



Canberra Dragon Boats
Association Inc
Newsletter

Canberra Dragon Boats
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ABN 89 647 128 044

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November 2005

UPCOMING EVENTS

Sunday 20 November	CDBA Regatta
Saturday 26 November	IBDF Officials Accreditation Course, Sydney
Sunday 27 November	How To Run A Regatta , Sydney
3/ 4 December	Sweep Test Day
10/11 December	AusDBF Coaching Course, Sydney
11 December	CDBA Regatta

Dragons Abreast Challenge 23 October 2005

The DA Challenge Regatta was held Sunday 23 October. 32 Corporate/Social teams participated in the event with registered and the Canberra Girls Grammar Houses provided the curtain raiser. The event raised over \$6,600 after expenses in donations for Australian breast cancer charities.

Dragons Abreast ACT have made the following donations:

Hospice and Palliative Care - \$1500

Breast Cancer Network Australia - \$500

National Breast Cancer Foundation - \$500

Breast Care Nurses for printing of pamphlet - \$300

Dragons Abreast Australia - \$1000

DA ACT intend on making a donation of \$500 to the Lymphoedema Clinic at Calvary Hospital to help stage a conference in 2006.

The remainder of the money will be used to develop a Dragons Abreast resource kit for newly diagnosed women in Canberra and Queanbeyan.

The Pink Lady Shield was won by Jacobs Supporting Abreast (Jacobs Sverdrup) in a time of 1.14.06

The CDBA would like to thank DA, all Clubs and members for the work and support they provided to the event.

Report 30 October Regatta

The 30 October Regatta was held and was a success with a smooth flowing day of racing. The 'honours' for the day went to Canberra Grammar in the Open events, to St Clares in the Womens and to Ice Dragons in the Mixed events.

20 November Regatta

The next CDBA local regatta will follow the same format as the 30 October regatta, that is, teams of twenty competing over 250m on the course in front of the Yacht club. **Clubs are to provide at least two members each** to assist with set up and pack up of the regatta. The objective of this is to increase the understanding, ability and shared corporate knowledge of CDBA members in how to perform regatta. Set up begins at 7am with the first race to start at 9am.

Celebrate Canberra Festival Dragon Boat Regatta

The Celebrate Canberra Festival Dragon Boat Regatta date has been changed from the weekend of 5 March to 11 March 2006. The CDBA is seeking support from clubs and members to organise this event, which will incorporate social and corporate teams, as well as competitive sport teams from Canberra and interstate.

Dragon Boats

The October Newsletter described CDBA boat plan, which is to have at least four new boats in Canberra by next season and repairs performed to the six existing boats. At this stage, the executive committee has sourced quotes for boat purchase and repairs. The results from the 2006 grants from the Sport and Recreation ACT were announced on Tuesday 15 November, with CDBA successfully receiving \$10,840 - match funding, which will allow the CDBA to buy two boats.

The "Pink" Dragons Abreast boat arrived on 12 November. The DA club asks that at this stage that others do not use this boat as the insurance provided by Dragons Abreast Australia covers the boat for DA use only. This boat was funded by a Grant from Sport and Recreation ACT with matching funding and a donation from benefactor Madeleine Luck, to DA Australia for clubs to buy own boat. DA also asks that the Sweep Oar not be used for other dragon boats.

Medical and Insurance issues

CDBA member are insured for injuries sustained whilst playing, practicing and training for the sport of dragon boat racing, including traveling to such venue for the purpose of the above.

Please note that the "Sportscover" Sports Injury schedule includes the following:

The Insurer is not liable for Injuries/Disablement directly or indirectly resulting from:

6.6 Any pre-existing defect, infirmity or sickness at the time of an accident,

6.8 All claims arising out of unreasonable failure to seek or follow medical advice,

6.13 If the injury arises from sickness, disease or disorder of any time.

On advice from the Insurer and until further advice is obtained, the CDBA insists that all members should disclose information of any illness or medical conditions relevant to the sport on the membership form and notify club coaches and management. Relevant medical conditions are those that may lead to an injury or death to oneself or to another participant. If club coaches and management are made aware of relevant conditions known to the participant, then these conditions can be assessed and advice sought if deemed necessary.

Club coaches are encouraged to continue their strong commitment to injury prevention by taking members through warm ups, warm downs and stretches.

First Aid Kits

The CDBA resolved to install a first aid kit in the CDBA shed in the near future. The CDBA recommends that clubs purchase and take an appropriate sized portable first aid kit with them on the boats.

Training Courses

A reminder that DBNSW is holding two training courses on 26/27 November in Sydney:

- 26 November: IBDF Officials Accreditation Course (preparatory to the World Championships in 2007)
- 27 November: How To Run a Regatta

CDBA members have been invited to attend these courses. If you want more details contact Robyne Kellett.

Also, the next Coaching Course is scheduled for 10/11 December. Any members wishing to attend can get details from Robyne Kellett.

Sweep Training

The 13 November sweep session was a great success with 20 people attending. Unfortunately not all people got a go at sweeping, and in light of this and other feedback, CDBA training coordinator Robyne Kellett would like to run a modified session in the near future. Thanks you to Robyne, Les Williams and the participants for your participation in this initiative.

Sweeps are reminded that there will be a Sweep Accreditation session on 4 December. Please advise Robyne (0402242515 kellett@netspeed.com.au) before the 28 November if you would like to be booked in for accreditation.

ACT Representation at 2006 Nationals

Members are reminded to indicate the CDBA Secretary Ben Dal Broi, to whether or not they will be available to represent at the Nationals and if they are prepared to commit to preparation.

Depending on the response from members and the arrangements at Nagambie, planning for this year's ACT Teams will be considered at the December Executive Committee meeting. Members are invited to submit any suggestions or comments for consideration through their Club representatives.