



# Newsletter

- Contents**
1. Paddler Profile
  2. Training Times
  3. Upcoming Events
  4. Coach's Corner
  5. More on L2 Training
  6. Clubhouse Pics.
  7. Other Paddling Events
  8. A Special Gift
  9. Growing Membership

**2. TRAINING TIMES**  
**Tuesdays & Thursdays:**  
 5:40 pm warm-up;  
 on the water @ 6:00 pm  
**Saturdays:**  
 7:10 am warm-up;  
 on the water @ 7:30 am  
**Sundays:**  
 8:10 am warm-up;  
 on the water @ 8:30 am

**New Paddlers Welcome  
 AT ANY SESSION**  
 just turn up @ times given  
 See website for what to wear, etc.

**3. UPCOMING EVENTS**  
 Apr 23-26 Nationals,  
 Sunshine Coast, Qld.  
 June 7-8 Flamin' Dragons  
 Dragon Boat/ Outrigger  
 20km, Port Macquarie

**4. COACH'S CORNER**  
 The regatta season has come to an end. I am pretty happy with the year. Although we didn't come away with lots of trophies or medals, I see it as a year of good paddling, good commitment and good fun. Not to mention that we all are fitter for our efforts, and fitness was probably most people's reason for joining. We had some of our stronger paddlers from years gone by who are electing not to paddle at regattas. We also have a reasonable number of new paddlers. So I see the club in a rebuilding phase. Well done to all who trained regularly with us through the year, and who attended the regattas. Thanks for the team spirit and commitment. We built up to a good level of fitness by the end of the regatta season. The next few months will be a little less intense, and we will be focusing a lot on technique of the coming months. Congrats to Mad who has been selected as assistant coach. She will be taking over some of the sessions. We soon will have our end of season navel gazing meeting, so put on your thinking caps for suggestions for next year. See you on the water, Briggsie

**1. PADDLER PROFILE James Lawrence**  
**2008 'Angel of the Year'**

I joined Newcastle Hunter Dragonboat Club about 5 years ago after competing in the annual NHDB Corporate event sponsored by my employer, Hunter Valley Training Company. During that time I have competed in all the available regattas and also States and Australian titles, and have accumulated 4 team medals – 1 gold in 2007 and 3 bronze in 2008, 2007 and 2006.

My interest in other water sports includes 15 years in the Surf Life Saving Movement with the South Newcastle SLSC, which no longer prevails. During that time I held the position of Chief Instructor for training people for their Surf Bronze Medallion, and training the Rescue and Resuscitation Team for competition with other clubs.

One of my memorable experiences as a lifesaver was in 1965 when I and 2 other lifesavers rescued a very large woman who had fallen from the top of the cliff above the Newcastle Boggy Hole and had been washed out to sea about 100 metres. The sea was raging and we eventually landed the woman back onto the safety of the rocks where I performed mouth to mouth resuscitation until breathing was restored (not the most pleasant experience!) We then secured her to a stretcher and lifted her out of danger towards the waiting ambulance. She spent 1 week in Royal Newcastle Hospital before being released in good physical health. Dragonboat paddling is a low impact aerobic sport that should attract more interested people than what it does, so we members need to be more pro-active in promoting our sport. I would like to take this opportunity to thank Peter McGrath and Lynn Flannigan for their dedication and mentoring to myself and others by creating enthusiasm. Their influence confirms the Henry Ford quotation

**"Nothing grand was ever achieved without ENTHUSIASM"**

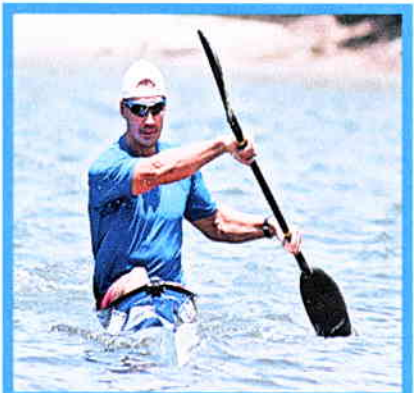
James was presented with the Club's inaugural 'DragonHunter Angel Award' at our Christmas Party last December in acknowledgement of his generosity and reliability in assisting the club to transport the boats to and from training sessions over past years and also for being invariably available when the club needs help from its' members.



**5. Gavin Godfrey concludes on Level 2...**  
**...a lesson from an Olympian...**

"(The benefits of Level 2 training) Hard to believe? Gavin says... I met with Clint Robinson's coach some years ago to see what I could learn from him. Clint races the same distances as us (200, 500, 1000m). His coach emphasised L2 base building to me very strongly. He said Clint does 85% of his mileage at Level 2 across a yearly program and is always trying to increase his anaerobic threshold."

Born 1972 in Brisbane, Clint Robinson was Australia's first canoe / kayak gold medallist in Barcelona in 1992. Robinson was a lifesaver who learned his paddling skills in the surf, then applied them to Olympic kayaking. He was awarded an Order of Australia Medal for the finest national championship record of any surf lifesaver when his gold-medal tally reached 30, and is a member of the Surf Lifesaving Hall of Fame.



## NRC / DragonHunters' New Clubhouse: The Walls Go Up At Last!!!



### 7. OTHER PADDLING EVENTS

DragonHunters Steve Dawes and Richard Thomson, and ex-DragonHunter Ian George joined the Navy DragonBoat team in February to compete in the Australian Master Games at Geelong, Vic. The team won gold in 5 events and 1 silver medal, paddling in open and mixed divisions. The races were 200m for 10's & 20's and a 1000m.

On the 15th March Richard Thomson & Kathy Spong teamed up on a mixed double outrigger, as did Helen Mauric & Joe Iacono (Central Coast) in the Bridge to Beach, an annual event for single and double paddle craft running a course from Sydney Harbour Bridge to Manly Beach. There were only around 5 double outriggers in the race - the bulk of the craft were Skis and Kayaks with a few paddle boards and 5 stand up paddle boards. Richard & Kathy came 7th in 1hr 04mins, and Helen & Joe came 8th in 1hr 04.5mins. In the mixed division Kathy got half a second on the beach run. Overall we came 143 & 144 from 347 craft - a good effort! - *Richard*



Richard & Kathy prepare their OC2



A sea of paddlers begins the race.



A competitor sprints to the finish.

### 8. A SPECIAL GIFT



After 13 years of caring for children in the Family Day Care service, DragonHunter **Denise Clayton** was presented with this beautiful patchwork quilt made by the parents of over 60 children who were in her care during those years. It took 8 months to complete. Each parent was given a square of material to embroider including their child's name although some of the children, now 16 embroidered their own piece. Squares were sent as far away as Canada. They were then collected and painstaking sewn together by some half dozen beautiful parents including Denise's daughter here in Newcastle. A diary was kept of all the fun & drama involved in putting it together over the 8 months, and both were presented to Denise at a surprise afternoon tea which many of the children also attended.

### 9. PINK PRATTLES

Girls from Dragons Abreast competed at Taree last month and had a great time paddling with Dragons Abreast teams from other areas. Excitement is building for our international DA regatta in Peterborough, Canada next year and any DA girls interested in going should contact Sharon Jephson. We are hoping to get a Pink Dragonhunter team together for the June regatta in Port so if any one is interested in joining us please let Caroline know (0412195866). Yvonne is organising accommodation and we need definite numbers by April 25th. ***This is for all paddlers not just DA's.***

There will be a "Christmas in July unction coming up in July (of course!!) at the Buttai Barn, date to be confirmed but everyone is welcome. This is not a fundraising event just a get together for a bit of fun and bull riding!!

At right is a photo of a beautiful necklace we are raffling for Mother's Day, tickets available from the DA girls.



### 10. OUR GROWING MEMBERSHIP

During last season 24 new members signed up with DragonHunters, and many more are still trying us out. Now, in the off season is the time to develop paddling technique and build fitness ready for next regatta season, so don't let the cold weather and dark nights put you off. There's nothing more refreshing than a weekend paddle on a crisp, sunny morning, and Throsby Creek is beautiful at night (not that we spend too much time looking, we're so focussed on training!), So come on down & bring a friend.



**AND WHAT ELSE?** Check out our website: [www.dragonhunters.org.au](http://www.dragonhunters.org.au)

New members: make sure you join our DragonHunters Yahoo Group to receive email messages and other good stuff. Items for future newsletters to: [mbertoli@bigpond.net.au](mailto:mbertoli@bigpond.net.au); mobile 0404 468 433