



# DRAGON TALES

May 2010

Navmat Dragon Boat  
Racing Team  
Winter Edition

## A NEWSLETTER OF THE NAVMAT DRAGON BOAT RACING CLUB

### The Captain's WWW (Wise Words of Wisdom)

By Alfred Pawlicki

#### Inside this issue:

Officials Course Report	2
Far South Coast Regatta	3
Navmat at the Aus Championships	4
Get Moving	5
Summing Up Nationals	7
Dillon's re-assignment	8
March in the Mountains	12
Jon Taylor Award	15

#### Special points of interest:

- A Reflection by Trish
- Many Photos
- Ming's statistics

With another season done it once again becomes a time of reflection of what has been accomplished, the highlights of the season, and what needs to be done to find improvement.

The improvement process never stops and is driven by motivation. Every person will have different motivation triggers (goals), for example, be selected on the Australian team, lose weight, have fun, etc.

Each goal will have a different set of outcomes and commitment to achieve.

The challenge for your Coaches and your Committee is to find the right path that meets the goals of members and the objectives of our Club's Constitution.

It is not an exact science but a fine balancing act of



shifting expectations that can be dictated by members commitment to achieving the goals proposed by your Coaches and your Committee.

Our achievements this season have seen an encouraging improvement from past seasons with many Challenge Records broken, solid efforts on the water and a

great team effort off the water.

There are a number of members who have put a lot of personal time and energy into trying to mould our Club into a vibrant and competitive force in the local Dragon Boating community. It has not been an easy task and recognition for their efforts will be the highlight of the NAVMAT Golden Award night.

I personally want to thank all those members who made that extra effort to help our club throughout the season. May there be many more selfless members who have a passion to see our club achieve even greater success next season, both on and off the water.

**Power! Speed! Succeed!  
NAVMAT!**





Adore Tea willingly support Navmat in a number of ways are located in the beautiful surrounds of Gold Creek Square at 7 O'Hanlan Place, Nicholls.

They are a boutique loose leaf Tea Company with a massive range of single leaf and blended teas from all around the world.

Looking for something to do? Why don't you drop in and have a 'cuppa' and partake in a yummy desert or traditional Dutch Poffertjes.



When buying tea there, say you are from NAVMAT, so they know we appreciate their generosity.

Need more information talk to Jill she has the inside word :)



## Officials Course Report

The day after last November's regatta, Ming, Maree and I attended a course on becoming a Dragon Boat Regatta "Official". It was taken by Melanie Cantwell who is the Technical Director for the Australian Dragon Boats Federation. She is also an International DB Official and holds the post of Oceania Region Technical Director. Clearly she is someone who knows a lot about how to run a regatta. The students came from other Canberra teams and also from Merrimbula. Our aim on the day was to get a "grade 1" certificate (and we all did); but on the way we learned a lot about how the sport of Dragon Boat racing is run and how it will be run in the future; and that is what I would like to share with you now.

Although there are legitimate arguments to be made that Dragon Boat racing is the world's oldest team sport, it is in fact quite young in terms of formal development of rules and national and international organization. Up until fairly recently competitions were organised on a local basis with each level varying the rules if they thought it appropriate for local condi-

tions. Some variation is of course appropriate but we learned that there is now a strong tendency (and perhaps pressure) for the rules that have been developed for an international level to be applied to National level competitions and for these rules to be applied further down the chain. So in Canberra, we now follow the IDBF rules fairly closely – and there will be a strong tendency for this to happen even more in the future!

You will all have noticed a general "hardening" of official attitudes to such things as proper ID tags and marshalling on time. It all reflects the realisation among National and International officials that if Dragon Boat Racing is to be recognised by the public, other sporting bodies and, importantly, funding bodies then we had better get our collective acts together and run the sport competently. That means having good rules and sticking to them.

Investigations by the IDBA have shown that the feature that most detracts from our sport is a general tendency for regatta programs to run over time. This is mainly caused by delays in marshalling and in starting. This explains the hardening in attitude to teams arriving late at the marshalling yards. Problems with starting are harder to solve; es-

pecially for venues open to the weather. I think that we have all been to regattas where starts have been held in open waters and wind gusts have pushed the boats around. Starts have then been delayed as boats have been assembled, blown off course and been reassembled again and again on the start line. However I remember some years ago taking part in a National regatta that was held at the Penrith Olympic rowing course in Sydney. For that regatta starts were from floating pontoons and no trouble was experienced. This is standard practice for rowing and has now become the desired standard for starts at important dragon boat regattas (and I believe that this will include the 2011 national regatta in Canberra).

The "big" problem that has yet to be solved is what to do about performance enhancing drugs. Obviously it is highly desirable for any sport to be able to declare that it is "drug-free". However to borrow the drug testing procedures and technology from other sports will also mean accepting the enormous costs involved. The collection of samples, testing, legal backup, and disputes resolution are said to be enormously expensive for those sports that do have an active program of drug test-

*(Continued on page 6)*

# A Reflection Far South Coast Champions

by Trish



Twenty paddlers in a boat  
 Self-egos left on shore.  
 Ahoy, a team is on board,  
 Navmat in regatta mode.  
 The paddlers visualise the race,  
 Their victorious dragon is seen.  
 With a "Go" and a build phase  
 The boat surges forward.  
 The team is on fire to aspire.  
 In sync with the drummer since  
 timing is vital,  
 Paddlers twist torsos to paddle  
 with the beat.  
 Killer instinct and power pre-  
 vail,  
 Kindred spirits do not fail.  
 The golden dragon charges on-  
 wards  
 Propelled by a raging momen-  
 tum.  
 The team fights the good fight  
 with all their might.  
 "Stop", bellows the sweep.  
 Oh, the agony for gold.  
 But ecstasy reigns supreme.

by Sarah, Vice Captain

Many thanks to all who participated in the South Coast Championship. I think I can safely say that the weekend would be considered a success by and for all involved!

For those who weren't there we started the weekend on a dazzling note. On the Saturday night we had the privilege of performing a wonderful warm up routine for the other diners at the Dragon Boat dinner.

To moves devised by our funky Captain Alf we wowed the crowd with our boom wooshes (stylized paddling), strokes (call outs), air guitar moves and of course the superb Navmat timing!

In addition to taking over the stage with our awesome routine Michele and Damo H were determined to stay centre of attention - winning most of the door prizes. Damo was especially pleased with his retractable dog lead and christmas crack-

ers!!

Sunday's racing saw Navmat continue their dazzling performances with us taking home (once more I add) the trophy for the day! The Snow Dragons tried hard to beat us (even devising tactics to have us intoxicated the night before) but our power and speed saw us succeed!

Being the serious, well oiled, warmed up team we are not even the bath tubs of boats could prevent us from owning that lake(-: (Ok I exaggerate a tad but we did good!!)

However despite the dazzling dancing and powerful paddling my highlight this weekend would have to be the company.

Having had a full on, focused, exhausting four months, the relaxing attitude and cheerful nature of all the team this weekend was an breath of fresh air. Thank you to all. Its the company that makes this sport what it is to me \*sigh\*.



# NAVMAT at the Australian Championship, Adelaide 2010

By Ming (Treasurer, Assistant Coach and now also Statistician for NAVMAT)

(This part submitted before the Nationals)

In the sports of dragon boating, as in any business, to be successful, you need to know your competition. If one is to measure success as just being able to take part, then it is a completely differently story. But from the offset, NAVMAT's goal of success for the teams is to make the Grand Finals.

I can say from my findings, we will not achieve the goal of making it into Grand Finals. I can be proven wrong on the day, but that is it to be seen.

As one of the coaches, I felt it is my duty to do the environmental scanning, and critically review where NAVMAT stands in relation to the wilder field of dragon boating clubs Australia, not just the local ACT competition because we raced against them in the local CDBA regattas.

I do not have current data of how the other teams are doing at the moment. I based my analysis on the reputation of the teams and how well they have been performing over the last few years (consistency), their performance at the last Nationals at the Sunshine Coast, and other bits of information that I can gather. I have ranked NAVMAT against the competition based on our latest form (I released my ranking last week, in my Training Update).

This year's competition will be tougher as more teams are competing. Of all the teams competing this year, I have placed

NAVMAT at the Australian Championship, Adelaide 2010



**Just a thought about starts**  
by Tina

*ED. This was written some time ago.*

Last weekend, on that really windy day, I was the apprentice starter. You probably noticed that all the races started so smoothly!

Anyway, it gave me the opportunity to notice what other clubs do.

I noticed that not all clubs start a race with the paddles in the water. I thought well, maybe, there's not much difference so I watched and noticed that the Navmat boat just leapt ahead at the start. Clearly our starts give us a burst of power that's got to give us an edge.

*(Continued on page 7)*



# 16th ASIAN GAMES – GUANG-ZHOU 2010

*By Ming (Treasurer, Assistant Coach)*

**Dragon Boat Racing will be included in the Asian Games** for the first time, when the 16th Asian Games is held in Guangzhou, China. The races will be held from 18-20 Nov 2010, over 250, 500 and 1000 metres for Premier Open and Women’s crews, under IDBF Racing Rules & Regulations.

The question in every dragon boater’s mind is when will it be an Olym-

pic Sports? Your guess is as good as mind. Not in the near foreseeable future. At least, not in London 2012 or the one after that. But who know after that, as more and more nations have come to the fold of dragon boating. IRAN wants to host the 2013 World Dragon Boat Championship (they might already been giving the nod to go ahead) and the 2<sup>nd</sup> Africa nation in Ghana has its first dragon boat

racing not that long ago. Perhaps more nations in Latin America and Africa need to be part of the sports before it is consider a world sports. Chile put in a team at the World Championship in Sydney in 2007 for the first time.

Dragon Boating being accepted as a sport in the Asian Games is a good start, since dragon boating originated in Asia, - China to be exact.



# Anti Doping in Dragon Boating

*By Ming (Treasurer, Assistant Coach)*

There was some confusion at the registration for the NATIONALS in regards to what medication or drug is legal and what is not.

The World Anti Doping Agency (WADA) published a revised International Standard for Therapeutic Use Exemptions in Montreal, November 3, 2009, following approval by its Executive Committee. This new standard, the International Standard for Therapeutic Use Exemptions (ISTUE) took effect from Jan. 1, 2010. The ISTUE was revised as a result of the adoption of the 2010 Prohibited List. The ISTUE had to be amended to accommodate some of the changes to the List to be implemented on January 1, 2010, in particular the removal of inhaled salbutamol from the List.

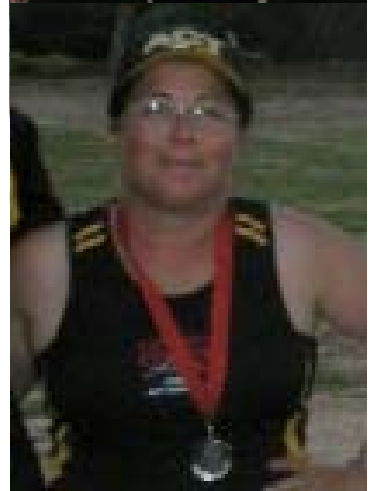
From 2010, salbutamol, salmeterol, platelet-derived preparations and glucocorti-

costeroids, when administered by some routes, will require a Declaration of Use.

In order to avoid frequent changes to the ISTUE, the name of the substances that require a Declaration of Use are no longer included in the ISTUE, but are clearly indicated instead on the Prohibited List.

Check out the new WADA new web site at [www.wada-ama.org](http://www.wada-ama.org). The site features improved navigation and reorganized content to better fulfil its users’ needs.

A new section, "Anti-Doping Community", has been added to cater to the particular needs of WADA’s key stakeholders, e.g. athletes, the sport associations and governments. In this section, each of these groups will find information specifically related to their anti-doping responsibilities and areas of interest.





**FUNDRAISING**

Our Club purchases chocolates from Cadbury and offers them to individual members to sell. Our Club gains a 50% profit for each chocolate sold.

To encourage the participation of individual members in the fundraising effort our Club offers a special deal which involves quarantining 66% of our Club's profit for future use by the participating members.

Successful sellers have been reimbursed by our Club for equipment, membership, travel & accommodation costs etc associated with their participation in our sport.



If you need more information on this please contact Michele our fundraising secretary.

**Get Moving! by Al Fresco.**

This is the time of year when many dumb animals go into hibernation for the winter. This of course does NOT apply to NAVMAT paddlers who stay bright eyed and bushy tailed throughout the many depressing, bone chilling days.

As well as keeping up your regular on-water training, it would be really splendid if you could consider some alternative physical activity to exercise those body-parts (well, most of them anyway!) that dragon boating cannot reach. "Work is often the father of pleasure"... and so it is with dragon boating and in life generally.

**CROSS TRAINING:** There is no need to get cross or angry about your training; if going to the gym reminds you of your pet hamster's exercise routine there are plenty of fun alternatives out there which are arguably more of a pleasure than a pain.

My own particular choice is

athletics, which offers a vast range of activities for all ages and abilities. If you are a fast muscle twitch, anaerobic type (like me) you might like to consider sprints (up to 400 metres), jumps (long, triple, high) and throws (discus, javelin, hammer, shot and heavy



weight). If you are in the majority category of slow muscle twitch, aerobic endurance, you might excel in the longer runs (800, 1500 metres, 3k, 5k, half-marathons, marathons, pack runs etc.)

There are several walking events which suit the many people with chronic joint injuries etc. and my own particular club, A.C.T. Veterans Athletics, places a strong emphasis on handicap events and 5 year age

group categories to give maximum encouragement to the average performer who otherwise wouldn't dream of competing ("I'm not good enough/don't have time" syndrome).

The annual membership fee for my club (ACTVAC) is a paltry \$34, so don't be chicken, give it a go! The club offers lots of freebies like supper after A.I.S. track

and field events, baby-sitting/child minding (organised by Mary Poppins Nannies - to encourage

younger members with ankle-biters to take part in longer runs at various exciting venues around the ACT), free coaching, etc.etc. More details can be obtained by "running" your fingers through our monthly newsletter ("Vetranner") at [actvac.com.au](http://actvac.com.au).

*"Good, better best, never let it rest,*

*Till the good is better and the better is the best."*

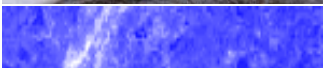
(St. Jerome)

*(Continued from page 2)*

**OFFICIALS COURS CONT.**

ing. Melanie indicated to us during the course that the IDBA was still coming to terms with this and in the meantime was seeking some credible but less costly procedure. I think that we have seen evidence of this in the recent regatta where competitors have been asked to declare their prescription medicines. I guess the message we got from the course is that those in charge of Dragon Boat racing in Australia and overseas are aiming high. Standards of organization will continue improve and our sport will eventually be one of high-profile; like- um Rugby League?

Ryde James



Ming's ranking of clubs



Premier Mixed 34 teams and their approx ranking	
1	PD's – orange
2	VADB – black
3	Ice Dragons – black
4	Melbourne Flames
5	City Dragons
6	PD's – black
7	Mavericks – purple
8	Sloths - A
9	BRD
10	Te Waka
11	DSA
12	GCD
13	ADFA
14	Ice Dragons – white (B)
15	Broadwater
16	Manly - QLD
17	ACCA
18	Navmat
19	Dragon Flyers
20	Northern Beaches
21	CYL
22	Cockburn
23	VADB – gold (B?)
24	Bei Loon
25	Flying Dragons
26	Sloths - B
27	Water Warriors
28	UTS SDB
29	Mav's – blue (B?)
30	Central Coast
31	Tsunami
32	Canberra Griffins
33	Subsonix
34	Hamilton Water Sports (no info)

Premier Women 19 teams and their approx ranking	
1	PD's
2	Ice Dragons
3	Melbourne Flames
4	BRD
5	Mavericks
6	Broadwater
7	ADFA
8	Te Waka
9	Sloths
10	Diamond Phoenix
11	Bei Loon
12	Currumbin Cubs
13	Navmat
14	Manly - QLD
15	CBR Griffins
16	CYL
17	UTS SDB
18	Cockburn
19	Subsonix

I know the optimist in us, will say one never knows what will happen on the day, every team has an equal chance to make the finals and surprises do happen. I am not disagreeing with that, but I suggest we know where we stand and aim to improve on that position. I will be very surprised if NAVMAT make into any Grand Final. I will be pleasantly sur-

## Summing up the nationals by Sarah

Well it is Monday night and I am exhausted from what has been an amazing week competing, shopping, laughing, eating, drinking (urghhhh no more Smirnoff!), and at times close to crying in Adelaide at the Australian dragon boat championships.

For those who were not present the state teams did exceptionally well. Many received bling - and those who did not still performed brilliantly, The finals were all so close.... photo finishes for most!

In the team comps Navmat should be proud of their efforts. On the 500m day the mixed team worked well together but were thwarted at the opportunity to participate in the semis after a current made the boat unmanageable - making us slip from a strong first to a sad last. The women worked hard

but did not make the semis.

On the 200m day both teams pulled together to make the semis - and performed beautifully. The mixed team were only a shave off the mark to make the B finals.

In other "bling" arenas Navmat had the chance to cheer on Ursula aka "Oooohhla the Pooma" when she received her Aus jersey.

Unfortunately by the time we were given this chance we had screamed ourselves hoarse having seen Michele receive the highest award from the AUSDBF for her outstanding contributions to the sport on a national level. The award is given annually to a paddler who has gone above and be-

*(Continued on page 9)*

*(Continued from page 7)*

prised if we make it into the Minor Finals.

However we do at the Australian Dragon Boat Championship, we should do our best on the day. That is what the coaches expect of every paddler. It is too late to make major changes for improvement but fine tuning to make that extra little bit of improvement that will hopefully, get us ahead of some other teams. Half the NAVMAT team has not experienced paddling at the NATIONALS level. It is good experience to be paddling amount the best teams in Australia. Savor the experience and atmosphere if this is your first time to the NATIONALS. NAVMAT has not participated in the last two NATIONALS in

2008 at Nagambie VIC and 2009, at Caloundra, Sunshine Coast QLD. This hopefully, is the springboard for NAVMAT teams to do better at next year's Australian Dragon Boat Championship, which will be held in home ground, Lake Burley Griffins, Canberra.

### **(The following was written after the Nationals)**

I must report that I got quite a bit of flake from some committee members implying that I have been pessimistic in my outlook. For them, surely NAVMAT can go for gold. Or a Bradley incident can happen (the Aussie Ice skater who got gold when all the competitors in ahead of him fell).

My reply was, no way, not in a team event and not at where we are placed. I was willing to give the odds of a million in one chance, about NAVMAT getting gold.

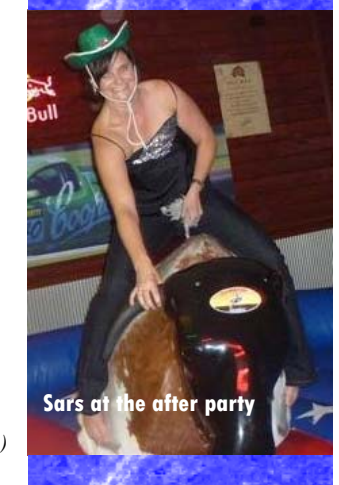
The results for Adelaide vindicated my prediction. In fact I have been generous and optimistic in ranking NAVMAT higher than indicated by the results.

In the 200m Premier Mixed, Navmat come out as exactly as I ranked it, at 18<sup>th</sup> spot. In the 200m Premier Women, NAVMAT come back ranking 17<sup>th</sup> out of 21 teams. I predicted 13<sup>th</sup> out of the 19 teams. In the 500m Premier Mixed, NAVMAT only managed 25<sup>th</sup> spot while the in 500m Premier Women,

*(Continued on page 11)*



Ursula with her Aus jersey  
and  
Michele with her  
Jon Taylor Memorial Award



Sars at the after party

(Continued from page 8)

**SUMMING UP THE NATIONALS CONT.**

yond the call of duty, strengthening and developing the sport. There can be no doubt that the 2010 recipient was more than deserving!

Socially we were also successful. The women (and

Alf) celebrated Deb's birthday on the Friday in style at a great restaurant in Henley overlooking the water (see facebook for Deb's divine jewels!) Our final dinner on the Saturday night saw many indulge in new cooking styles ..... and delve into the world of bear-napping (the adventures of

"Dylan/Darlene" the Flyers Bear). Sunday's after party final hoorah was a thigh slapping success with many a NAVMAT paddler jumping on the Bucking Bull, and slicing up the dance floor with their hot and steamy moves.

In all I thoroughly enjoyed the experience.

***A pictorial account of The adventures of Dillon / Darlene's re-assignment—The Flyer's Bear***





**ACT Grand Master Men's Team**



**ACT Grand Master Women's Team**



Ursula



# THE 2011 WORLD DRAGON BOAT CHAMPIONSHIP - TAMPA USA

**by Ming**

This is the call to NAVMAT paddlers aspiring for Green and Gold (Australian) representation to be prepared for the next exciting World Championship. The call for selection may happen late 2010. The selection will be tougher than the selection for the first 'truly Australian represented team in Dec of last year, in preparation for the Asian Championship 2010. The reason being, most paddlers in the other states (especially NSW and QLD) who missed out because of short notification and time frame, to go for selection. They were also so used to automatic selection because they paddled in the winning state teams at the NATIONALS. They will finally realise that the make up of the Australian team is not automatically going to the best state team paddlers but to the best paddlers in Australia.

This call is also specially for Ursula Tonkin, who is representing Australia in the Asian Dragon Boating Championship in China in Apr/May 2010, and Adrian Saputra (who went for the trial in the first boot camp in Sydney), and any other NAVMAT paddlers in all divisions, this is your call. Start your preparation, i.e. saving money and leave, and prepare physically and mentally, on water and on land.

I encouraged Ursula and Adrian to be part of the Australia team this year, and Ursula was successful. Congratulations to her. Adrian should not be disappointed as the training will do good for his c.v. for the selection for Tampa. His experience in this years ACT Fire representation will also be good on his c.v. My guess, as I told him, he has the physical toughness and technique to make the Australian this year, but only for the lack of experience, he missed out on team selection. I based that from my observation on the Australian team going through their paces at the land session boot camp in Canberra on 3 Apr 2010.

Tampa accepted the IDBF flag at the closing ceremony of the 2009 World Champs in Prague, Czech Republic and will raise it again at the opening ceremony of the 10th IDBF World Dragon Boat Racing Championship – the 'Nations' Champs in 2011. Tampa is located on Florida's west coast. For those who want to relax at Disney World after the races, Orlando is just 90 minutes from Tampa. The Championship regatta course is located in the heart of the city, just steps from major hotels.



## Why Dragon Boat? By Elo

### Why do I love dragon boating?

*Love being close to the tranquillity that Lake Burley Griffith has always offered us.*

*Love being active, keeping fit and feeling slim.*

*Love the team, full of nice people, plenty of laughter, fun and good company*

### Impressions of my first race.

*I thought I was going to die of exhaustion. It was also exciting and nerve wrecking at the same time.*

### Things that work for you

*The team is very accepting, accommodating and flexible. Encouragements from coaches and team members certainly help.*



Mal "Astro Boy" Grieve

Jacqui



200m				500m			
Premier Mixed		Premier Women		Premier Mixed		Premier Women	
1	Ice Dragons black	1	Ice Dragons	1	PD purple	1	Ice Dragons
2	PD Orange	2	PDs	2	Ice Dragons Black	2	PDs
3	Sloths A	3	BRD - Garnet	3	Sloths A	3	Broadwater
4	BRD Topaz	4	Sloths	4	BRD Topaz	4	Currumbin Cubs
5	City Dragons	5	Currumbin	5	Mavs Purple	5	Melb Flames
6	Te Waka	6	Broadwater	6	Te Waka	6	BRD Garnet
7	VADB Black	7	Melb Flames	7	ACCA	7	Sloths
8	HamiltonWaterSports	8	Te Waka	8	City Dragons	8	Te Waka
9	Melb Flames	9	ADFA	9	Melb Flames	9	Mavs
10	CYL	10	CYL	10	VADB Black	10	ADFA
11	Mav Purple	11	Mavs	11	Broadwater	11	UTS SDB
12	UTS SDB	12	Subsonix	12	UTS SDB	12	Subsonix
13	ACCA	13	ADL Black Dragons	13	Subsonix	13	DP
14	DSA	14	DP	14	DSA	14	CYL
15	ADL Black Dragon	15	UTS SDB	15	ADFA	15	Manly Qld
16	Broadwater	16	Manly Qld	16	Northern Beaches	16	Navmat
17	Sloths B	17	NavMat	17	Water Warriors	17	Bei Loon
18	Navmat	18	Bei Loon	18	Central Coast	18	Griffin
19	ADFA	19	Griffins	19	Sloths - B		
20	Subsonixs	20	SADA	20	CYL		
21	Water Warriors	21	Cockburn	21	Manly QLD		
22	Dragon Flyers			22	Flying Dragons		
23	Northern Beaches			23	Mav blue		
24	Flying Dragons			24	Cockburn		
25	Manly Qld			25	Navmat		
26	Mavericks -blue			26	VADB - gold		
27	Tsunami			27	PD black		
28	Central Coast			28	Ice Dragons white		
29	Cockburn			29	Tsunami		
30	Griffins			30	Griffin		
31	Bei Loon			31	GCD		
32	GCD			32	Dragon Flyers		
				33	Bei Loon		

NAVMAT came 16<sup>th</sup> out of 18 teams.

# March in the Mountains (or my excuse for not being at training)

by John

“Now we’ve had everything” said Torch on 18<sup>th</sup> March as the snow started falling on us.

But I should start at the beginning. In 2004, I walked with some bushwalking friends up the Dart Glacier valley to the spectacular Cascade

Saddle in Mount Aspiring National Park in the South Island of New Zealand. Torch, Merle and Lady Di (whose names are a whole different story!) were the other

walkers on that trip. My partner Siew and I met up with Torch and Merle in New Zealand again in 2007, and on that trip, three of us tried the walk up to Cascade Saddle from the steep eastern side. Bad weather led us to pull out from “base camp” (a decision helped by a fatal fall the week before our visit). But we could not just leave it there. Merle took on the role of chief organiser in 2008, and made some plans to try again in 2010. I did not need much encouragement, and booked my travel across the Ditch with them for 13 March 2010.

This time we allowed ourselves

almost a week for the three day attempt, in case we had to wait for weather. Then we would do the cycle trip on the Otago Rail Trail, a very popular 150 km ride for locals and foreigners. So the trip became Bushwalking and

– preferred it smaller but must be great for business. Our base at Wanaka was an easy old cabin at the caravan park. The weather forecasts were not bad – no excuses! We hired a car to get us up the Matukituki valley to the

walking trail, and set off up the track on Monday morning. An easy two hour walk up the flat glacial valley, passing healthy grazing cattle, the cool clear river and looming mountains - Shotover Saddle and Cascade Saddle on the left, Rob Roy glacier on the right, and far ahead the mighty ice capped Mount



Cascade Saddle and Mt Aspiring

Cycling, or “Trempling and Pid-



dling” in the local lingo.

We landed at Queenstown and one day later arrived at Wanaka, about 50 km from Mount Aspiring. Both Queenstown and Wanaka are buzzing with new development since 2004, catering for the tourists and new residents

Aspiring, 3033 metres above the sea.

Aspiring Hut in the valley was our very comfortable stop on the first night out –

(Continued on page 13)

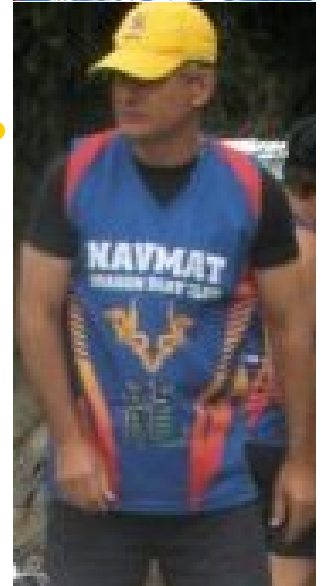
(Continued from page 11)

Overall, the feedback from Adelaide, vindicated my expectation of where NAVMAT is, in relation to the rest of the dragon boating communities in the ACT and the bigger picture of Australia. The NAVMAT teams in Adelaide had done their best and came back with the experience of racing the best clubs/teams in Australia.

That might kindled some fire in the younger paddlers to go back to the NATIONALS next year to do better.

No doubt NAVMAT could have done even better if every member was able to attend and NAVMAT can field the strongest 22 on the boats. But that would only improve our placing by one

or two. To make significant improvement, I have suggested that NAVMAT needs to recruit more Premier aged paddlers allowing NAVMAT to field a boat-full of premier aged paddlers rather than half premier aged and half grandmasters aged paddlers. See my article on “State of Play – Size Matters”



(Continued from page 12)

*MARCH IN THE MOUNTAINS  
CONT.*

great views, mattresses for about 30 people, cooking facilities, tank water, flushing loos and a ranger to take our small fee and provide all-important daily weather forecasts. Visitors from all over the world gave the hut a mini United Nations feel.

The forecast was about as good as we could hope for, so on Tuesday it was packs on and the start of our serious walking – first two hours stepping over roots of the beech forest, then after a stop to boil the billy, up onto the exposed treeless ridges. This was “hands and feet walking”, climbing 1.4 vertical kilometres in 3 horizontal, followed by a welcome undulating walk over the last two kilometres to our camping spot near Cascade Saddle at a great spot that Torch and Merle had stopped on a previous trip.

We were more than happy to drop packs. In blustery winds and passing showers we lost no time setting up our tents and tying them down to large rocks. Then we enjoyed the views. The great ridges of schist reaching towards Mountain Anstead behind the camp, and the Heads Leap precipice a couple of hundred metres in front, dropping down to the Matukituki valley below.

Overnight the wind gusted enough to flatten the tents

over us at times, leaving some interesting permanent bends in the tent hoops as

got the stove and billy out for soup. Slow and steady to Aspiring Hut, then lunch



**Dart Glacier Icefall**

mentos. On Wednesday we woke to clear sky apart from a fog blowing over the saddle from the Dart Glacier. We explored the local area all day, climbing up the Anstead ridge, then over to Heads Leap and over to the upper Dart Glacier, gazing at the icefalls and Mount Aspiring/ Tititea. Weather could not have been better! A cold bath in the stream (yes, brisk), dinner, and we were in our sleeping bags before 8pm.

At sparrows on Thursday morning, intermittent rain, so we chose a spell between showers to quickly down some cereal, break camp and head off towards our descent. With the wind

and the leisurely walk out to the car park. Our last little challenge was a flat tyre from a nail we must have picked up on the road from Wanaka.

Two nights at Wanaka and Queenstown with comfortable beds, good food, Speights ale and local wines left us fully restored and on the coach to Clyde, the disused gold mine settlement and railhead of the old railway from Dunedin on the east coast. A van arrived with our hired mountain bikes and to take charge of moving our packs to our next night's stop. We were off along the rail trail! Or more precisely, sort of near the trail, be-

cause we stopped for coffee and lost ourselves along the Clutha/ Mata-Au River track before re-



**Near the steep bit**

gusting, rain falling and then snow, we focused on every step down the steep drops and kept moving until we got down to the shelter of the beech forest again, then rested jelly legs and

joining the rail trail near Alexandra. We (at least I) stuffed up the navigation at Alexandra before getting some good advice from a player as we passed the local golf course. We had a



## State of Play - Size matters (Size of Dragon Boating Clubs) By Ming (Treasurer, Assistant Coach and now also Strategist for NAVMAT)

The dilemma of NAVMAT trying to increase its membership to be able to field an Open team comfortably, got me thinking about this and to write this article.

NAVMAT is one of the oldest clubs in Canberra. NAVMAT size have been around 40-60 for a number of years. This year, we managed to touch 70 members. A term that have been floated around for such sized club is a boutique club. Some boutique clubs wanted to stay that way deliberately (in size), to keep the identity of the club. Not so for NAVMAT, which has been trying to grow. NAVMAT has not been as successful as some other clubs in recruiting new members. This can be a result of NAVMAT not being successful in engaging the public as well as the other clubs, to take up dragon boating with it and not the others.

The better performing clubs in Dragon Boating in Australia, are generally, the larger clubs with membership in the range of 100 to 200 members. For example, in NSW, the bigger club is Pacific Dragons; in Queensland, the Brisbane River Dragons and in the ACT, we have the Ice Dragons. There clubs have dominated in their individual states competitions. Pacific Dragons dominated in the NSW and Australian Championships in the Premier divisions. The Ice Dragons dominated in the ACT competition and their women premier team did well in coming first at the Australian Championship in Adelaide in 2010. The Brisbane River Dragons accumulated the most points and declared the champion club in Adelaide (again for the 3rd time, Australian National Dragon Boat Champion in 2008 and 2009 and now 2010). BRD domi-

nated in Queensland and won many of the golds in the Masters and Grandmasters division races. They also can field competitively teams in the Premier races.

BRD is not just a dragon boating club, but also offers outrigger and canoe and kayaks sprinting and almost a third of its members are also in the Dragon Abreast movement. It cater for both serious and social paddling.

Pacific Dragon (PD) also offers outrigger and canoeing. It members have been representing NSW and Australia for a long time, before the introduction of the truly Australian team (with the representative being chosen, not from the best state team, but from the best paddlers in Australia).

Size of the clubs does matters as can be seen from the above example. Why? For a start, larger clubs can have

### INTERVIEW WITH A PADDLER—SARAH

- Name** Sarah Haslam
- Where were you born?** Alice Springs, NT
- Where did you go to school** – Darwin, Adelaide, Cocos Keeling Islands, Perth, America – then Uni in Canberra at ANU and UC
- Qualifications:** Bachelor of Arts (Political Science/Women Studies) and Bachelor of Education (Primary)
- What sort of work do you do?** I teach a dream grade 3 class.
- When did you first dragon boat?** Dragons Abreast Comp in 2005
- When did you join?** Feb 2008
- What teams have you paddled with?** Dotars for the Dragons Abreast, Sydney City Dragons in Russia, The US Navy (Russia) and of course Navmat!
- Have you held any committee roles with the CDBA and when?** ACOC 2010 – Australian Championships Organising Committee.
- What activities did you undertake in this role?** Various admin tasks ... so far! Looking at opening ceremony ideas mainly.
- Have you had any committee roles with Navmat and when?** Vice Captain 2009-2010 season

(Continued on page 17)



## Our Michele is awarded the 2010 Jon Taylor Memorial Award

*This award recognises outstanding achievements and contributions made by an individual who has assisted with development and growth of the sport of dragon boat racing in Australia. AusDBF created this award in memory and celebration of the life Jon Taylor. The award is in recognition of the outstanding contribution that Jon Taylor made to the development and growth of the Sport of Dragon Racing in Australia since he first became involved in the sport in the late 1980's.*

Michele is one of the longest serving members of the Canberra Dragon Boat Association having been a member 1992. She has been heavily involved with the administration of the sport from those early days. She was membership officer from 1996 to 1998 and has held the position of Vice President of the CDBA from 2002 to present. Her involvement in this role has provided the CDBA with a continuity and retention of 'corporate knowledge' which has been of invaluable assistance to each president she has supported and to the fledgling sport in Canberra.

Michele lives and breathes dragon boating. She has been responsible for preparing grant nominations each year for the CDBA, thus raising money to ensure the sport's future in Canberra continues to grow and get stronger every year. She has been involved in all policy development and her knowledge from previous involvement at a high level in ACT Swimming has been put to good use for the CDBA.

Michele shows a commitment to the sport and sets a high standard to other members, both in and out of the boat. Michele is an example of someone who puts the good of the organisation before her own needs. She is always there, willing to help in any way; early mornings, late nights, paperwork, meetings, organising events, delegating tasks, paddling, encouraging and helping with maintenance of equipment, while always remembering to make things fun.

Her easy manner enabled her to develop strong and valuable relationships across Australia and overseas in the dragon boating community.

Michele has been recognised with the following awards for her service to the Canberra Dragon Boat Association:

- Life Membership of the CDBA 2008 recognizing many years of outstanding contribution to the Association on the Sport of Dragon Boat racing in the ACT.



- President's Award for Outstanding Contribution to CDBA 2008/09
- Outstanding contribution to the CDBA as Vice President 2007/08
- Appreciation of Service to CDBA, Awarded 2006

Michele represented Australia in Dragon Boating in 1992. She has paddled all over Australia, China, Hong Kong and Penang and has formed strong ties with the organisers of each and every event.

Of all the people in the CDBA I believe Michele to be the most deserving of this award for her long and committed service to the sport of dragon boating in Canberra over the last 18 years.

Nominated by Lorraine Bayliss, endorsed by Kel Watt.



## 9th Asian Dragon Boat Championships

*By Ming (Treasurer, Assistant Coach)*

**(This part submitted before the Championship)**

Hosted by the Asian Dragon Boat Federation

Venue: Taihu Lake Resort Waters, Wujin District, Changzhou, Jiangsu Province, China

April 30th (Friday) to May 2nd (Sunday), 2010

For 22 people Standard Dragon Boat (DB22):-  
Open, Women 200m, 500m & 5000m and Mixed 200m & 500m,

For 12 people Small Dragon Boat (DB12): - be Open, Women and Mixed 200m, 500m.

April 30th, 2010,  
Friday Morning:

- 1 . Opening Ceremony
  - 2 . DB22 200m Open
  - 3 . DB22 200m Women
  - 4 . DB12 200m Mixed
- Afternoon:

- 1 . DB12 200m Open
  - 2 . DB12 200m Women
  - 3 . DB22 200m Mixed
- May 1st, 2010,  
Saturday Morning

- 1 . DB22 500m Open
  - 2 . DB22 500m Women
  - 3 . DB12 500m Mixed
- Saturday Afternoon:

- 1 . DB12 500m Open
  - 2 . DB12 500m Women
  - 3 . DB22 500m Mixed
- May 2nd, 2010,  
Sunday Morning:

- 1 . DB22 5000m Open

2 . DB22 5000m Women

Evening:  
Celebration Party

### Australia's Performance

Now we have a truly Australian team racing in the Asian Championship, this weekend. NAVMAT is proudly represented by Ursula in this Australian team.

How will the new Aussie team do in this championship. From my reckoning, it is a big ask for it to well at the Asian Championship. The team has only been formed recently, (i.e. some 4 months) and has come together for only 2 boot camps. Teamwork will be crucial for the team to gel as one team, and one of the main criticisms of critics for such a truly Aussie team. i.e. not having enough time to get together and trained as a team.

Looking at the competition, they will come from the usual top teams in Asia, i.e. China, Philippines, Indonesia, Singapore (junior section). These are also the top teams in the worlds.

### Open Category – the blue ribbon 200 m Open sprint DB22

Currently world record for Premier Open 200m is 40.02 sec set in Prague by Philippines, a world record. China who came second also beat the previous record set in Sydney of 42.16 also by Philippines; China was just beaten by a dragon head by the Philippines at Prague. They will want revenge in Wujin. But the Philippines will be hard to beat. The team started training immediately after their World outing in Prague.

Australia's time in Prague (represented by top state team NSW), was 45.3 secs. There is

a difference of 5 seconds to make to be at the top. Too big a gap to make up.

### Mixed Category

The Philippines also set a new world record in the Mixed Premier in 43.5 sec (44.8 sec in Sydney 2007).

Australia's time in Prague (represented by top state team NSW), was 50.8 secs in Premier Mixed. That is a 7 seconds behind the best team on the day. This is a big drop in times at this level of competition.

### Women Category

In Prague, the Women Premier was won by China in 50.8sec.

Australia's time in Prague (represented by top state team NSW), was 54.0 secs in Premier Women. This is the category with the best chance for Australia. A number of the Australian team will be made up of Ice Dragon members. The ID women won gold at Adelaide and I have seen them done under 50 seconds in Canberra on 17 Apr 2010. The Aussie team should be stronger than the ID team, and thus should be able to repeat the under 50 seconds performance.

If I will to predict, the Aussie Women Premier can win a Bronze at the Asian Championship. If it can hold together on the day, and not be faltered by the competitions, the silver or even the gold is on the offering.

A medal of any colour will be most encouraging for the Aussie team and support the proponents (myself included) for the new selection method for future Australian teams.

I think the Aussie has better chance for medaling in the distance races, i.e. in the 500m rather than in the sprint 200m. Though the Aussie will not

*(Continued on page 17)*



(Continued from page 16)

### 9th Asian Dragon Boat Championships Cont.

likely to win gold or silver in the blue ribbon event of the 200m DB22 Open tomorrow morning, there are plenty of other opportunities in the small boat DB 22 and DB12 racing in the next few days of racing to medal. It all make interesting racing, both the big and small boats, plus the distance race of 5000m unfortunately from the spectator viewpoint, (or fortunately for the Aussies), standing will not be allowed. All Asian teams tend to stand and they do better standing, then sitting in dragon boating. Watching dragon boat racing with teams, standing can be very interesting, to see the power and speed increase of the paddlers got into their standing positions and paddle.

Go the Aussie Team – the

Auroras. Go Ursula.

### (This next part added after the Nationals)

### The Asian Championship races are done and dusted

Australia won 2 silvers and 2 bronzes, mainly in the women's races. In the 200m, China was 1<sup>st</sup> in 0:46.4 while the Aussie girls came in 2<sup>nd</sup> in 0:48.3. In the 500m race, China was 1<sup>st</sup> in 2:02, while the Aussie came in 2<sup>nd</sup> in 2:09. The two bronzes were done by the Aussie women in the 5000m race and the 200m small boat race. The mixed did not medal but got a couple of 4<sup>th</sup> places.

The Asian Championship was again dominated by China. This time, China was not much challenged because the Philippines and

Indonesia did not send teams to participate at this Championship, giving it the best chance for the Aussie to medals.

The new selection method for the Aussie teams has produced the best returns for Australia in teams of medals. However, there is still a long way for the Aussie teams to go, to get to the top of the world in dragon boating.

Ursula Tonkin of NAVMAT has proven my trust in her when I encouraged her to go for Aussie selection; that she will make the Aussie team selection and do well in the team. She had made the Aussie team and did NAVMAT proud by bringing back medals. Well done Ursula.

(Continued from page 14) Interview with a paddler

**12. What activities did you undertake in this role?** Gathering team details for regattas, organising food for regattas, organising fundraising BBQs, attending CDBA meetings .... Really the role is about ensuring a smooth line a communication between the members – new and seasoned – and all the activities. A role in development me thinks!

**13. Have you represented the ACT?**

This year – yipppeee!

**14. Have you received any personal awards for dragon boating?** No ....

There are awards??

**15. Have you represented Australia?**

Does paddling as the “Australian Team” in Russia count. I was even “Kapitan” of the Australian Team!

**16. Have you paddled overseas ?** Vladivostok, Russia

**17. Why do you paddle? ....** “Hi My name is Sarah and I’m a paddle-holic”(-:

I love water, love being outside, love the social aspect, love the challenge, love the travel – I guess I just love the sport! (And now having thrown myself into it I wouldn't know what to do if I stopped ... is there life beyond paddling?!)

**18. What is your most memorable paddling memory?**

There are quite a few but there is one which stands out. We were paddling out to the start line in the drizzle in Russia for a 500m race – we had already been flogged several times – and the atmosphere was quite jovial about the next upcoming flogging. Suddenly giggles erupted throughout the boat as we all realised that along the shore there was a very tanned, “older” man, wearing only a g string diving in and out of the water off the dodgy concrete/metal ocean wall – there was no “focus in the boat”! Meanwhile in the background we had the beat of Lady Gaga booming out over the on water disco located at the start line..... It was all very very surreal to say the least!



## DRAGON TALES

### A NEWSLETTER OF THE NAVMAT DRAGON BOAT RACING CLUB

4 Hazelwood Street  
Queanbeyan NSW 2620

Contact us by email:  
Navmat@hotmail.com

Captain Alfred

Vice Captain Sarah

Head Coach Debbie

Secretary Ursula

Social Secretary  
(also CDBA  
Vice President)  
Michele

Treasurer  
Ming

Sponsorship  
Milo

Membership Marianne

Newsletter  
Lorraine



## **DARE TO BE DIFFERENT!**

*Interested in making new friends?*

*Doing something different, challenging and fun?*

*Do you enjoy travelling to new and exciting places?*

*Then Dragonboat racing is for you!*

### *Training times 2009/10*

**Tuesday : 5.30pm squad**  
**Thursday : 5.30pm squad**  
**Saturday : 7.00am squad 9.00am beginners & all paddlers**

Venue: - Boat Jetty off Alexandrina Drive

Canberra Yacht Club, Mariner Place, Yarralumla

### *What to bring:*

At least one water bottle

Sunscreen

Clothes and shoes suitable for paddling - you are likely to get wet!

Change rooms and showers are available at the Yacht Club

---

WE'RE ON THE WEB:

<http://www.navmat.asn.au>

---