

## Nota Sport

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**BECOME A BOATIE:** Why not take up the sport of dragon boating? It combines fun and fitness for people of all levels.

# Try something new

INTERESTED in trying a new sport? If so, then dragon boating may well be for you.

An ancient Chinese custom, dragon boating is a water sport involving upper body movement.

Liaison officer for Dragons Abreast Australia (DAA), Margot Case, is keen to organise a team of interested men, women and children over 14 years of age to become involved in this fascinating and invigorating sport that is fast becoming a popular pastime all over Australia.

Expressions of interest are required and a public meeting will be held this Saturday, March 3, 2pm at The Grange Lifestyle Resort's country clubhouse, situated off Spinifex Rd, Tea Gardens. All interested parties are welcome.

The intended team based venue is EcoPoint Myall Shores Resort in Myall Lakes National Park, which is located 20 minutes from Hawks Nest/Tea Gardens or 15 minutes from Bulahdelah.

Ms Case believes this is a perfect location for paddling.

"The Myall River up near Myall Shores is such a picturesque place to paddle.

"It is just perfect for this type of sport," she said.

The public meeting has been called to find out just how many people really are interested in the idea of forming a dragon boating team.

"I would want at least 20 people

for the boat and another two people to act as reserves, but we can really have as many people as we like - the more the merrier."

Ms Case said that if the response to the meeting was as good as she hopes it will be, then the next step would be to fill the positions on the boat and organise paddles.

"If all goes to plan we hope to organise a second hand boat from DAA - because if you don't have a boat, you can't paddle, and you can't paddle in a boat until you've got people, so it's a bit of a catch 22 at the moment, hence the need for the meeting," she said.

If a team was established and a boat was acquired the team would start training at EcoPoint Myall Shores Resort one day a week to start with, on the weekend.

"If there were more than 20 interested people, more than one training session at Myall Shores could be arranged," Ms Case said.

"There is no team here at the moment, so if a local team was established then the Newcastle team may wish to travel here occasionally to compete instead of having to go to Sydney all the time," she added.

No experience is necessary in order to join the local team, as training will be provided.

For further information call either EcoPoint Myall Shores Resort on 4997 4495 or Margot Case on 4997 9212.