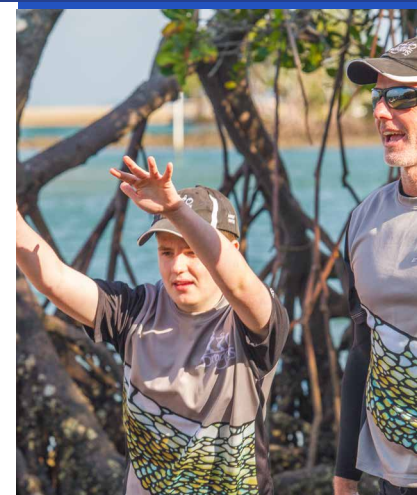
Shane and I went to Colmslie in Nov for the selection tryouts and were both successful in gaining a place in the Senior A QLD state squad. As a part of that we have had two training sessions in Brissy with three more to go before Nationals.

Regan took it a bit easy after returning from France and concentrated on school but is back at it now and will be paddling with the QLD state squad, the Sonics and the Joeys at this years Nationals.

She attended a training camp at Tallebudgera last weekend where the juniors spent hours on the water in both dragon boats and OCs as well as having guest speakers come to discuss nutrition, what to eat leading up to and during competition and water safety in all crafts.

While she was there I was lucky enough to join Coomera Dragons for a 2hr (!?) training session. They are a fun and committed club filled with very strong paddlers (at one stage we were doing 50 strokes with only one seat paddling at a time). There is going to be some awesome competition at states! Bring it on....

Thank you Leah for the Yea Family update.



Sunset Training



Regan training camp at Tallebudgera

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