

# Belleville Dragon Boat Club Newsletter

May 2007

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## Message from the Commodore

Nancy Lewis

Yahoo! The paddling has begun – after a long winter we are finally able to enjoy the pleasures of Dragon Boating. Your Executive has been working hard to launch our third season – a new web site, a very successful Open House, development of safety policies, researching and purchasing training equipment, cleaning and refurbishing of existing equipment, planning our initial “mixer” practices, organizing and recruiting coaches and the list goes on! Thanks to all of you who have helped get our season rolling.

The Belleville Dragon Boat Club is looking at a great year with additional paddlers, new crews, our partnership with the United Way to host the regatta on July 7, 2007 and we will need your help and support to make this a successful season. I look forward to meeting all of you and wish you a great season of paddling.

## Coach's Corner

Following our most successful year ever as a Club, more than 35 athletes have dedicated themselves to rigorous group training sessions over the winter months. I know several others have also been working out on their own and in smaller groups. Good work!

I am looking forward to further expansion of all the Belleville Dragon Boat Club (BDBC) programs including the new Grand Masters crews.

Coach Tim Austin is in the process of being certified as a Level 1 Dragon Boat Canada (DBC) Coach, while I am completing the first ever DBC Instructor Course and CanFit Pro Personal Trainer Specialist Certificate.

BDBC will continue to compete at various Festivals including the Belleville Festival on July 7/07, while the Grand Masters are vying to qualify for one of five entries to represent Canada at the World Club Crew Championships in Penang, Malaysia in 2008.

If the enthusiasm of the Winter Training group is any indicator, 2007 promises to be a fun and fit summer.

So encourage your friends and colleagues to check out the Belleville Dragon Boat Club. Let's share this wonderful sport with the rest of the community.

Enthusiastically  
Pat



## A Bright New Outlook for the Club

Greg Taylor, Director of Social Events and Coach

“Commitment and Consistency”

The *Two C's* or *CC* or *C&C* or *ComCon*, call it what you will, it all means the same thing.

Through a Commitment to our club, team and ourselves we will achieve Consistency of results in practice, race and personal goals.

Many more details to come!!!!

## Success Sweeps the Open House

Ayana Hutchinson, Secretary

On the evening of April 12, 2007, the table skirts were tightly drawn, the cheese was generously sliced, and the dragon head was anxiously poised.



Nibbling nervously and busily organizing, the 2007-2008 Board waited in trepidation at the Quinte Curling Club to see if anyone would attend the First Annual Belleville Dragon Boat Club Open House.

To the Executive's great pleasure, the Open House was a resounding success. Thanks to you – the Members.

A total of 69 Dragon Boaters showed up at the open house. 42 were returning members and 27 were eager hopefuls or new to the club. Without a doubt all are ready to get out onto the water.

There were special guest appearances by coaches, Tim Austin, and Larry Bird. Although, not present, Coach Pat Bradley was in our hearts as were the paddlers battling the relative warmth in Melbourne, Florida at the GWN (Dragon Boat) Training Camp.

Congratulations to Albert Hoftzyer who won the free membership draw.

The food was great! So heartfelt thanks to those who helped with the spread.

We are also grateful for the following lessons learnt:

1. Note to curlers if you enter the Cheese Bonspiel be ready to eat cheese. – Nancy was not. If you are not ready to eat cheese you will have to attend countless Dragon Boat events in order to unload your Cheese Bonspiel winnings.
2. Note to self – do not “re-gift” if the original “gifter” is present. Someone, who shall remain nameless, accidentally gave away Bennett's Delicious Homemade Pickles®. This was not good even though the pickles proved to be deliciously garlicky.
3. If you're not sure about whether Dragon Boating is for you all you need to know is that whenever there is a dragon boating event, the food will be good.

Thank you also to those individuals who attended and to those who provided valuable assistance.

I would specifically like to thank the following people that I had direct interaction with:

Susan Bennett - food

Karen McKeown – slide show

Melissa Lacroix – for bringing and arranging Pam's pictures

Dagmar Ronneberger – DVDs

Quinte Curling Club's Bartender *Extraordinaire*

2007-2008 Executive

Hope to see all of you at the May Social.

## Belleville Dragon Boat Festival---The Latest Wave!

Christina Kahlou, Director-at-Large

The Belleville Dragon Boat Club is pleased to announce their new partnership with The United Way of Quinte. Together the 2 local organizations will host a Dragon Boat Regatta on July 7, 2007 at Victoria Park in Belleville. This is the first time that the event will take place outside of Waterfront Weekend; it is also the first time that it's being held in support of a charity.

The one day event will feature both local community and corporate crews as well as those from out of town in the competitive division. BDBC Coach Pat Bradley who is involved in the planning of the event comments that "this festival has been selected as a qualifier for the National Championships which should generate interest from outside the city and raise the bar in terms of the quality of racing we enjoy."

Each team is guaranteed 3 races and all participants will receive a medal. The park will feature a children's village, food and clothing vendors, a beer tent and local band *The Far Side* will provide entertainment.

Community/corporate crews will receive 3 training sessions and the use of all of the required equipment in return for their \$450 registration fee. The 250m races take approximately 2.5 minutes to complete for the 20 member crew. Each participant is being asked to collect \$50 in pledges for United Way of Quinte. All funds raised will support their 2007 campaign which will in turn be allocated to more than 50 local health and social service agencies throughout Hastings and Prince Edward counties.

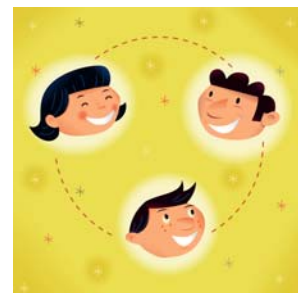
As usual the Club will be looking for volunteers to help out at the event so stay tuned for more news on how you can help out. For more details on the event check out [www.belleville.unitedway.ca](http://www.belleville.unitedway.ca) or [www.bellevilledragonboatclub.com](http://www.bellevilledragonboatclub.com)

## Put Your Talents to Work—Join A Committee!

### Communication Committee

If you like talking on the phone, this is the committee for you. We want everyone to be in the loop, we need members to call paddlers who do not have email or internet access.

For more information contact: Ann Wiggins, Director Membership, at 613-967-892 or [ann.wiggins@sympatico.ca](mailto:ann.wiggins@sympatico.ca)



### Fundraising/Club Wear Committee

*Wear* is the fun?...It's in the *FUN*draising and Club *WEAR* committee! Be on the cutting edge of BDBC fashion and fundraising initiatives with this committee.

For more information contact: Pam Reid, Director Fundraising, at 613-967-7946, [pried@pathwayschildreneyouth.org](mailto:pried@pathwayschildreneyouth.org)

## Upcoming Events

Make sure to mark you calendar. You won't want to miss a thing!

<b>Open Practices</b> (everyone together)	<b>April 30, May 2 May 7 and May 9</b>
<b>Club Social</b>	<b>May 9</b>
<b>Individual Crew Practices</b>	<b>Week of May 14th</b>
<b>Steering and Coaching Clinic</b>	<b>May 19</b>
<b>Survivor Boot Camp and GM Training Camp</b>	<b>May 26-27</b>
<b>Pickering Dragon Boat Festival</b>	<b>June 2</b>
<b>Belleville United Way Festival</b>	<b>July 7</b>
<b>Montreal Dragon Boat Festival</b>	<b>July 28-29</b>
<b>Great White North Festival</b>	<b>September 8-9</b>
<b>Cobourg United Way Festival</b>	<b>September 22</b>

### Club Social- Wednesday May 9

A perfect way to cap off our mixer practices!! You can look forward to a nice evening of casual conversation, good food (no cheese allowed) and (most importantly for some) good drinks.

The location is yet to be determined (most likely the Funky Carp, behind the Harbour Club) but we will be going to a restaurant with a bar.

For more information contact: Greg Taylor, 613-969-7720

### Steering and Coaching Clinic- Saturday May 19

If you are interested in learning more about steering and coaching, this is the spot for you.

For more information contact: Pat Bradley at pat\_bradley@hotmail.com

### Survivor Boot Camp and GM Training Camp- Saturday May 26 and Sunday May 27

This two-day training camp is for breast cancer survivors and Grand Masters.

Volunteers are needed to help with registration, helping crews in and out of boats and running around. There will a sign up sheet posted in the clubhouse in the next couple of weeks. It's also a good excuse to pick up free paddling technique tips.

### Socials

There will be a few socials during the year for the entire club. Since we don't all paddle on the same day, this is a fantastic way to meet new people. Watch for details!

#### MAY 2007

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#### JUNE 2007

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#### JULY 2007

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#### August 2007

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#### SEPTEMBER 2007

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23/ 30	24	25	26	27	28	29

## Teams and “Tentative Schedule”

Our club has an open paddling program so that you can find the program that works the best for you. Feel free to attend any practice. If you let us know ahead of time that you want to try a new focus, we will make sure there is someone to greet you and show you around.

### Recreational Focus

A program designed to allow people the opportunity to experience dragon boating without the initial pressure of competing in regattas.

Practice: Monday, 7-8pm and Wednesday, 6-7pm

Possible Festivals Entries—for those interested in competitions:

Pickering Dragon Boat Festival, Belleville United Way Dragon Boat Festival, Cobourg United Way Festival

### Competitive Focus

This program is designed for those who wish to focus on the competitive aspect of dragon boating.

Practice: Tuesday, 6-7pm and Thursday, 6-7pm

Festivals Entries: Pickering Dragon Boat Festival, Belleville United Way Dragon Boat Festival, Montreal Festival, GWN

### Breast Cancer Survivor Program

A program specifically designed for Breast Cancer Survivors.

Practice: Tuesday at 6-7pm

### Grand Master Program

For those paddlers 50+ years of age who are interested in paddling at a competitive level.

Practice: Monday, 6-7pm and Wednesday, 7-8pm

Festivals Entries: Pickering Dragon Boat Festival, Welland, Belleville United Way Dragon Boat Festival, Montreal Festival, Great White North

### Open Practice, Friday Mornings (All Crews)

This practice is open to anyone in the club who enjoys early mornings. A beautiful way to watch the sunrise.

Practice: Friday at 6:00am

## Team Fee

Full Membership: \$150.00

Student Membership: \$45.00 (must provide proof of full time enrollment in school)

*Feel free to come out and try paddling three times as a non-member before joining the Club.*

**Fees include use of equipment (i.e.: boat, paddle, lifejackets) and coaching. Regatta fees are extra.**

**Fees are due by May 31, 2007**

## More Information

For more information please call:

Nancy Lewis at 613-961-5062 or Tomiko Kiyonaga at 613-969-9295 or Ann Wiggins at 613-967-8921

Online at [www.bellevilledragonboatclub.com](http://www.bellevilledragonboatclub.com)