



NAVMAT DRAGON BOAT RACING CLUB
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Dragon Tales

a newsletter of the NAVMAT Dragon Boat Racing Club

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A word from the captain

Another season is almost at an end with only the social events left to be held.

The availability of so many members to attend regattas has made the season highly successful with trophies being won at all regattas. Funday Sunday will be held in May with a lunch and CDBA trophy presentation. Hopefully all members can attend this great day.

Winter training is about to start, so get out the thermals, ski pants and the washing up gloves. The nights on the lake are cool and calm and make for good paddling.

It would be great to see as many members as possible available to travel and experience competition at an away venue on the Gold Coast for the PAN PACIFIC MAS-

TERS GAMES in November. It is a great competition and all members will be fit and ready to compete following winter training.

We have had a great season which I am sure can be improved on in the 2008-2009 season. So keep it up and we will be a bigger and stronger club with the help of our ever inspiring coach Alfred who puts in a great deal of time and effort into making NAVMAT the competitive team it is.

I would like to thank the committee and all members for their continuing support over the past season. I personally have had a great time with the club and I encourage all members to continue paddling to keep fit and enjoy the social aspects of our club.

Jacqui

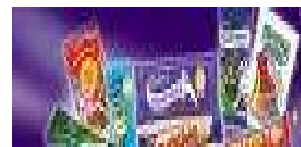
Special points of interest:

- Gav catches up with Felicity
- Ming's buddy system
- Lots of photos
- Recipes
- Who's turned 50?
- Exercises





CLUB FUNDRAISER CHOCOLATES



Selling chocolates is an easy way to raise money for our club. It also directly benefits you, meaning you can use the profits you have earned for dragonboat related purchases.

from each box sold goes into the fundraising account of the member who sold it. Not bad eh?

This is how it works:

Successful sellers have been reimbursed by our Club for equipment, membership, travel & accommodation costs etc . So long as it is associated with your participation in dragonboating its OK.



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

Money remaining in your account when/if your membership lapses, remains the property of the club.

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. This means \$15

If you need more information on this please contact the Social Secretary/Fundraising - Michele



Baby Angus has arrived

By Lorraine

Last year something was missing
There was quiet across the boat
The number count all awry
The boat a rocky place
Our number one top counter
was missing from the boat!

I MEEEEAN FLAT!
Were just a memory now
We noticed though that Wendy
Woo had just begun to flower

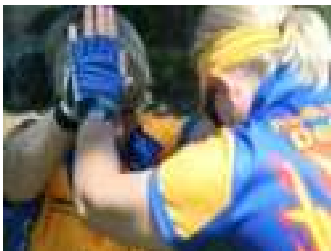
Woo for fear we may offend
but behind cupped hands to
waiting ears whispering transpired
If I were not mistaken I'd say
she's not got long
A baby's in the brewing if I'm
not so very wrong



Without her stern call PADDLES FLAT!
We were only just afloat
We bobbed here we bobbed there
The waves we thought might swamp us
If only we'd hear Paddles Flat
from the middle of the boat

Naught was said
It'd be rude
She was recovering from her loss
Her father had not long passed away
And her solace was her food
Naught was said by our Where's Wally
He kept 'Mum' all the while
He came to train and gave excuse
She's sleeping in, she's tired

Announcement not long since was made
Baby Angus would soon be born
Relief and happiness was shared
And glasses raised to toast them
Her girth was but a passing thing
Her health was not in peril, 'stead
A joyous gift of a baby boy
Was soon to grace their home.



We wondered if she'd lost the will
To train and push it hard
But she had something up her sleeve that none of could tell
We really needed One AND Two as only she could do
But nothing could convince her
To join the maddened crew

The Christmas Party was lots of fun
But Wendy made us wonder
If we'd been hoodwinked all this while
Could she possibly be with child?

~~~~~  
Welcome baby Angus and congratulations to Wendy and Laurie two of Navmat's well loved and long time members.

Her calls of paddles flat *and...*

Not a word was said to Wendy



## CDBA TITAN'S GRANDMASTER WOMENS TEAM FINALLY RECEIVE THEIR BOOTY AND THEY'RE OFF TO PENANG!

The Canberra Titans Grandmaster Women's Team was belatedly awarded their cup and bronze medals by the President of the CDBA at the first Canberra regatta for 2008.

This team has been selected to represent itself at the 2008 World Club Championships .

A good number of Navmat's well trained and 'never say die' women are members of the team. The regatta will be held over four days in August, on the Batu Fer-  
ringi Dam.

The team will stay together in Georgetown and will travel each day by bus to the dam for competition.

In the lead up to competition the women are training on Monday and Thursday nights together and with their parent clubs.

They are also doing gym sessions individually and together on a Tuesday night. This training regime will increase each month with extra sessions on water and in the gym in the lead up to the regatta. They are working hard to



**Michele & a megaphone  
a dangerous combination.**

hone their skills and make sure their boat is as strong and as light as they can

Teena, Jacqui, Jill, Mary, Nan; and Alfred will be the team mascot—did I say



**Mary, Maree and Amelia showing off their loot!**

possible make it.

Our Navmat / Titan's Grandmaster's Women are Michele, Susan, Neva, Leigh, Merrilyn, Julie,

that! No, I mean he will be the team manager while in Penang.

**Gooooo TITAN'S!**



**Two happy & sassy Titans,  
Jill & Merrilyn**



**Gollum ... I mean Michele. Who  
let her get her hands on precious?!**



**Amelia and Maree**



### Guess who's now a Grandma?

It's hard to believe but our youthful Michele is now a MIM (or grandmother in other words).

Welcome Lillian Margaret who weighed in at 2.8kg  
Congratulations and best wishes to the happy family.

## Navmat Paddler Overseas by Gavin

### Gavin's trip to Malaysia.

Way back in February, I travelled to Singapore to attend the air show. It was a busy week and every day I had plenty to see and do while at the new exhibition centre near Changi Airport.

Needless to say it wasn't long before I reached brain overload and decided I needed a holiday. It might have been the roar of the latest jet fighters or just simply the seemingly endless meet and greet duties I was there to perform. Either way, a quick trip to Malaysia sounded rather appealing.

Late on the Friday night, I found my way to the Golden Mile Complex in Singapore to catch the overnight coach to Kuala Lumpur. The double-decker bus was set up just like an aeroplane, however a great deal cheaper.

I had the Royal VIP seat on the top deck, right up the front with full views through the full size front window. I wanted an experience through the countryside and that's exactly what I got. Even though we were on the main highway, there was jungle all around and the few times we stopped at roadside lay-bys I must say that I got what I paid for. Seriously, at one stop I thought a light snack would be nice but I did not recognise any of the food or drinks being sold. I think I had a locally made 'soft drink' that tasted sort of like sarsaparilla

and it had what I assume was pieces of jelly throughout. At least that's what one of my travelling companions, who was Indian, said it was.

I did learn my first word of Malay, which was Tandas. If you don't know what that means, look it up, but it is a relief once you commit that one to memory.

Anyway, at about 5.30 in the morning we arrived at Puduraya where there is a town square and an elevated light rail running right through the middle of it. Before I even got off the bus, the taxi drivers were reaching for my bags and pulling me by

indeed former NAVMAT team mate, Felicity. I was introduced to some of her friends from NZ who are also working in KL and we spent a few hours shopping, sightseeing and just having a good time. There is nothing like eating out with your new friends on a warm night right in the middle of the market district known as Pasar Seni at a small but popular restaurant, great food, cold beer, great conversation, bright lights, all the sights and sounds, cold beer (did I mention that already?) and listening to a local Beatles tribute duo.

All the tourists singing along to their old favourites, I guess they were feeling pretty merry by that stage.

On Sunday, Felicity picked me up at KLCC station, near the world famous Petronas Twin Towers and we took off to go and paddle on the lake at

Putrajaya. I'm glad someone knew where they were going! Putrajaya is about 40 km south of the KL city centre and the area is the new federal administrative centre of Malaysia. I understand that the city is named after the first Malaysian PM. In Bahasa Melayu (Malay), "Putra" the Sanskrit-derived word means prince and "Jaya" means success or excellent.

Sorry, I digress. Putrajaya Lake  
(Continued on page 6)

Later that day I caught up with our fellow dragon boater and



## Cooking with Mary

Thought you might like this recipe for the newsletter as Alf was talking about the need for protein diets to build muscle. It's really yummy and ages well - good for keeping in the fridge for after paddling during the week. It came from a Weight Watchers cookbook, so it's low in fat but very high in flavour!

### Lamb and lentil curry

(serves 4)

1 tbs veg oil  
500g cubed lamb  
1 onion, diced  
3 cardamom pods,  
1 tbs minced ginger  
1 tsp minced garlic  
2 tbs ground coriander  
1/2 tsp turmeric  
3 cups chicken stock  
1 tbs tomato paste,  
1 400g can of brown lentils  
2 tsp garam masala  
1/4 cup coriander leaves



1. Heat half the oil in a large flameproof casserole dish. Brown the lamb and remove from the dish. Add the remaining oil, onion, and cardamom pods. Cook until the onion is soft.

2. Stir in the ginger, garlic, coriander, turmeric, stock and tomato paste. Return the lamb to the casserole dish and bring to the boil. Cover and simmer for 2 hours or until the lamb is tender.

3. Stir through the lentils and heat. When ready to serve, sprinkle with the garam masala and coriander leaves.

## Discovering NAVMAT by Neva



As someone who had never really been involved in a team sport, stumbling across Dragon Boating and NAVMAT has been an amazing discovery which has opened up a whole new world – a new way of life and something I thought was well past me – fitness!

I'd previously played a little 'hit and giggle' tennis, done a bit of kayaking, and a fair bit of bushwalking but never been involved in a sports team with regular

training sessions and definitely never remotely contemplated COMPETITION (shied away from it all my life – just wasn't my scene). So, how do I suddenly find myself paddling three times a week, racing in Regattas, feeling fiercely competitive for the team, looking at the possibility of going to Penang and most of all REALLY ENJOYING IT!

How did all this happen? Non-availability of my regular walking friend prompted a google search last September for ACT activities that would “fill in a Saturday morning gap”! Lo and behold the first thing that came up was Dragon Boating and NAVMAT. I was aware of two people who paddled (a friend in Sydney whose life seemed to revolve around his team and also my boss's sister 'Louise') – but both much younger, sporty sorts of people – not like me, I thought. Must admit too that the name (NAVMAT) had me wondering a bit, but the Mission

Statement on the website looked good. A phone call to Alfred left me feeling quite encouraged to give it a go. But on my first Saturday I thought up a hundred excuses for why I shouldn't go – too old, unfit, too tired, too busy at work, too busy on weekends going backwards and forwards for commitments in Sydney, needing to sleep in to recuperate from the week's work, oh and I wouldn't know anyone....BUT I DID FRONT UP and it's been the best thing I could have done.

Initially I thought Paddling would be a “little” part of my life – something extra. But now I find that I schedule appointments/commitments around my sacrosanct paddling days. My conversations seem to automatically include reference to Paddling (whether chatting to taxi drivers, to doctors, to work colleagues).

Friends in Sydney refer to the

*(Continued on page 6)*

## The Team

An infamous paddler  
named Duncan  
one day after coffee  
went dunkin'  
himself in the lake -  
maybe for the sake  
of searching for treasure  
that's sunken.

A very wise paddler  
called Malcolm  
got a bin from the deep  
and said “Er – um  
can I have it to keep?  
(or I swear I will weep) -  
my things - I need some-  
where to pack 'em”.

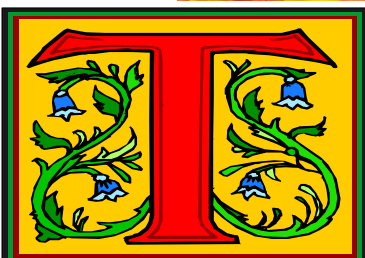
“Heave ho!” said  
Cap-i-tain Jacqu  
“Come on now don't be so  
slack  
we've warmed up our  
muscle  
we'll just have to bustle  
Alf's calling “Power!” on  
the way back!”

The sweep was a lady  
called Debbie  
when crossing in front of a  
ferry  
the paddlers all paused.  
What a panic THAT  
caused.  
Strokes said “We thought  
you said 'Steady'!”

Drew



**Defcredit**



## THE TRAINING ALPHABET

In the view of a classical scholar  
"It's the doctrine of T you must follow".

And given that trinity is next to divinity:  
"3 Ts" is what coaches do holler.

**Timing is T number 1**  
and really it all sounds like fun.

It's counting each stroke 'til our throats they do croak  
and we go until gone is the sun.

**Technique is T number 2**  
(mastered but seldom by few)

Lessons were numerous, seldom were humorous, but when we "got it" we flew!

**Teamwork is T number 3**  
we work well together you see  
efficient: no splashing and never no clashing  
perfection with paddles are we!

(Continued from page 5)

fact that I'm now too busy paddling to visit.

Work colleagues wonder what has happened to my stress.

Those paddlers reading this will know exactly what I mean – paddling and being involved in NAVMAT has gone from being a "little something on the side" to the important part around which other things just *have* to revolve.

*Neva*



This is how a Dragon Boat Club in Seattle, USA, promotes itself.

(Continued from page 4)

is located at the centre of Putrajaya city and is about 650 ha, all man made. There are many amazing bridges across the lake, all works of art in their own right. We ended up at a local yacht club, virtually in the shadow of the exquisite Putra



mosque which extends on land out into the lake.

Felicity introduced me to the Pink Challengers dragon boat racing team. The ladies were quite happy that I was prepared to paddle with them during a training session. The water was toasty warm and the weather rather mild for the tropics on that day. I ended up sitting up the front in the drummers spot (weighing down the front, sorry ladies) and was asked to give instruction on how we do things. I think I probably muttered things like, bicep to the ear, top hand pressure, don't forget to breath in, reach, anchor, drive

and exit, and (you know, the usual). I was rather distracted by the scenery. I mean, I have enough trouble concentrating while out on Lake Burley Griffin when the sun is setting on Black Mountain.

I am pleased to report that Felicity has excellent paddle technique, still wears the team colours and is quite committed to this team.

I did have a paddle eventually, just a bit of pyramid work, nevertheless I was slightly fatigued after the experience.

The Pink Challengers started in 2004. There is a good article on them at this link <http://www.manza.org/mag%20articles/may07/KLPinkChallengers.pdf>

The team will be competing at the IDBF Club Crew World Championships in early August (possibly with Felicity guest starring as drummer, go girl!). Mee Yee, the Pink Challenger's captain has invited all NAVMAT paddlers to join her team for training either on Saturdays or Sundays. The Pink Challengers are very keen to learn technique and training tips from other paddlers. Felicity

tells me that she has some room available at her place for those who would like to bunk in with her and train with the PCs on the way to the competition in Penang.

A big thank you to Felicity, Mee Yee and all the ladies of the Pink Challengers for letting me paddle on that day.

After training, we made our way back to KL, via a different road somehow. All too confusing for me, I'm glad Felicity knew where she was going. Canberra and all its roundabouts has nothing on KL, let me assure you.

That night we all went out again to a great little place called Suzi's Corner restaurant with more great food, conversation, beverages and great memories for me. There was even some excitement when we saw a "bag snatch" nearby. The locals nearly got the offender off the motorbike as he sped off, lucky for him they didn't, I suppose.

I had to head back to Singapore the next day for the flight home that night. I can't wait to go back to KL, an amazing place.





## Low Fat Hummingbird Cake

courtesy ABC and Mary

Preparation 20 mins/

Cook 35- 40 mins

Serves 15

Bake 35-40 minutes or until firm to touch in centre. Allow cake to sit for 5 minutes in tin before turning onto a wire rack to cool.

To make icing:

Once cake has cooled place all icing ingredients into a small mixing bowl, blend together until smooth. Spread over top of cake.

Nutritional Analysis

Average per 75g

Energy 645kJ

Protein 3g

Fat 2g

Saturated fat 0.2g

Carbohydrate 32g

Sugars 18g

Dietary fibre 1.4g

Sodium 155mg

= 2.5 WW points

### Cake ingredients

\* 3/4 cup crushed pineapple (in natural juice)

\* 2 egg whites

\* 1/4 cup sugar

\* 3/4 teaspoon bicarb soda

\* 1/2 cup apple sauce (in jar)

\* 1 cup banana mashed

\* 1/4 cup (25g) walnuts chopped

\* 1 teaspoon mixed spice

\* 2 cups self-raising flour

\* cooking spray

### Icing

\* 1 cup icing sugar

\* about 1 tbsl pineapple juice

\* 2 teaspoons (10g) light margarine

Method—Preheat oven to 180 ° C fan forced.

Drain pineapple keeping juice for icing. In a large mixing bowl beat egg whites and sugar for one minute using an electric beater. Stir bicarb soda into apple sauce (it will froth) and add to bowl. Mix in mashed banana, walnuts, drained pineapple and mixed spice, blend ingredients together well. Gently fold sifted flour into mixture in one go, treat this mixture as if a sponge, DO NOT BEAT as this will make the cake tough. Pour mixture into a round cake tin (19cm) that has been coated with cooking spray.



### My Parent's Journey

Once we unfolded the sails of our hearts

So together we could catch the wind

In essence our dreams and hopes for each other

On a fair breeze we traveled

We prepared the storm, as true companions together

And did the work of three to survive the night

On a calm ocean we pause in warmth and relax

The praise for reflection of the lights above

To continue our journey and carouse from the guidance

Given in ancient tradition

... *When wintry tempests o'er the savage sea*

*Are raging, and the sailors tremblingly call*

*On the Twins of Jove with prayer and vow.....*

Shelley, *Hymn to Castor and Pollux*

See one another in the early dawn light and affirm your happiness

Smile for each other as you remember your travels now plan

To love once more on tomorrow's sky

**Ryde at Lake Louise in Canada. Daily training while on holidays!**





## CORE STABILITY TRAINING

### How to build a strong foundation

#### Suggested Reading—Alfred the Coach

Core stability training is essential to sports performance and injury prevention. The body's core muscles are the foundation for all other movement. The muscles of the torso stabilize the spine and provide a solid foundation for movement in the extremities.

These core muscles lie deep within the torso. They generally attach to the spine, pelvis and muscles that support the scapula. When these muscles contract, they stabilize the spine, pelvis and shoulders and create a solid base of support. You are then able to generate powerful movements of the extremities.

Training the muscles of the core also corrects postural imbalances that can lead to injuries. The biggest benefit of core training is to develop functional fitness - that is, fitness that is essential to both daily living and regular activities.

The main concepts of core strengthening programs involve using many muscles in a coordinated movement. Rather than isolating a specific joint as in most weight lifting exer-

cises, stability exercises focus on working the deep muscles of the entire torso at once.

Abdominal bracing is the main technique used during core exercise training. It refers to the contraction of the abdominal muscles. To correctly brace, you should attempt to pull your navel back in toward your spine. This action primarily recruits transverse abdominus. Be careful not to hold your breath – you should be able to breathe evenly while bracing.

For a simple core strength program you can begin with push-ups and crunches. As always, when first starting a new exercise, try light or no weight for form, and then increase until you've found the appropriate weight. Make sure you are well warmed up and stretched before trying these exercises with weights.

**Try 2-3 sets of each exercise, 8-12 repetitions each set.**

#### Saxon Side Bends

This is actually quite a bit harder than it looks! Start with a very light pair of dumbbells first, much less than you'd use for a side bend with dumbbell held down closer to your legs. Stand with feet shoulder distance apart, knees slightly bent, and arms nearly straight up over your head. Take a deep breath and keep the abs tight as you slowly lean directly to one side, as far as comfortable, without bending forward or backward. Exhale as you return to center; then repeat to the other side. Alternate sides until you have completed desired reps, 6-10 each side. This exercise helps increase oblique strength through their full range of motion in lateral flexion, and helps when reaching for out-of-reach holds on vertical climbs. Please use caution when first trying this if you have any history of lower back pain, and think of staying long and extending up out of the spine rather than “collapsing” and compressing downward as you bend.



*(Continued on page 9)*

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## Dumbbell / Medicine Ball Vertical swings

This exercise helps develop explosive power in the abs for such sports as track and field events, volleyball, racquet sports, basketball, and for other general daily activities that require some degree of power or strength. To perform the exercise,

stand with feet shoulder width (squat stance) apart and grasp a dumbbell or medicine ball in both hands. Squat down so the weight touches the floor, chest forward, weight back in the heels, and then on an exhale, stand quickly up while lifting the weight up and over your head. If the weight is substantial enough, and your velocity high enough, you'll feel the muscles in your shoulders and abdominals contracting hard to prevent you from hyperextending the lower back. Repeat for the desired number of repetitions, gradually increasing your speed as the abdominals get stronger. For a more advanced version, take a weighted medicine ball outdoors and literally let go of the ball at the top, fully stretched position-- just be sure there's nobody right behind you, and arc the ball back far enough so that it won't come down on top of your head!



## Prone Bridge

In a face down position, balance on the tips of your toes and elbows while attempting to maintain a straight line from heels to head. This exercise focuses on both the anterior and posterior muscle groups of the trunk and pelvis.



## Lateral Bridge

Start on your side and press up with your right arm. Form a bridge maintaining a straight line from your hand to your foot. Rest on your elbow to increase the difficulty. This exercise focuses on the abdominal obliques and transversus abdominus



## Pelvic Thrusts

Lie on your back with your legs bent 90 degrees at the hip. Slowly lift your hips off the floor and towards the ceiling. Lower your hips to the floor and repeat for the prescribed number of repetitions.



## Dumbbell Lunges with Crossover

- 1) Start position: Stand with feet hip width apart. Grasp DB's and hold out in front of body.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. As you are lunging swing dumbbells across body towards the hip.
- 3) Pushing off front foot, return to start position with legs and dumbbells.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.



## Bridges

Works: Legs, lower back (hamstrings, glutes, erector spinae) Lie flat on your back with feet flat on the floor directly under your knees, and raise your hips as you exhale. Goal is to form a straight line from your knees down to shoulders when you're at the top of the motion. Exhale as you lift, inhale and lower butt to the floor but don't let it touch. Perform under control and really squeeze the hips at the top. Prevent the back from hyperextending (over-arching).



## Hanging Obliques/ Leg Raises

Lift both knees at the same time, try alternating one knee at a time. Work up to alternating one straight leg at a time, as high as you can lift it. To perform grasp a pull up bar or finger board apparatus with palms forward and lift your knees as high to your chest as possible. As you lower, make sure your body does not swing excessively. If you can touch your feet to the floor, just still your body before lifting again. To increase difficulty, try to prevent your knees from dropping below the levels of your hips.



Alternatively, lift your legs straight out in front of you, or even harder still, try bringing your feet all

(Continued on page 10)



The Titan's Grandmaster Women's Team has a large number of our Navmat members in its ranks. The team is training hard to mix it with the best when they travel to Penang in August this year to compete in the 2008 World Club Championships.



## Core training exercises continued

(Continued from page 9)

the way up to touch the bar!

### Horizontal Pullups

Another good variation for those who want core strength, or even for those who cannot yet do bodyweight pullups.



You can start with feet on the floor and quite close to your body, then move them out so the body is nearly straight. For extra challenge, place feet up on a bench. Position a barbell across pins on a squat rack and be sure you can fully extend arms when you lower your torso toward the floor. Exhale as you pull, pause a second and then inhale as you lower.

### Horizontal Dumbbell Swings

Hold a light dumbbell in two hands, with plates cupped as shown. Straighten arms in front of the body, stand with legs fairly wide and slightly bent, and rotate side to side, slowly at first, getting the feel for end range of motion. As you progress, increase the speed so obliques contract harder and harder at end range. Make sure head stays aligned with torso as you rotate. Great exercise for golfers, softball or baseball players, rowers, kayakers, and track/field athletes. If you have access to medicine balls, toss one against a wall in a similar pattern, or work with a partner in a game of catch.



### Russian Twists

1. Start by sitting on the floor with hips and knees flexed to approximately 90 degree angles.
2. Grasp a medicine ball or small dumbbell and swing it to the right and left as you keep the hips from rotating with the shoulders.
3. The arms are not perpendicular to the torso, but instead, kept low, near the thighs, as the medicine ball is swung to each side. Alternately, keep the medicine ball close to the stomach by bending the elbows and pressing the ball between the hands to



focus on the torso twist.

### Back Extensions

Lie face down on a hyper-extension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance. Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. Slowly raise your torso until your legs and upper body are in a straight line again. Do NOT arch your back past a straight line!



### Crunches

Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!



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## ***Paddling specific exercises***

Most rowing and paddling activities rely heavily on strength endurance and integrity of the muscles involved around the shoulder joint, including the pulling muscles of the lats, rhomboids, and biceps, as well as the core muscles (abdominals and obliques, the muscles that allow us to rotate and twist through the torso) and forearms (involved in gripping). The muscles that tend to be undertrained or somewhat neglected are the pushing muscles, including the pectorals and triceps, the lower back muscles, crucial to core health and integrity, and the forearm extensors.

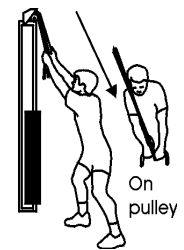
### **Paddle Drive – Straight Arm Standing Lat Pull Downs**

To perform this exercise, stand with feet hip distance apart facing a cable stack loaded with light weight. Feel free to play around with attachments – pictured is a rope attachment, but you can also use a straight lat or “wiggly” triceps bar depending on the position your hands will be in for your sport. Keep your abdominals tight, arms nearly straight but not locked in place, and body straight from shoulders to feet. Exhale as you bring the bar down in an arc to your thighs, and inhale as the bar returns to starting position. Keep a light, open grip on the bar to prevent pulling; concentrate on pushing instead. Avoid leaning forward excessively so that you can more effectively recruit the abdominals. Bending the elbows turns this exercise into a triceps exercise – one of the “pushing” options. To prevent any discomfort in the lower back, hold the abdominals tightly throughout and you can try staggering one foot in front of the other for a wider, more stable platform.



### **Cable Woodchopper**

Stand as shown with side of body toward cable stack, rope attachment on pulley. Keep a fairly wide stance, straight arms, and abs tight. Exhale and pull the rope out in front of and across the body in an arc, as though you were chopping wood across the body with your “rope axe.” Finished position is hands at about knee level, legs slightly bent and weight transferred to far leg. Complete the desired number of repetitions, then repeat to the other side. Make the movement explosive as you rotate down, control as you release the weight back down and hands up.



The woodchopper exercise is especially valuable for kayakers, canoers, rowers, golfers, people involved in racquet sports such as tennis, squash or racquetball, cross-country skiers, and baseball or softball players. Variations include using a high resistance band (such as those sold by Jump Stretch Inc.) attached to a squat rack, or doing the reverse movement holding a dumbbell in both hands.

### **TORSO ROTATION – Seated Ball Oblique Twists and Back Raises**

To strengthen the rotational muscles in the lower back and the obliques, you can use either a glute-ham bench or a 45-degree or 90-degree Roman Chair apparatus. Make sure you position yourself on the bench so that you can have as much range of motion through the hips as you can comfortably get. (Men may want to look for a bench with two hip pads and a narrow depression or cut-out in the middle, for obvious reasons!) Let the torso hang down toward the floor, and position your hands at your lower back, across the chest, behind the head, or hanging straight down below your shoulders with one weight clasped in both hands. Exhale as you lift the torso upward and twist arms and body to one side, just until your trunk is even with your legs, then return to the bottom and come up to the other side, alternating back and forth. It is a good idea to start with straight back raises (no twists) first to be sure you have an appropriate level of lower back strength and endurance, then include the twists unweighted, before adding resistance. Avoid hyperextending the back (coming up too high) and if you have had any history of serious back injury, be sure to check with your health care provider before adding this exercise.



### **Seated Row Machine**

**Main Muscle:** Middle Back

**Other Muscles:** Biceps, Lats, Lower Back

**Mechanics:** Compound

Sit on a row machine bench with your feet flat on the floor. Your chest should touch the pad in front of you so that your arms are straight when grabbing the bar. If a knee pad is available, place the pad above the knees so that you can not lift your knees. Sit straight and grab the handles in front of you with your palms facing towards each other. As you exhale, pull the handles toward your chest as you squeeze your upper and middle back. Keep your elbows close to your side and pause when your palms reach the chest. Before you inhale, make sure the back is arched before you return the bar to the starting position, following the same path. Be sure that you do not lift your knees and you do not slouch.



(Continued on page 12)



Start of the race  
power surge!

Where did  
Navmat come  
from? I hear you  
ask.

The NAVMAT  
Dragon Boat Racing  
Club was formed dur-  
ing the 1992/93  
Dragon Boat racing  
season by members of  
the former Naval Ma-  
terial (NAVMAT)  
Social Club in the  
Department of De-  
fence, Canberra.

Since those early days  
the NAVMAT Club  
has evolved and  
grown in strength  
with the recruitment  
of members from  
throughout the Can-  
berra community to  
develop a racing team  
that now competes  
locally, nationally and  
internationally.



(Continued from page 11)

Alternately, you can grab the bar with one hand and sit as you would in the boat (eg if grabbing with the right hand then have the right leg forward). With the arm straight and torso twisted forward on the same side, push with your feet and pull your shoulder/torso back while keeping the arm straight.

### Lat Pull-Down

**Main Muscle:** Lats

**Other Muscles:** Biceps, Middle Back

**Mechanics:** Compound

Sit on a flat bench under a pulldown machine/cable system. Place your feet flat on the floor while holding on to a straight bar. Grab the bar with a wide overhand grip and lean back slightly. As you exhale, pull the bar towards the chest and somewhat arch the back. When the bar reaches the chest, pause for a moment and inhale as you return the bar to starting position, following the same pattern. Do not sit up straight and do not rock as you bring the bar to the chest.



Alternately, stand grabbing the bar above head height and push down to the waist keeping the arms reasonably straight, tensing the stomach muscles.

### Lying Dumbbell Tricep Extension

**Muscle:** Tricep

**Other:** None

**Type:** Isolation

Position yourself on a flat bench with your head at the end of the bench. While holding the end of a dumbbell with both hands, lift the weight straight up above the head. As you lower the weight behind the head, keep your upper arms still and elbows close to the ears. Inhale as you lower the weight and focus on using the triceps to lower the weight. Exhale as you lift the weights to starting position by following the same pattern.



### Dips - Parallel Bar

**Muscle:** Triceps

**Other:** Chest, Shoulders

**Type:** Compound

Find a set of parallel bars and position yourself so that you can grip the handlebars. Straighten your arms as you hold up your body and keep your arms close to your side. As you inhale, lower your body so that your elbows go behind you as you bend the arms. While you exhale, push your body up into the starting position. Be sure to bend your legs slightly and focus on the tricep muscle contracting. Do not lean over and keep your upper body inline with your lower body. Look forward during the entire exercise. For added weight, you can add on a weighted belt.



Alternately, align two flat benches parallel to each other, approximately four feet apart. Sit on one bench, facing the other, and place hands directly by your sides. Palms should firmly rest on the bench. Using your hands as a support, lift your feet to the top of the other bench so that your body is suspended in the air. Cross one foot over the other or place feet beside one another. Start the exercise so that your legs form a straight line out in front of you. Your ankle and foot should be the only part of the leg resting on the bench. As you inhale, lower your body toward the floor by bending the elbows. You should feel the stress in triceps and not in the shoulders. As you exhale, slowly raise your body by straightening the arms. For added resistance, you can place a weight on your lap.

### Frontal Raise - Dumbbell, Muscle: Shoulders; Other: None; Type: Isolation

Stand with your feet shoulder width apart and a slight bend in the knees. Contract the abs for core stability. Grab a light dumbbell and position your arms close to the body. With a slight bend in the elbows and your arms straight, exhale as you lift the arms in front of you until the weight is at the above the shoulder. Palms

(Continued on page 13)

(Continued from page 12)

will be facing down. As you inhale, slowly return the weight down to the side. Do not rock your body or swing your arms during the exercise. You can do this exercise either simultaneously or alternating one arm at a time.

### SHOULDER ENDURANCE

A creative option to strengthen the smaller muscles in the shoulders, as well as the trunk and forearms, is a dry-land paddling exercise perfect for kayaking and canoeing. Sit on a box or bench with legs together or extended out in front of you. Hold onto a Bodybar (5-10 pounds) or very light barbell, a dowel or paddle. Build up to being able to “air row” for 3-5 minutes per set. In order to provide resistance, attach your paddle or dowel to a light cable stack or theraband firmly affixed to a vertical pole not too far in front of you and work each side of the body at a time before setting up on the other side. Keep in mind that therabands will give you the most resistance at the back, instead of the front as in paddling, so cables (where the weight stays constant at start and finish) will be your best bet if you can figure out a setup that will work for you. With resistance, this exercise turns into more of a “Paddle Drive”.



## Forearm & Rotator Cuff Exercises

Rotator cuff exercises can help to prevent common injuries that occur in racket sports and golf. Repetitive movements can damage the rotator cuff muscles, which are typically much weaker than the muscles of the chest, shoulder and upper back, which support the shoulder blades (scapula).

The problem is often compounded with strength training. As the athlete strengthens the major muscle groups the rotator cuffs become disproportionately weak. They are placed under increasing strain as they try to 'keep up' with stronger muscles surrounding them. Rotator cuff exercises can help to overcome this disproportion in muscle strength therefore helping to prevent overuse injuries.

Athletes who are prone to rotator cuff damage are also often prone to tennis elbow. For the same reasons, it's worthwhile to perform some forearm and wrist strengthening exercises to help prevent this other common overuse injury occurring.

The rotator cuff exercises below use **light** hand weights. Keep to a weight of 2-5 lbs (1-2kg) maximum. Complete 3 sets of 12-15 repetitions for the following exercises in the order below.

### External Rotation

1. Lie on side opposite of working arm.
2. Start position: Grasp dumbbell and flex elbow at 90° keeping elbow in at side.
3. Rotate arm outward keeping elbow at 90°.
4. Return to start position.
5. Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.



### Internal Rotation

1. Lie on same side of working arm.
2. Start position: Lying on a bench or bed grasp dumbbell and flex elbow at 90° keeping elbow in at side. Forearm should start slightly below parallel to floor.
3. Rotate arm upward keeping elbow at 90°.
4. Return to start position.
5. Remember to keep elbow firmly secured to side. You may put a rolled



(Continued on page 14)

### What do you get for your yearly membership?

**\$100** of your yearly membership goes to the Canberra Dragon Boat Association, our peak body. They provide our boats, most equipment, cover our insurance, arrange regattas and much much more.

**\$20** goes to NAVMAT and this is used along with our generous DEFCREDIT Sponsorship and ACT Government Sport and Rec Grants to cover our entry to most away regattas (which is usually \$22 per person per regatta), purchase of club equipment like PFDs, our computer system, carbon fibre paddles, training paddles, our wonderful marquee, food and incidentals to sustain us at regattas.

**BEST OF ALL YOU GET AT LEAST THREE CAREFULLY PLANNED COACHING SESSIONS PER WEEK WHICH RESULTS IN BETTER HEALTH AND FITNESS THAN YOU HAVE EVER DREAMT OF, PLUS** many social activities and trips away; and the enjoyment of paddling with a great bunch of people who are passionate about their sport on the waters of Lake Burley Griffin surrounded by its associated beauty.

### BUT THERE IS MORE!

from April to September (when the new season starts) you get a discounted membership of **\$70**. Pretty good eh?



**Defcredit**

We strive for our best through co-operation and teamwork.



## Deb turns 50...finally!

She is now not only a Grandmother but a Grandmaster! Welcome to the team!

Remember whatever you do, whatever you say you are being watched for those bloopers to fuel your entertainment at the next awards night!

*Continued from page 13)*

towel between the elbow and side to facilitate rotation and secure form.

### Horizontal Rotation

1. Stand with your elbows at shoulder level and flexed at 90 degrees.
2. Hold a weight plate in each hand and externally rotate your hands up towards the ceiling.
3. Return to the starting position.



## Wrist Exercises

You can perform the exercises below with either a set of dumbbells or a barbell. Again keep the weight relatively light (although not as light for rotator cuff exercises) and aim for 3 sets of 12-15 repetitions.

### Reverse Wrist Curls

1. Sit in upright position and rest forearms on corresponding thighs with the palms facing down.
2. Hands and wrists should be off the thighs or table (as shown).
3. Raise the weight by extending at the wrist.
4. Lower the weight and repeat.
5. Remember to keep the forearms flat and supported on the thighs or bench throughout the movement. Trunk should be flexed forward at the hips - keep back straight throughout movement.



### Wrist Curls

Repeat the exercise above in exactly the same way except start with the palms facing up rather than down. This will work a different part of the forearm muscles.

### Wrist Rotation

1. For this exercise use a broom handle or similar sized bar. It should not be heavy like a barbell however.
2. Sitting down place one hand on your knee holding the end of the broom handle. Your forearm should be resting flat on your knee.
3. The broom handle should point directly up as though it is extending from your knee.
4. Keeping your forearm flat against your thigh rotate your wrist to the left and then to the right. The broom handle will rotate from pointing directly up to pointing directly out to the left and then to your right.
5. Complete 10 repetitions to each side and then change hands.

Use this wrist and rotator cuff exercises 3 days a week preferably not on consecutive days. You can perform them alongside a weight training program or even at the end of a strength training workout.

It goes without saying that if you suspect you have an injury and these exercises cause you any kind of pain you should seek the advice of a Physician or Physical Therapist. Rotator cuff exercises are an excellent preventative measure but they will only aggravate an existing injury.

*(Continued on page 15)*



(Continued from page 14)

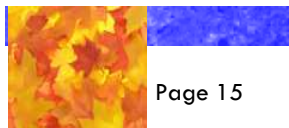
### **In Conclusion**

When athletes produce the necessary movements in their sports with increased efficiency, their overall performance improves. Greater strength of the core musculature increases the stability of the pelvis and spine and improves body control or balance during athletic movements, thus enhancing the efficiency of movement.

The athlete generates greater power output, not only from the core musculature, but also from the stabilizing muscles of the shoulders, arms, and legs because many of these muscles are anchored to the spine or pelvis. When the spine and pelvis are more stable, the peripheral muscles are biomechanically more effective.

The torso is used either actively or as a stabilizer in just about any athletic movement; thus, it makes sense to target those muscles for strength training. Those muscles should not be trained exclusively in isolation because they work in a combined fashion to perform whole movements.

Core strength training can enhance neuromuscular reaction and that this can lead to improved athletic performance. A stronger core requires less forceful contractions of the peripheral muscles to produce a given amount of power, so the muscles-both in the core and in the stabilization area are less likely to be injured during training and competition.



Check out the Aero Dragons website for a wonderful video example of discipline and never give up attitude! Most impressive!

Go to:

<http://www.aerodragons.org/>

(Ctrl click to follow)

## **Overseas Paddler—News from Geoff**

Thanks Alf. I appreciate info on how the team is doing. Everyone looks happy in the photos but I am sure that will change once the training for the 1000m starts. I have checked the NAVMAT web page but there are no recent photos or newsletters to enjoy. Send my best and hopefully the next photos will show some NAVMAT men in action as those women are far too popular and talented which pushes the poor men to the background.



temperatures while it was warm and cosy inside. There were a lot of confused looks on the faces peering out through the windows. A few actually joined us at times but I think it was only to laugh up close at our antics whilst singing and dancing to Aussie favourites. The Aussie beer and wines were very popular but the Americans do not know how to party on and prefer a few quiet drinks and early nights.

Life here is fun and exciting. We had a big Australia Day party at the bosses house and invited our US counterparts. We made them play a limited overs game of cricket with us in the local park which was a lot of fun then partied on around the fires in the backyard. It was the first time I have gone through Australia Day celebrations in freezing temperatures. The Americans could not work out the reasoning why we were outside around fires singing Aussie songs and drinking in freezing

Send my best wishes to all and see if you can put on a training camp at the local lake here. I am in dire need of motivation to train during the cold winter here.

All the best

*Geoff*

Squadron Leader Geoff Dyke  
PEM  
TEWSPO RPT

**ACT win at the  
2008 Nationals!**

**ACT Womens - Gold  
ACT Mixed - Bronze  
ACT Mens - 4th, in  
1:58!!!**

**What a magnificent  
result!**

**Don't let fear  
of change,  
the security  
of habit or  
sheer laziness  
hold you  
back from liv-  
ing your life  
to the fullest.**



**Defcredit**



Ming  
Navmat's Treasurer and  
ideas man.

## NAVMAT Buddy System

### What is a buddy System?

*The **buddy system** is a procedure in which two or more, the buddies, operate together as a single unit so that they are able to monitor and help each other. In adventurous or dangerous activities, where the buddies are often equals, the main benefit of the system is improved safety: each may be able to prevent the other becoming a casualty or rescue the other in a crisis. When this system is used as part of training or the induction of newcomers to an organisation, the less experienced buddy learns more quickly from close and frequent contact with the experienced buddy than when operating alone. (Wikipedia)*



### Why do we need one in Navmat?

The buddy system will assist the new members assimilating into the club. It will assist the Captain and Coach having buddies assisting each other with induction to the club and basic training.

Feedback from a survey of members needs conducted at the beginning of the season indicated among others, the need for social activities and more flexibility and involvement by members

- Perhaps a couple more informal social functions including more fun stuff, more variety during training sessions.
- I think a buddy system for new paddlers, a phone call after their first try to make them feel comfortable and help to assimilate into the group

Younger people want to be amongst a younger crowd

Currently, the Navmat Committee looks after everything. The Social sec set the social agenda, main events the Christmas party and mid year Award Night

Membership Officer (Vice Captain) looking after new

members. Coach provided the training to new members. However, there is not enough follow up.

The thing which is working well is the social stop at the Museum during basis training on the Sat. and the main social events organized by the Social Secretary and the other ad hoc events that come up now and again. Not meeting all the members' needs. i.e. what about those only coming to squad training?

Buddy System becomes a vehicle to spread out the responsibility to members i.e. empowering members to assist the committee and each other. Beginning of the empowering of members is the creation of Captain Position for each of the racing team at regattas to look after the team. The captain should not be a committee member.

The feedback will provide useful information and ideas for the Marketing Sub committee to work on, to improve it marketing effort, in recruitment and retention. (Drew & Deb)

Here is the detail the Buddy group developed:

### The Navmat Buddy Systems

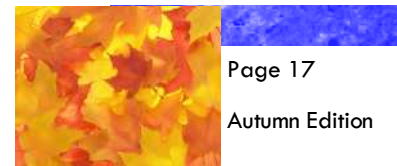
The Navmat BUDDY SYSTEM is organised around 9 to 12 groups/units of members based roughly on age and gender. Younger members will have a group of people of their age group. Along with the idea of flexibility and empowering of all members, the leader of each group cannot be a member of the Executive Committee of Navmat. Other members will have to change to develop leadership and that, hopefully, will lead to them taking up Executive Committee positions in the future.

**The aim of the Navmat BUDDY SYSTEM** is to get better support to new members and keep encouraging older members to enjoy their experience dragon boating with NAVMAT. This BUDDY SYSTEM is introduced for a trial or 6 months from April 2008. At the end of this trial, group leaders will provide feedback to the Executive committee on their groups, good, bad or indifferent.

**Every NAVMAT member is responsible to assist any other member especially new member to integrate into the Navmat team.**



Navmat paddling on  
Australia Day



(Continued from page 16)

## There are two main aspects with this BUDDYSYSTEM

### 1. Boat Buddy Requirements (training/safety)

- Have fair /good technique and understanding
- Have diplomacy
- Know how to identify strengths and weaknesses.
- Be able to guide, support and develop paddlers

#### Boat Buddy Tasks

- Meet, greet and introduce, sign up new members.
- Explain who is who
- Assist with getting equipment - paddle, bum mat, gloves, PFD, sunscreen, water, jacket etc.
- Initial instruction on paddling basics
- Follow up after session - how they feel, how they went, provide tips and advice Give information pack and explain.
- Explain injury management and prevention (previous injuries also)
- Identify when they will attend paddling, can we assist transport etc?).
- Follow up if they don't attend. (Find out reasons).
- Follow up on information on third paddle.

### 2. Social Support Buddy Requirements

- Communications skills.
- Be approachable and available.
- Be supportive.

#### Social Buddy Tasks

- Meet, greet and introduce, sign up new members.
- Explain who is who.
- Follow up after session - how they feel, how they went, provide tips and advice.
- Give information pack and explain.
- Follow up if they don't attend.
- Assist members to feel comfortable and help to assimilate into the group.

### Make Up of the Groups

The internal organisation of each group will be entirely up to the group itself, like, choosing a name for the group and its structure/ responsibility.

The leader is only a suggested one at this point. If he/she does want this role, get another person in the group to take on the role. It is expected that the lead should be rotated if possible over time. As with the current thinking of spreading the responsibility around, committee members should not be group leaders, but provide guidance if necessary. Each group will also be responsible of organising at least one event (social, sports, or charity etc) that will allow all members of Navmat to join in with the buddy group per calendar year. New members may be added based on new recruits to Navmat and movement of membership itself.

As the 2007/08 season it drawing to an end, the importance of boating buddy is less important but the social aspects continue to be important to assist members maintain contact and continue interest in the sport of dragon boating with Navmat, through the winter training sessions, and for those not training in winter, through the social events happening over the winter break.

Therefore, for the groups, it is important to ensure that their membership come back for more fun and paddling at the start of next season 08/09. That will assist in the retention of NAVMAT membership and also grow the Navmat membership next year.

Any new member who is not included in the groupings can choose to be included in any of the groups below. New members will be allocated to the group based on the criteria of the grouping.

I will email to each group leader, the email and phone contacts of the group memberships separately.

### Trial of the Navmat Buddy System (NBS)

The Navmat Committee agreed to give the NBS a trail run till the end of the 07/08 season.

A report will be made to the Committee at the end of this season and the beginning of the next season, to evaluate the success or otherwise of it, and discuss the way forward.

## Beef & Red Wine Casserole

Serves 4 (3.5 WW points)



1 onion, chopped  
2 cloves garlic, chopped  
480g lean beef round steak, cubed  
2 tbs plain flour  
425g can chopped tomatoes  
1 cup red wine  
250ml beef stock, (made with stock cube)  
1 tsp dried thyme  
150g button mushrooms, halved  
salt and black pepper

1. Preheat the oven to 180°C. Coat a non-stick pan with cooking spray and cook the onion until it is soft. Add the garlic and cook for another 30 seconds before placing in an oven-proof casserole dish  
2. Toss the meat in the flour and coat the pan again with cooking spray. Heat and brown the meat in 2 batches, then place in the casserole dish with the onion mixture.  
3. Heat the tomatoes, wine, stock and thyme in the same pan and add to the casserole dish along with the mushrooms. Cover and cook in the oven for 1½ hours or until the meat is tender. Season to taste with salt and black pepper.

Prep time: 10 mins cooking time: 1 hour and 45 mins

Ming

Apr 08



Back by popular demand is Susan's cup cake recipe.

## Basic Cup Cakes



### Ingredients:

100g butter, room temp  
100g castor sugar  
1 teaspoon vanilla  
2 eggs, lightly beaten  
200g s/r flour, sifted  
100ml milk  
1 cup icing sugar  
2 teaspoons butter  
Food colouring  
100's and 1000's for decoration

**Method:** Preheat oven to 180°C. Place one cup cake paper into each hole of a 12-hole muffin baking tin.

Using an electric mixer, beat together the butter and castor sugar until creamy and white in colour. Add the vanilla essence and the eggs. Continue to beat and alternately add a little flour and then milk until all is used and thoroughly mixed into a thick batter. Placed heaped tablespoons of the mixture into each cup cake paper to evenly fill 12. Place into the oven and cook for 15-20 minutes or until a skewer is inserted into a centre of a cake and no visible mixture is sticking to the skewer when taken out. They should be lightly brown on top.

After cakes are cooled, mix the icing sugar and soft butter in a dish that is placed in hot water. Add a few drops of food colouring and a little warm water to make a warm icing (when cooled it will set). Spread on top of cup cakes with a warm knife dipped in hot water, dip into 100's and 1000's and allow icing to cool. Enjoy.

# Recovery Nutrition

## What are the priorities for recovery nutrition?

Recovery is a challenge for athletes who are undertaking two or more sessions each day, training for prolonged periods, or competing in a program that involves multiple events. Between each work-out, the body needs to adapt to the physiological stress. In the training situation, with correct planning of the workload and the recovery time, adaptation allows the body to become fitter, stronger and faster. In the competition scenario, however, there may be less control over the work-to-recovery ration. A simpler but more realistic goal may be to start all events in the best shape possible.

Recovery encompasses a complex range of process that include:

- restoring the muscles and liver with expended fuel
- replacing the fluid and electrolytes lost in sweat
- allowing the immune system to handle the damage and challenges caused by the exercise bout

manufacturing new muscle protein, red blood cells and other cellular components as part of the repair and adaptation process.

The importance of each of these goals varies according to the workout - for example, how much fuel was utilised? Was muscle damage caused? Did the athlete lose much sweat? Was a stimulus presented to increase muscle protein? A pro-active recovery means providing the body with all the nutrients it needs, in a speedy and practical manner, to optimise the desired processes following each ses-

sion. State-of-the-art guidelines for each of the following issues are presented below:

- **Refueling** The muscle can restore its fuel (glycogen) levels by about 5 per cent per hour, provided that enough carbohydrate is eaten. Depending on the fuel cost of the training schedule and the need to fuel up to race, a serious athlete may need to consume 6-10g pf carbohydrate per kg body weight each day (300 -700g per day). If the time between prolonged training sessions is less than 8hrs, it makes sense to use all of this period for effective refueling. To kick-start this process an intake of at least 1g/kg of carbohydrate - 50-100g for most athletes - is needed. This has lead to the advice that athletes should consume carbohydrate - either their next meal, or at least a snack - as soon as possible after an exhausting workout, to prepare for the next.

- **Rehydration** Most athletes finish training or competition sessions with some level of fluid deficit. In hot conditions or after strenuous sessions, fluid losses are usually large and require a focused effort to rehydrate after the workout. In this case, comparing pre- and post-session measurements of body weight can provide an approximation of the overall fluid deficit. Athletes may need to replace 150 per cent of the fluid deficit to get back to baseline - for example, if you are 2kg lighter (2 litres lighter) at the end of the session, you will need to drink 3 litres of fluid over the next hours to fully replace the existing and ongoing fluid losses.

- **Immune System** n general, the immune system is suppressed

by intensive training, with many parameters being reduced or disturbed during the hours following a work-out. This may place athletes at risk of succumbing to an infectious illness during this time. Many nutrients or dietary factors have been proposed as an aid to the immune system - for example, vitamins C and E, glutamine, zinc and echinacea - but none of these have proved to provide universal protection.

The most recent evidence points to carbohydrate as one of the most promising nutritional immune protectors. Consuming carbohydrate during and/or after a prolonged or high-intensity work-out has been shown to reduce the disturbance to immune system markers. Carbohydrate intake may be beneficial for a number of reasons. For example, it reduces the stress hormone response to exercise thus minimising its effect on the immune system. It also supplies glucose to fuel the activity of many of the immune system white cells.

### Muscle Repair and Building

Prolonged and high-intensity exercise causes a substantial breakdown of muscle protein. During the recovery phase there is a reduction in catabolic (breakdown) processes and a gradual increase in anabolic (building) processes. Recent research has shown that early intake of essential amino acids from good quality protein foods helps to promote the increase in protein rebuilding. In fact, protein consumed immediately after, or in the case of resistance training work-outs, immediately before the session, is taken up more effectively by the muscle into

(Continued on page 19)

(Continued from page 18)  
rebuilding processes, than protein consumed in the hours afterwards. However, the protein needs to be consumed with carbohydrate foods to maximise this effect. Carbohydrate intake stimulates an insulin response, which potentiates the increase in protein uptake and rebuilding.

### How does recovery eating fit into the big picture of nutrition goals?

For the athlete who is undertaking two or more training sessions each day, eating for recovery plays a substantial role in the daily food schedule and in total nutrient uptake. Either meals (which generally supply all the nutrients needed for recovery) must be timetabled so that they can be eaten straight after the work-out, or special recovery snacks must be slotted in to cover nutrient needs until the next meal can be eaten. These recovery snacks then need to be counted towards total daily intake.

For athletes who have high-energy needs, these snacks add a useful contribution towards the total day's kilojoule needs. When there is a large kilojoule budget to play with, it may not matter too much if the snacks only look after the key recovery nutrients - for example carbohydrate - or contain extra kilojoules from fat. On the other hand, for the athlete whose skinfold goals require a careful attitude to kilojoule intake, recovery snacks may need to be low in fat, and count towards meeting daily needs for vitamins, minerals and other nutrients. Snacks that can supply special needs for calcium, iron or other nutrients may double up as recovery snacks and good overall choices.

### What are the practical considerations for recovery eating?

Some athletes finish sessions with a good appetite, so most

foods are appealing to eat. On the other hand, a fatigued athlete may only feel like eating something that is compact and easy to chew. When snacks need to be kept or eaten at the training venue itself, foods and drinks that require minimal storage and preparation are useful. At other times, valuable features of recovery foods include being portable and able to travel interstate or overseas without penalties from customs officials, being individually packaged and sealed for the benefit of lengthy nights of drug testing, or being labelled with nutritional information so that the athlete can check how much they need to consume to meet their recovery goals. Situations and challenges in sport change from day to day, and between athletes - so recovery snacks need to be carefully chosen to meet these needs.

### What is the bottom line for lollies?

For occasions or individual athletes, who want an easily consumed source of simple carbohydrates, lollies are a suitable choice. Like many other carbohydrate foods, lollies will help in meeting refueling goals. However, lollies do not provide protein, fluid or other nutrients that could be important in other recovery processes. Therefore, other recovery snacks should be eaten in addition to, or instead of, lollies to fulfill the complete recovery picture. Many coaches complain that athletes don't stop at the 60g of lollies that might be needed to kick-start glycogen synthesis after a work-out or event - in fact, lollies often come in jumbo family size packs of 500g or more, and are likely to be consumed in excess. The bottom line is that each athlete needs to judge their recovery needs and plan an eating pattern that fits their total package. The following table provides ideas for

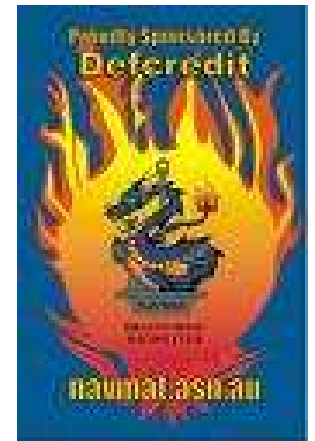
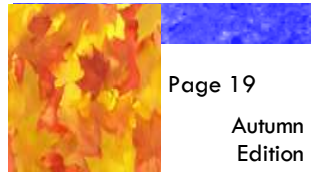
snacks providing carbohydrate, as well as carbohydrate-protein combinations.

### Carbohydrate-rich recovery snacks

- (50g CHO portions)
- 700-800ml sports drink
- 2 sports gels
- 500ml fruit juice or soft drink
- 300ml carbohydrate loader drink
- 60-70g packet jelly beans or jubes
- 2 slices toast/bread with jam or honey or banana topping
- 1 large chocolate bar (80g)
- 2 cereal bars
- 1 cup thick vegetable soup + large bread roll
- 115g (1 large or 2 small) American muffins, fruit buns or scones
- 300g creamed rice
- 300g (large) baked potato with salsa filling
- 100g pancakes (2 stack) + 30g syrup

### Nutritious carbohydrate-protein recovery snacks (contain 50g CHO + valuable source of protein and micronutrients)

- 250-300ml liquid meal supplement
- 250-300ml milk shake or fruit smoothie
- 1-2 sports bars (check labels for carbohydrate and protein content)
- 1 large bowl (2 cups) breakfast cereal with milk
- 1 large or 2 small cereal bars + 200g carton fruit-flavoured yoghurt
- 220g baked beans on 2 slices of toast
- 1 bread roll with cheese/meat filling + large banana
- 300g (bowl) fruit salad with 200g fruit-flavoured yoghurt
- 2 crumpets with thick spread peanut butter + 200ml flavoured milk
- 300g (large) baked potato + cottage cheese filling + glass of milk
- 200g (1/3 -1/4 pizza) with chicken/meat and vegetables



I discovered the 100 Health Calories Product Range while shopping this weekend. They fit the health snack criteria and would be good to eat after training. The Sticky Date Cookies pictured are wholegrain, low GI fruit cookies, with no added sugar and are dairy and nut free. They are also free of added flavours, colours or preservatives and may be suitable for those on a diabetic diet.



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

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Our goal is to have a club that not only prepares individuals and teams for competitions but also one that fosters an atmosphere of fun and friendship in an environment of cooperation and teamwork.

The NAVMAT Dragon Boat Racing Club was formed during the 1992/93 Dragon Boat racing season by members of the former Naval Material (NAVMAT) Social Club in the Department of Defence, Canberra.

*Fitness*

*Fun*

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Since those early days the NAVMAT Club has evolved and grown in strength with the recruitment of members from throughout the Canberra community to develop a racing team that now competes locally, nationally and internationally.

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Deb & Maree



Neva and, yes, its Maree!