



LEAFY TIMES Returns!

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Leafy Times Returns! This newsletter will be published every now and again to share information. If you have any items you would like to include especially photos please email to joyharwood@hotmail.com

STATE TITLES

The State Titles are all but a distant memory now; however we had a great weekend of racing with some of you competing for the first time at this level. It was great to see and hear you all supporting and encouraging each other. Nearly every paddler took home a medal and once again we showed that SEA DRAGONS ROCK!

NATIONALS IN PERTH

On 12th April Sea Dragons landed once again in Perth to qualify for the World Club Crew Championships in Adelaide in 2016. That was our main goal for the two days of racing.

This was to be our only chance to qualify for this event in our home state. We were hungry!

The competition was fierce with more clubs from the Eastern states there to qualify too! We came away with 2 silver medals and 4 bronze medals.

We came away very pleased-qualifying in five categories.

A great big thank you to the coaches for all their hard work and dedication with

the training program.

Thank you to Chris Wood for organizing the accommodation and numerous other things. Special mention to our great team managers Carol and Jen-it is a hard job organizing and keeping us all on our toes.

And last but not least thank you to our bus drivers Denise, Darryl and Chris who got us there every day on time and in one piece!

SUE BOCKMANN Where are you?

Some of you may have noticed the absence of Sue Bockmann at some of our training sessions. She is still training hard!

Congratulations go to Sue who has been selected to represent Australia in the Auroras . She will travel to Welland Canada in July/August to compete in the World Championships.

Australia has a very strong team and in the past has been very successful. We wish Sue every success.

PORT VINCENT REGATTA 2/3 MAY

Great day for a 'Road Trip'

Up at the crack of dawn 5.00am!! to meet at the rendezvous point (Sonia's house at 5.45 omg)

We stopped to pick up Beth & Rae & then drove down to Port Vincent as the sun was coming up chatting away and sharing stories, Sonia took it all in her stride and before we knew it we had arrived to a glorious morning in sleepy Port Vincent...

Coffee was required and although we were tempted by the fresh hot doughnuts we all declined.

What a picture, the sea was beautiful and calm and the Sun was shining as people started to assemble and busy themselves as 'Dragon Boaters do'

It wasn't long before John started to crack the whip.. A few more team members appeared and some new faces as we set about erecting the gazebo (Oh Joy of Joy)

There were several clubs who attended, but most clubs bought a hand full of competitors so most of us raced in the majority of races.

There was a lovely vibe to the day, as it was such an intimate meet every club member supported their fellow clubs it was fantastic.

The day progressed perfectly plenty of humour and camaraderie & we finished up winning the Women's event As the day came to a close some of us I will mention no names... enjoyed well deserved hot chips whilst the rest of the team met later for an enjoyable tea in the local Pub

On Sunday we held a Come and Try for the locals, which proved to be quite successful, a good time had by all.

The weekend however wasn't without added drama as poor Jim had a medical emergency whilst we were paddling out and ended up being flown to The Royal Adelaide Hospital. We have since seen Jim and Linda and he is well on his way to recovery (you scared us all Jim, but what a way to get a free helicopter ride!!) A big thank you to the Royal Flying Doctor Service for your care.

TRAINING

As winter is setting in the nights are getting cooler, however, paddling in the winter months is so enjoyable. The water is often like glass and believe it or not there is less wind on those cold winter nights.

Make sure you dress appropriately, invest in a thermal rashie and some waterproof boots or wet suit socks. These can be found at Rays Outdoors, BCF or Anaconda.

We are planning to enter the Masters Games so the training over winter is extremely important to maintain our fitness and improve our technique.

See you there!