

Newsletter



Northern Beaches Dragon Boat Club

November 2005 Issue

Welcome everyone to the November issue of the Northern Beaches Newsletter. Christmas is fast approaching and soon the business end of the season begins.

Female sweep

Last Sunday, I took Simone out to Bank St, Pyrmont for her sweep accreditation. As bad as the conditions were, she was out on the water for an hour and a half with the other candidates. We have not heard the results yet but I am very confident that she passed both her written and on-water sweep tests, as she is a very capable sweep and an asset to the womens crew. This now means that we have our own female sweep and will be competing in the womens category from now on. Simone will be sweeping the womens team at this Saturdays races.

Training

Training is presently being held every Sunday at 8am and on Wednesday and Friday nights at 6pm. I know that the weather has not always been great but attendance to training sessions has been very poor.

Weather

Unfortunately at training we have had some poor weather. This was most evident to me last Sunday when I made the call to cancel the training. This was due to the presence of both thunder and lightning and it was a hard call to make. The safety of the crew is the number one priority, and paddling in such conditions could be extremely hazardous to your health. If it is raining or windy we will still train so keep this in mind.

Next race

The next race will be held on Saturday 3rd December. This will be held at the Sydney International Regatta Centre at Penrith on Castlereagh Rd. For those who would like to see where this is, have a look at the site

<http://www.whereis.com/whereis/mapping/panMap.do?mapIndex=16&brandId=1&direction=0>

The races start at 8.30am and are scheduled to finish at 4pm (though I expect this to be earlier because the races are only 200m). Everyone is expected to be at the race site at 7.30am. The race distance is 200m and we are entering a mixed, womens and opens team. There will be 2 heats and possibly a final (depends how hard you paddle) for each category. This means that there will probably be at least 4 races for each paddler (and a final)

Because of the distance to the race site, carpooling would be recommended, so everyone organize your lifts. There is also a \$5 parking fee. The race draw is expected to be sent out on Thursday night.

At present the paddlers who will be racing are : Anna, Anne, Bev, Caitlin, Cass, Carmen, Eva, Heather, Maree, Rae-Maree, Sofia, Sue T, Suz, Toa, Vivienne, Wendy, David Grey, Kevin, Peter Chambers, Scott, Simon, Terry, Tim Herbert, Tim, Tony.

We need a minimum of 16 female paddlers and a female drummer for the womens team. At this stage we are short one female. If we do not get one more then we will not be able to race. Preferably, I would like to get another 3 so that we can have 18 paddlers and a drummer. If any of you new paddlers would like to come to the races and have a paddle or even prefer to drum then get back to me ASAP, there are more positions still available.

Men, where are you all?

Race Schedule

After this Saturdays race the following races are all on Saturdays. Please add these to your calendars.

Saturday 14th January 2005. Wyong River, Tacoma, Central Coast.

Saturday 11th February 2006. Chinese New Year, Darling Harbour.

Saturday 25th March 2006, NSW State Championships, SIRC, Penrith.

Twilight Race

The Twilight Race held last Friday night was a success with the weather holding off for this event. The team performed very well finishing 6th overall (out of 11) in a time of 9:13.

The next Twilight Race will be held on Friday 20th January 2006, so add this date to your calendars.

Sponsors

Crocs. - Great shoes for on and off the boat. For more info, check out these shoes on the website at www.crocs.com or contact Peter Brett on 9977 0358

Future Finance. - for all your financing needs. See www.future-finance.com.au or contact Mark Hegarty on 9909 3599

Digital4sight. - offers the ultimate in digital media home entertainment systems. Find out more at www.digital4sight.com.au

16' Skiff Club. - What more needs to be said, good place to socialise and have a drink on the waterfront

Redalto Communications - for all your website needs. Contact Tim Van Der Griend on tim@vandergriend.com

Paddles

If anyone is interested in purchasing their own paddle, Merlin offers the best with both Carbon Fibre and Texalium. Check out these paddles at www.merlingear.com/ Contact Maree on maree@merlingear.com or 0409 921156 to find out the super saver prices for Northern Beaches club members.

Photos and Website

Check out the website for the latest photos on the Twilight Race and the Roseville races.

Our website has all information on the club as well as all membership forms. The site can be found at www.nbdbc.com

Boat Repairs

I would like to thank Terry, Bev and Michelle who came last Saturday and helped me repair the seats on our new boat. There is no way that this could have been done without your help. The 4 of us lifted the boat off the red boat and wheeled this to inside the boathouse to carry out the repairs because of the rain. I am extremely disappointed with the turnout to assist with these repairs.

Some of the water conditions lately have revealed a weakness in the new boat with the seats coming adrift, but this should be rectified now with support brackets under each seat.

Christmas Party

Christmas would not be the same if we did not have a get-together, so this is planned to be held at the Yacht Club one night. Details on this to be sent out shortly.

Foot Protection

Since we have been training, the most common injury that we are getting is splinters from the jetty. I know this may sound amusing, but it isn't when you have a hunk of timber lodged in your foot. Everyone should be wearing some form of foot protection and as well as

protecting your feet from splinters these also help your feet get a grip on the boat. Shoes can be anything from thongs and sandals to water shoes and "Crocs".

Crocs are ideal for use on and off the water and with all the different colours you can really make a fashion statement. These can be bought from Peter Brett so either contact him at training or email or call him.

Barefoot Bowls

This was a huge success last Saturday night and it was good to see so many attend, drink and show how bad they were at bowling (myself included). It looks easy when you see the experts do this but try and position that black ball near the white one... not easy. Congatulations to the winners on the night and especially thanks to Cass and Sue Leeds for organising this night.

Drink Cards

As part of our sponsorship with the 16' Skiff Club, we are provided with drink cards to purchase. These cost \$25 each. Once purchased these allow you to have 10 schooners of a Carlton beer (Tooheys, VB, etc) or 10 wines and also come with a 2 for 1 meal voucher. These work out to be very good value considering 10 schooners cost at least \$32. The Skiff Club is a great place to have a drink after training or to socialise any other day or night, so support our club and purchase at least 1. These can be bought from any member of the committee.

Committee

The committee for this season is Geoff Taken, Terry Jones, Cass Natrass, Maria Hedley, Pauliina Uitto, Susan Taken and Carmen Bekker.

See you all on the water,

Geoff Taken
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