



## ***Mt Warning Dragon Boat Club Inc***

*PO Box 863*

*Murwillumbah NSW*

*2484 0417261081*

*mtwarningdragons@gmail.com.au*

## **Club Information**

### **Early History**

The growth of interest in dragon boat racing has been astonishing and much of the credit for this belongs to the Hong Kong Tourist Association (HKTA), which arranged the first Hong Kong Dragon Boat Festival International races in 1976. Since then, the HKTA and its overseas offices promoted the sport throughout the world, arranging to ship traditional wooden dragon boats and other equipment to cities where interest in the sport was expressed.

### **Dragon Boat Racing in Australia**

Dragon boat races are held in Australia from Broome to Brisbane, from Perth to Sydney and from Adelaide to Darwin. In 1984 Sydney held the inaugural Sydney Dragon Boat Festival at Farm Cove. The international governing body is International Dragon Boat Federation (IDBF). The Australian governing body is the Australian Dragon Boat Federation (AusDBF). All states have formed State Associations. Mt Warning Dragon Boat Club is a member of the Dragon Boat Queensland (DBQ), because we are close to the border. This enables us to compete somewhat closer to home in Queensland.

### **Mt Warning Dragon Boat Club Inc**

The Club was established at the end of 2007, by a group of breast cancer survivors and their supporters, entering the annual Kids in Need regatta. Leasing two boats which were kindly housed at Condong Bowls Club, close to the McLeod Street boat ramp (near Murwillumbah) where the Club trains, using the beautiful Tweed River as its paddling base.

From inception the Club has become a force, competing successfully in local regattas, corporate events, State, National and International competitions. We adopted our motto "from Strength to Strength" to reflect our growth.

The Club, through its members, has a great spirit and camaraderie and high on the list of priorities is having fun, trying new things, meeting interesting people and being involved in a challenging physical sport.

### **New Paddlers**

New paddlers can 'Come and Try' at any time or when 'Come and Try' days are held. \$5 entitles you to try 3 paddling sessions, over any length of time.

After the third session you are invited to join the Club and the membership fee will be discounted by \$5.

## Membership Requirements

A Membership form and Medical declaration form must be completed on joining and annually. Information is uploaded to the DBQ Smart Space data base, and is held in confidence. However, the coaches will be advised of any medical condition, to reduce the risk of injury to you.

The Mt Warning survey form is currently being revised, to improve our service to paddlers.

## Physical Fitness

Dragon boat paddling is a strenuous aerobic activity, especially when competing at higher levels. It is advisable to have a medical check up prior to commencing, if you are unsure of your state of health. You will get fitter with paddling, but you also need to be fit to paddle.

As you build up your muscular strength, be prepared for some aching muscles. If you have any injury, please advise your coach at the training session.

## Membership Fee Structure (Fiscal year 1st July - 30th June).

	Mt Warning Membership Fee	Condong Bowls Club Levy	QDBF Insurance dues	TOTAL FEES DUE
Full adult membership	\$48.00	\$10.00	+\$78.00	\$136.00(Inc GST)
Junior under 18 membership			+\$33.00	\$33.00(Inc GST)

**Dragons Abreast** \$10.00 p.a.

### Membership fee

Survivors and their supporters

Payment of fees can be made at any training session or alternatively by direct transfer.

## Bank Details

### Mt Warning DBC & DBQ fees and payments

Account at :BCU Name: Mt Warning Dragon Boat BSB 704 328 Account No: 226262

### Dragons Abreast Fees and payments

Account at :BCU Name: Dragons Abreast Mt Warning BSB 704 328 Account No: 226269

## DBQ ID photo tags

All new members are required to be photographed for the DBQ ID card, which is proof of your insurance and membership of a Dragon Boat Club and is essential for you to participate at Regattas and Championships. This photo remains on the DBQ Smart Space data base and is not released elsewhere. The ID tags are worn at each Regatta, but held by the Registrar between events.

## On Going Costs

A \$5 training levy is paid once a week, at training, and each session is signed for on a training register, for insurance purposes and to agree to the levy. This levy is used to maintain the boats, trailers, vehicle and equipment used at training.

Regatta entry fees vary depending on the event, but some fees may be subsidised by MWDBC.

## Uniform and Extras

When you are happy with your decision to join the club, you may wish to purchase our uniform, from our Uniform Officer. The range will be available on the MWD web site, but is racing shirt, black racing pants, corporate shirt, training singlet, hat, track suit.

You may also wish to buy neoprene wetsuit pants with rubber non slip bottoms, but again this is personal preference.

- Paddlers seats can be purchased, but are not a necessity. Non slip matting works equally well.
- Many paddlers wear gloves to reduce blisters.
- Wrap around sunglasses, reduce glare and protect the eyes from water splashing.
- A peaked cap will help reduce glare and heat stress.
- A water bottle is necessary during training sessions.
- Sunscreen and UV protective clothing,
- Paddle wax is also a personal choice and is available in the boat, if you forget yours.
- Non slip strapping is also used on paddle shafts to prevent slipping

## Paddles

When you know that paddling is for you, you can then decide what sort of paddle to purchase, and discuss this with the Head coach and assistants. We advise you not to rush into the purchase of a paddle, until you have a feel for paddling and the length you need. They are expensive, especially if you change your mind. Wooden paddles are available from the club and many members will lend you a paddle to try out different manufacturers' paddles. Paddle information will be on the MWD web site.

## Life Jackets and Safety.

The Mt Warning Dragon Boat Club's safety policy requires that all paddlers are able to swim 100m and if not, they are to wear a life jacket, during training and at regattas.

All new paddling members wear a life jacket in the boat until they have completed their 100m swim. To arrange this swim, please contact the Head Coach.

Thereafter an annual 100m swim test is held to test all paddlers and a capsized drill is practiced to reinforce safety protocol

Life jackets are provided at every session, but you may wish to purchase your own if you prefer to wear one all the time.

## Boat Trailer and Safety

The Mt Warning Dragon Boat Club's safety policy when moving the boats and trailer, is that 3 people "spotters" walk with the trailer and advise the driver of any danger. Please see the MWD web site for full details. The ramp carpet is used to safeguard against slipping.

## Club Training

**Where:** Condong Boat Ramp / Jetty, Clarrie Purnell park, Macleod Street, Condong

**When:** Training times & days:

- **Tuesday & Thursday** 5pm for 5.30pm on water for 60 minutes
- **Saturday** 7.30am for 8 am on water for 90 minutes
- **Sunday** TBA

## Training Booking and Sign-on

Training sessions are booked on-line through the MWDBC website in the members area.

- Please indicate if you are attending with a “Y”
- or not attending with a “N” .
- If you are a nominated driver indicate with a “d”.
- If you are assisting at the container before training, indicate with a “b”
- If you are assisting at the container after training, indicate with a “a”
- Those assisting before training will also be spotters during and after launching
- Paddlers who are not booked in may not have a seat in the boats

Each training session is signed for on the Weekly Sign On sheet, to indicate compliance to pay the weekly \$5.00, for insurance purposes and as a record of a paddlers training attendance.

Other cash payments can be recorded as required eg regatta fees, uniform items.

All training sessions need to be booked on-line through the Mt Warning Dragons Website, by 8pm on the evening before. You will have been given the password to the members area when you joined the club.

## Training Session

### MT WARNING TIMETABLE FOR TRAINING SESSIONS

Saturday Morning	Procedures	Tuesday/ Thursday afternoon
7.15	Driver and spotters at container to get out boats	4.45
7.30	Launch boats with spotters and other helpers	5.00
7.45	Formal run or walk, everyone together	5.15
7.50	Land warm up	5.20
7.55	Finish warm up and line up	5.25
8.00	Load boats	5.30
9.30	Return to jetty	6.30
9.40	Load boats to trailer and wash boats down	6.40
9.50	Warm down all paddlers together	6.50
10..00	General announcements. Boats back to container	7.00
10.15	Car back to garage, driver goes home	7.15
	4!	

## **Cancellation of Training**

Dragon boat racing is a water sport, so we still paddle in the rain. However training may be cancelled or cut short due to thunderstorms. In flood season the condition of the river is checked prior to training. Please ring the Club phone on 0417261081 for recorded message if you are unsure. If there is no cancellation message - training will be on. Advance warning may be sent by email or text during continuous bad conditions.

If you are unable to attend a session and cannot change it on the web site, please advise a coach who will be attending. This helps with boat set up.

## **Coaching Team**

Head Coach: Dougal Cumming Thom 0429000121

In alphabetical order

Brenda Cumming Thom	0421 275 867
Chris Lonie	0402 671 026
Jan O'Regan	0438 791 316
Jenny Travis	0413 381 263
Geraldine Lockyer	0404 966 831
Rod Dawson	0428 864 440

All coaches hold Level 1 Aus DBF Certificates

All sweeps are trained to Aus DBF standards L1 to 3

## **Regatta Season**

The Sporting Regatta Season is generally in the months of July to February, culminating in the Qld State Titles at Kawana Lakes in March ,followed closely by the National Titles, in April, which can be held anywhere in Australia, but in 2016 it is in Adelaide, SA.

Regattas will be publicised in the monthly newsletter and emails sent from the Events Coordinator.

If you wish to participate in a Regatta, register your name on the club Web Site Sign On. Pay the Paddling Entry Fee (generally \$ 10) by the requested date to the assistant treasurer when signing on at training or by bank transfer.

You are requested to wear Club Uniform at Regattas

- club racing shirt, cap and black pants whilst racing
- club uniform track suit, hat and corporate shirt for travelling

The Mt Warning Dragon Boat Club also hosts a Bridge to Bridge sporting event and a Corporate Regatta annually. All members are asked to volunteer on these days, which raise money for the club and raise community awareness of the sport in our area.

## **Expression of Interest for Events**

Expressions of interest to take part in Regattas, State and National Championships and other special events are now booked through the same web site. This assists the Event Organisers to plan ahead.

## Social Events

A morning tea is held on the first Saturday of the month, usually at the boat ramp, weather permitting. Members are encouraged to bring something to share and a thermos of water/tea/coffee as desired. Cups are provided. It is a good time to find out who other members are and swap stories.

Other fund raising events or get togethers will be announced as they come up. If you have ideas for fund raising or sponsorship, please share them with the Executive.

The Christmas celebration is decided annually. The Club Person of the Year is chosen by a ballot, a vote from each member of the club. Paddler of the Year is chosen by the Coaching team. Other fun certificates may be awarded. Dragons Abreast Mt Warning also present their awards.

## Club Meetings

The club holds its general monthly meeting on the first Saturday of the month at 10.30 am, after morning tea at the training area, in Clarrie Purnell park.

All members are encouraged to attend, because it is your club and you can be an active member in the running of the club.

Executive meetings are held monthly or as needed. The Annual General Meeting is held to elect office bearers.

**Club Phone**            **0417261081**

**email address :** [mtwarningdragons@gmail.com](mailto:mtwarningdragons@gmail.com)

**Website :** [www.mtwarningdragons.com](http://www.mtwarningdragons.com)

**Facebook:** <https://www.facebook.com/MtWarningDragons>

## Mt Warning Dragon Boat Club Office Bearers for 2015/16

President	Mick Davies
Vice President	Geraldine Lockyer
Secretary	Chris Lonie
Treasurer	Helen McLean / John Chambers
Executive officer	Anne Bowden
Executive officer (DBQ contact)	Brenda Cumming Thom
Executive officer	Kerrie Allen
Minutes Secretary	Chris Lonie
Assistant Treasurer	Sue Lonie/ Margaret Purdon
Insurance	Helen McLean
Grants / Corporate Sponsorship	Ann McConnell
MWDBC Registrar	Brenda Cumming Thom
Assistant Registrar	Carolyn Neilson
Events/Regatta Registrar	Brenda Cumming Thom / Linda Cash
Head Coach	Dougal Cumming Thom
Team Managers	Kerrie Allen / Vicki Myler
Newsletter Publicists	Linda Sammon / Maggie Tardif
Publicity Officers	Cheryl Forrester / Linda Cash
Merchandising/Uniforms	Linda Sammon
Accommodation & Transport Officer	Kerrie Allen
Equipment & Maintenance Officer	Damian O'Neill /Jan O'Regan
Safety Officer	Robyn Bolden / Hedy Newell
First Aid Officers	All first aid certificate holders
Website Facilitator / Digital archive	John Forrester / Cheryl Forrester
Archive officers	Jan O'Regan / Sue Lonie
Catering	Lynnette Wong
Facebook facilitator	Maggie Tardif
Training attendance data base	Maggie Tardif
Fundraising coordinator	Linda O'Kane
Member Protection Information Officers	Kerrie Allen, Brenda Cumming Thom, Geraldine Lockyer, Jan O'Regan

