



Armidale Dam Dragons Inc
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Welcome to the Armidale Dam Dragons.

We are very pleased that you have decided to join our dragon boating club and hope that you really enjoy the experience.

Dragon boating is a fun, exciting and innovative sport with great team spirit, strong friendships and camaraderie. Established in October 2012, this year the club celebrates its second year and each year we grow from strength to strength.

At present we train at Malpas Dam, near Guyra, every Thursday evening from 6pm (daylight saving time) – followed by a fundraising sausage sizzle – cost \$2 for sausage sandwich and \$1 for a drink and Sunday mornings from 9am - we sometimes meet back at the Armidale Ex-Services Club for a drink or lunch. The Servies has been our major sponsor.

When travelling to training, some of our members carpool and they meet at Tony Williams Machinery on the Guyra road at least 40 minutes before the scheduled training time. All are welcome to partake.

For safety and insurance purposes, every time you attend a training session, you are required to sign the attendance book which is located in the rowing club shed.

Training paddles are available for all to use.....But you will soon be looking to buy your own personal paddle as the training ones are very heavy and have poor ergonomics.

If you are unable to swim 50 meters you are required, by Dragon Boats NSW regulations, to wear a personal flotation device. There are PFD's available if you feel that you would be safer wearing one.

You will receive quite a few emails from time to time, letting you know what is going on within the Club and asking if you will be attending certain regattas and functions. Please do reply to these emails with the appropriate response so that the organiser/s can easily perform their task.

You will also receive an automated email asking if you will be attending training sessions – it is really helpful if you answer all of these, as well, for training and catering purposes.

From time to time we will be allocated fundraising BBQ's at Bunnings and we will be asking you to volunteer your time to help out. We also try to take part in Armidale's annual Autumn Festival parade to showcase our club.

Some terms and commands that you will hear during a training session are listed below to help you understand their meaning.

Sweep: The boat is steered by the sweep at the back of the boat. They are responsible for the safety of the boat and its paddlers. They will call out instructions that supersede all other instructions given. The boat can hold up to 20 paddlers plus the sweep and the drummer.

Drummer: During an official race, the front of the boat has a large drum and seated behind it is the drummer. The drummer beats the drum to the pace of the strokes and gives commands throughout the race.

Strokes: The strokes are the two people who sit in the first row of the boat who establish a consistent rhythm that all of the other paddlers need to follow.

Some of the commands that you will hear are:

Paddles Flat: Hold the paddle parallel to the water, like arms to stabilise the boat.

Paddles Up: Get ready, pay attention, get your paddle in the air.

Go: Start paddling. Be sure to watch and keep in time with the strokes and the person in front of you.

Stop the Boat or Hold the Boat: Hold the handle of the paddle on the gunwale of the boat and press down on the shaft of the handle to slow the boat.

Let it Run: Stop paddling, let the boat glide.

Draw Water: Reach sideways and pull the paddle towards the boat. This is used to move the boat sideways.

Paddles Behind: Paddle backwards to make the boat move in reverse – always keeping in time.

In an official race you will hear the following commands to start the race.

Dragon boats are you ready: You will have been waiting at the start line, everyone leaning forwards, resting your paddle on the gunwale of the boat. This is the time to stick the end of the paddle in the water.

Attention: Take a deep breath.

Horn Blast or Command to Start: Start paddling deep and hard.

This information is provided to welcome you to the Club and to ensure your transition is a smooth and effortless experience.

Best of luck,

The Committee