

# DRAGONS ABREAST ACT & REGION

[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)

Under the Umbrella of Breast Cancer Network Australia

## Abreast of the News Regatta background information

December 2006



### Regattas

Each dragon boat body, eg Canberra Dragon Boat Association (CDBA), Aus DBF (Australian Dragon Boat Federation), Dragon Boat NSW (DBNSW), decide on a regatta calendar at the beginning of each season.

Some regattas are just local events; others are from states that send out invitations to participate in their regattas. There are also the major regattas like the Australian National Championships where you will meet competitors from all over Australia.

Dragons Abreast members have participated in special regattas such as:

- Chinese New Year at Darling Harbour, Sydney – everyone's favourite
- Moomba Waterfest, Melbourne
- Shellharbour festival regatta in Wollongong (a community event)
- Australian Nationals (held in different states each year)
- Overseas — Rome, Canada, New Zealand and China

Our Dragons Abreast members have participated in ACT representative teams for the Australian Nationals and we have competed in the Australian Masters Games. All these events are huge social occasions and great fun.

### Process

Invitations by the organising body are distributed along with entry forms detailing the cost, requirements and closing dates. Many have a regatta calendar on their website. An entry fee is set for most regattas, ranging from inexpensive to expensive. Chinese New Year is about \$25 per person. Some regattas charge by the team entry so it varies. Local regattas in the ACT are free but visiting teams may be required to pay an entry fee of \$15 per person.



DAA Regatta 22 October 2006 [www.geoffcomfort.com](http://www.geoffcomfort.com)

### Team compositions

Once you have your invitation it requires a deadline for entry of your team and a team list is sent prior to the event.

We list 26 members — that provide 20 paddlers, sweep, drummer and 4 reserves.

No changes are allowed to the team list (eg no additions or change of names unless specified). At the Australian Nationals names are checked off against team lists and you must use the same team for the 1<sup>st</sup> race and the final. You cannot compete for two different clubs in the one regatta.

Team compositions are set so if you have a **mixed** team you can have no more than 10 men in the team. **Open** you can have whatever you like but mostly these teams are loaded with men. **Women's** teams must have **women** and usually women sweeps and drummers.

### Representative teams

Representative teams are usually selected from all the clubs in an area and anyone can nominate for selection in whatever categories on offer. We usually only have representative teams for the Australian Nationals.

## Boat plan

After we have a team list, the coach, captain or manager — or all three — will work out a boat plan identifying where everyone should sit in the boat. You should review the seating plan and appreciate that you have been put into a particular seat that takes into consideration your preferences but also considers the balance of the boat and how people paddle to ensure the team will perform to our optimum.

## The draw

The draw is done once all teams have entered and is based on the number of teams and specified categories. Usually, there are two heats and a final. Frequently, the length of a regatta is dependant on the number of entries and the type of categories as well as distances entered. The draw may be unavailable until late in the week prior to the event.

Regattas do not always run to time. In some cases, they are pushed ahead if inclement weather is approaching to ensure that all finals are completed. When you are at a regatta, take the times of the races as a guide only and stay around so you can hear your team being marshalled.

Race distances are 200 metres, 500 metres and 1 kilometre.

## Team marshalling

Team marshalling is where you line up prior to your race. Usually, a team is called one or two races prior to their own race. This is to ensure teams are altogether and ready to board their boat. Use the time to do team warm up exercises. You should line up in two lines with your partner. The sweep first and strokes and

## Useful websites

<http://www.dragonsabreast.com.au/>

[http://www.dragonsabreast.com.au/ACT/2006\\_regatta\\_gallery/](http://www.dragonsabreast.com.au/ACT/2006_regatta_gallery/)

<http://www.cdba.com.au/>

[www.ausdbf.com.au](http://www.ausdbf.com.au)

Chinese New Year <http://www.cityofsydney.nsw.gov.au/WhatsOn/>

Moomba Waterfest <http://www.melbourne.vic.gov.au/info.cfm?top=243&pg=1832>



Dragons Abreast ACT's *Tickled Pink* team with Narelle Powers as sweep and Hadas drumming in *GoAnna* in the social final at the DAA Regatta on 22 October 2006

drummers last, as we do in practice (back of the boat first).

## Camaraderie

Regattas are tremendous social occasions where we mix with other teams. It is a time where you can test yourself and see if you are improving or just have the fun of racing. Maybe you think you aren't competitive — yeah right! It's all good fun and should always be conducted in the spirit of good sportsmanship; respect for other teams and your own team mates. Good performances should always be acknowledged whether it is the winning team or a team of try hards. It is about being there and having a great time...and maybe winning!

**GoAnna! GoAnna! GoAnna!**

Practice is important and vital. So paddle well together all you different types and enjoy being part of the Dragons Abreast team because you all belong.

**Robyne Kellett**

**Assistant Coordinator**

[kellett@netspeed.com.au](mailto:kellett@netspeed.com.au)

# regattas

**Dragons Abreast Australia — Mission statement**

**To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is quality of life after breast cancer.**