Irish Dragon Boat Association

NEWSLETTER

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MESSAGE FROM THE EDITOR

Julie Doyle
Editor / IDBA Chairman

Julie Doyle – December 2014

What a year 2014 has been! A road show around Ireland sponsored by the Coca Cola Thank You Fund; television coverage of every regatta we have run this year; the production of a new promotional video for the Irish Dragon Boat Association; new dragon boat clubs in Waterford and Cavan, plus the Association has become a Limited Company.

2015 is starting to shape up with more of the same with an expansion programme planned for the Association starting with two new clubs due to come on line early in the new year.

Wishing you all a happy and prosperous New Year.

NEWS ROUND UP!

IDBF Council Welcomes Seven New Member Federations

The International Dragon Boat Federation (IDBF) Council at its meeting in Ravenna, Italy welcomed seven new members from Argentina, Greece, Israel, Ivory Coast, Malta, Panama and Qatar to the IDBF dragon boat family bringing the total number of **IDBF members to 84.**

On the Olympic Trail

The IDBF President, Mike Mackeddie-Haslam has said that slow, but sure progress is being made towards recognition for the IDBF as an International Olympic Committee (IOC) International Sports Federation (ISF). Of the 54 criteria for IOC recognition the IDBF has now satisfied the majority of them. The remaining criteria mainly concerned different policies and working committees, such as Athletes Commission, Sport for All Commission and an Entourage Commission that the IDBF will need to have in place to bring the Federation into line with those ISF's presently recognised by the IOC.

As some of the policies and commissions involved will need the approval of the IDBF Member's Congress or ratification by the Congress and then the commissions have to be seen by the IOC to be active, the President's view was that it would be towards the end of 2016 before the IDBF could become an IOC recognised federation. But this will only be the first big step towards dragon boating becoming an Olympic Sport.

Fiona Tiernan

It is with great sadness that we share the news that Fiona Tiernan passed away in August 2014 after a long illness with cancer. A founding member of Plurabelle Paddlers and Secretary of the Irish Dragon Boat Association (October 2010 to February 2012) Fiona was the energy force behind the Plurabelle Paddlers, Ireland's first ever dragon boat team and an inspiration to all current and future breast cancer survivor dragon boat clubs in Ireland. Her charm and ability to engage with anyone and everyone will be dearly missed.

IT'S OFFICIALLY GIRL POWER!!

It is a first in dragon boat history! An all-female official's chief team at the European Nations Dragon Boat Championships in Racice, Czech Republic – July 2104.

From Left to right:

Kirsty Hartley – Chief Race Secretary (GBR)
Bridget Walter - Chief Finish Judge (SWI)
Julie Doyle - Chief Official (IRE)
Wendy Hermelink - Chief Starter (NLD)
Kim Beckwith - Chief Umpire (NLD)
Natalia Kravtsova - Chief Boat Marshall (UKR)

European Dragon Boat Federation

9TH IDBF WORLD CLUB CREW CHAMPIONSHIPS

5400 participants in over **900 crews** from **145 dragon boat clubs** representing **27 countries or territories** took part in **338 races** at the 9th IDBF World Club Crew Championships in Ravenna, Italy between 3rd to 7th September 2014. Equivalent to half the size of an Olympic Games, this is the **BIGGEST** event ever held in dragon boat racing history.

Storms, wind and heavy rain, not what you would expect in Italy at this time of year threatened to derail the event at the start of the week, but thankfully turned into glorious hot sunshine by the weekend. The event saw 8 lane racing in both the standard and small dragon boats for Premier, Junior A and B, Senior A, B and C, Breast Cancer Survivor's and Para Dragon competitors in Open, Women's and Mixed Crews in what was a very complex race programme.

A competition of this size takes a considerable team of people behind the scenes working exceptionally long hours to deliver a professional event. Seventy International Race Officials plus dozens of volunteers assisted the Italian Dragon Boat Federation's organisation committee. The IDBA's Chairman, Julie Doyle was fortunate enough to be there to experience the thrills and spills of the event as an IDBF Race Official.

Sunset Races

Small Boat Marshalling

IRISH DRAGON BOAT ASSOCIATION

TICKLED PINK IN SARASOTA

Pink is my five year-old niece's favourite colour. She would have loved the IBCPC Participatory Dragon Boat Festival in Sarasota, Florida last October. That's because the festival was all very pink, except at the Team Ireland tent where, unsurprisingly, green was the colour of choice!

The very impressive Nathan Benderson Park in Sarasota was the venue for the fourth International Breast Cancer Padders' Commission festival which welcomed over 2,700 padders, all of whom have had or currently have breast cancer. The paddlers came from 101 clubs in twelve countries, including Canada, Australia, UK, and Singapore.

The event in the Sunshine State of Florida marked the first time that the United States had held the festival – it was previously hosted by the Canadian cities of Vancouver (2005) and Peterborough (2010), and Caloundra, Australia (2007). From the pink-clad Opening Ceremony which featured fireworks and an entertaining keynote speech by Dr Susan Love; to the myriad of Wellness Day Presentations (Zumba, Laughter Yoga, Tai Chi for Paddlers, etc) and the Parade of Nations, the 2014 event was a huge success. If you're in any doubt, just ask any members of Team Ireland!

Team Ireland was established in early 2014 as a result of funding secured from the Arthur Guinness Projects. The team was made-up of paddlers from Carlow, Clonmel, Cork, Waterford, Northern Ireland, Donegal and Dublin. Over a period of just seven training days, the group of enthusiastic strangers (some of whom had never paddled before!) where transformed under the watchful eyes of coach, Julie Doyle, and Team Captain Margaret Mulcahy and Vice-Captain Susan Rowe, into a strong, focused and determined team.

This drive and determination was very evident in the Team's performance on the water. Despite the blistering heat, which at times rocketed to 40 degrees celcius, Team Ireland performed strongly and very consistently. The team secured times of 2.47 minutes in each of the two 500 metre races on the Saturday and 2.44 minutes in each of the two races on the Sunday.

Overall, the Irish finished the festival 29th out of 101 teams taking part. Team Ireland also emerged as the top European team in the competition. Go Team Ireland!

But it wasn't all hard work. Despite a hectic racing and training schedule, the members of Team Ireland made sure to enjoy their downtime. This included bargain-hunting at the outlet malls; sightseeing at the impressive Ringling Museum; and visiting the pristine white sands of Siesta Beach, voted the top beach in America!

Thanks to transportation sponsorship from Fyffes, the members of Team Ireland also got to enjoy a guided tour of Sarasota. The team bus was the perfect venue for many impromptu singsong sessions, with the members of Team Ireland proving that it wasn't only in the water where their teamwork and timing was impeccable!

Throughout their stay in Sarasota, Team Ireland were bowled over by the support they received from those who travelled with the team and those who were based in the USA, including Maura Murphy McCabe and her husband Denis, who worked tirelessly to ensure Team Ireland had a great stay in their hometown of Sarasota.

The IBCPC festival has a number of traditions including the swapping of team pins and racing shirts, and the Sandy Smith Global Race which saw representatives from each team in the festival race together. Following the Sandy Smith Global Race, the 10 boats that had participated lined-up together for an emotional Flower Ceremony, where friends and fellow paddlers who have passed away from breast cancer were remembered. For the members of Team Ireland it was a particularly poignant occasion as they remembered their friend and team member Sue Skinner, and members of Plurabelle Paddlers who passed away in 2014, including Fiona Tiernan a founding member of the club.

Fiona's wish was that Team Ireland would help to nurture the growth of dragon boat racing thoughout the country, and that is exactly what has happened. Members of Team Ireland have returned to their local clubs with new skills, coaching techniques and a fresh enthusiasm for the sport. Meanwhile, members of Team Ireland who don't currently have a local team are busy forming their own, with new teams currently being planned for both Belfast and Donegal.

For the members of Team Ireland, the IBCPC Participatory Dragon Boat Festival was, without doubt, the trip of a lifetime. The festival may be over, but friendships and magical memories remain. And with the promise of new teams being formed, it's obvious that Team Ireland's legacy is just beginning.

Dara Duffy – December 2014

IDBA MEMBERSHIP 2015

The annual IDBA membership is due again as from 1st January 2015. As a reminder anyone holding a helm, coaching or officiating qualification must pay their annual individual membership for their qualification to be valid. Although our membership numbers are still comparatively low compared to other dragon boat nations they are increasing year on year which shows that the sport here in Ireland is on an upward trend. This membership money is valuable income to the Association as it helps us to develop the sport further throughout the 32 counties of Ireland. Our long term aim is to make Ireland one of the leading dragon boat countries in the world.

2015 membership forms can be downloaded from the IDBA's website – www.dragonboat.ie.

N.B. For electronic transfers please ensure you use the IDBA's **NEW** bank account details which were changed in May 2014.

Adult Individual Membership - €30.00/year
Junior Individual Membership - €20.00/year
Adult Club Membership - €200.00/year
Junior Club Membership - €135.00/year
Associate Membership - €200.00/year

Additional Crew - €75/year
Additional Crew - €50/year

COACHING COURSES 2015

We can run any of the following courses, please email info@dragonboat.ie if you would like us to deliver a specific course for your club.

- **IDBA Paddlers Workshop – Teams**
- **IDBA Paddlers Clinic - Individuals**
- **IDBF Crew Helm Award**
- **IDBF Foundation Coach**
- **IDBF Participation Coach**
- **IDBF Officials Course**
- **REC3 First Aid Course**

IDBA Paddler's Clinic

Date: Saturday, 21st February 2015
Venue: Training Centre, Rathvilly, Co. Carlow
Places Available: 10
Cost: €30.00/head

IDBF Crew Helm Course

Date: Saturday, 21st March 2015 (One day, plus attendance at capsize drill at a later date)
Venue: Grand Canal Dock, Ringsend, Dublin
Places Available: 8
Cost: €120.00/head

IDBF Participation Coach Course & Foundation Coach Course

Date: Saturday, 7th February 2015
Venue: Training Centre, Rathvilly, Co. Carlow
Places Available: 10
Cost: €100.00/head
Pre-requisite: All attendees must already hold an IDBF Crew Helm Award or Foundation Coach Award.

TO BOOK A PLACE EMAIL info@dragonboat.ie

DATES FOR THE DIARY

March/April 2015 (Exact date TBC)
1st Annual General Meeting
Venue to be confirmed

Sunday, 3rd May 2015
Athy Dragon Boat Regatta
River Barrow, Emily Square, Athy Co. Kildare

Sunday, 7th June 2015
Barrow Dragon Boat Regatta
River Barrow, Carlow Town Park, Graiguecullen, Carlow

July 2015 (Exact date TBC)
11th EDBF European Club Crew Championships
Divonne les Bains, France

18th – 23rd August 2015
12th IDBF World Nations Championships
Welland Regatta Centre, Welland, Canada

12th & 13th September 2015
5th International Dublin Dragon Boat Regatta
Grand Canal Dock, Ringsend, Dublin 4

30th March – 7th April 2016
10th IDBF World Club Crew Championships
West Lakes Rowing Course, Adelaide, Australia

EVENT ROUND UP

Barrow Dragon Boat Regatta – 15th June 2014

They came, they saw, they conquered! Kendra Warriors were once again out in force at the Barrow Dragon Boat Regatta and stormed home in impressive style to win this year's event. An impressive dual between the two female crews of Plurabelle Paddlers and Carlow Dragons showed that the strength and depth in the women's section of our sport is developing fast.

FINAL POSITIONS

1st	Kendra Warriors
2nd	Dublin Vikings
3rd	Ardscoil Adventurers (U18s)
4th	Fit Club 24
5th	Carlow Friends & Family
6th	Carlow Dragons
7th	Plurabelle Paddlers
8th	Liquorice Allsorts (U18s)
9th	Waterford Dragon Warriors
10th	Suir Dragon Paddlers
Fastest Under 18's Team	Ardscoil Adventurers
Best Fancy Dressed Team	Waterford Dragon Warriors
Squidgy Dragon Award	Fit Club 24

Fit Club 24

Sportadown Dragon Boat Regatta – 2nd Aug 2014

Held in conjunction with Unify Sport this was the first time the event was held in Northern Ireland on the River Bann in Portadown. Although it rained and rained and rained the event saw fourteen teams, of which thirteen were new to the sport, battle it out in what was more like a winter's day than the August Bank Holiday.

Rusty Rowers

FINAL POSITIONS

1st	Different Strokes
2nd	Plurabelle Paddlers
3rd	Evolve
4th	Study USA
5th	Little Acorns
6th	Fireball
7th	Be More Dog
8th	Edenmore
9th	Drag Queens
10th	Rusty Rowers
11th	Sportabanus
12th	Venom
13th	Dolly Mixtures
14th	Ever Lasting Gobstoppers
Best Fancy Dressed Team	Ever Lasting Gobstoppers

Watch out for the 2015 Event!

Date yet to be confirmed

Dublin Dragon Boat Regatta – 13th & 14th Sept 2014

Sunshine, warm temperatures and no wind, yes this really was the Dublin Dragon Boat Regatta 2014. With 28 teams on Saturday and a further 25 teams on Sunday this was our biggest event yet.

Over the weekend, the competition was fiercely fought out within the international, novice, under 18s and our ever expanding breast cancer survivor's categories. The Dublin International Dragon Boat Regatta is now considered one of the friendliest and fun events to attend in the international dragon boat calendar and to top that off the Saturday night party is not to be missed.

FINAL POSITIONS – SATURDAY, 13TH SEPTEMBER 2014

INTERNATIONAL CHALLENGE – FINAL POSITIONS

1st	A-Team Dragon Boat Club
2nd	GB Slayers
3rd	Irish Pub Punk Team
4th	Crusaders Dragon Boat Club

NOVICE CHALLENGE - FINAL POSITIONS

1st	Kendra Warriors
2nd	Blue Steel
3rd	Dublin Vikings
4th	Plurabelle Paddlers
5th	Boats & Hose
6th	Donegal Bay Rowing Club

Inflatable Dragon Arch

7th Blue Wave Dragons
8th Carlow Dragons
9th Cork Dragons
10th Pure Belles
11th Coworkinn Comet
12th Jones Engineering Group
13th The Bons
14th Cool Runnings
15th Liquorice Allsorts
16th Joey's Splashers
17th Waterford Dragon Warriors
18th School Street Valhalla
19th Baby Boat
20th Suir Dragon Paddlers – CRC
21st Plane Sailing
22nd Beacon Boat
23rd D4 Mamas
24th Europa Donna Dragons

Blue Steel

Plane Sailing

BREAST CANCER SURVIVOR'S CHALLENGE

1st Plurabelle Paddlers
2nd Cork Dragons
3rd Pure Belles
4th Waterford Dragon Warriors
5th Suir Dragon Paddlers - CRC

Fastest Women's Crew Overall GB Slayers
Team Raised Most Money For Charity D4 Mamas
Best Fancy Dressed Team Plane Sailing
Squidgy Dragon Award Irish Pub Punk Team

FINAL POSITIONS – SUNDAY, 14TH SEPTEMBER 2014

INTERNATIONAL CHALLENGE – FINAL POSITIONS

1st A-Team Dragon Boat Club
2nd Irish Pub Punk Team
3rd GB Slayers
4th Crusaders Dragon Boat Club
5th Plurabelle Paddlers
6th Team Ireland

A-Team Dragon Boat Club

NOVICE CHALLENGE - FINAL POSITIONS

1st Suir Things
2nd Dublin Vikings – The Avengers
3rd Google 1
4th BOB
5th Castleknock College Teachers
6th Google 2
7th Murphy's Law
8th The Paddling Centre
9th The Sportsing Team
10th The Supremes
11th Talla Water Babes

Liquorice Allsorts

UNDER 18'S CHALLENGE - FINAL POSITIONS

1st Knock Students
2nd Ardscoil Adventurers
3rd Muckross Dragons
4th Muckross Paddlers
5th Joey' Paddlers
Team Raised Most Money For Charity Google
Best Fancy Dressed Team Talla Water Babes
Squidgy Dragon Award Linda Barry

SO WHY CARBON PADDLES?

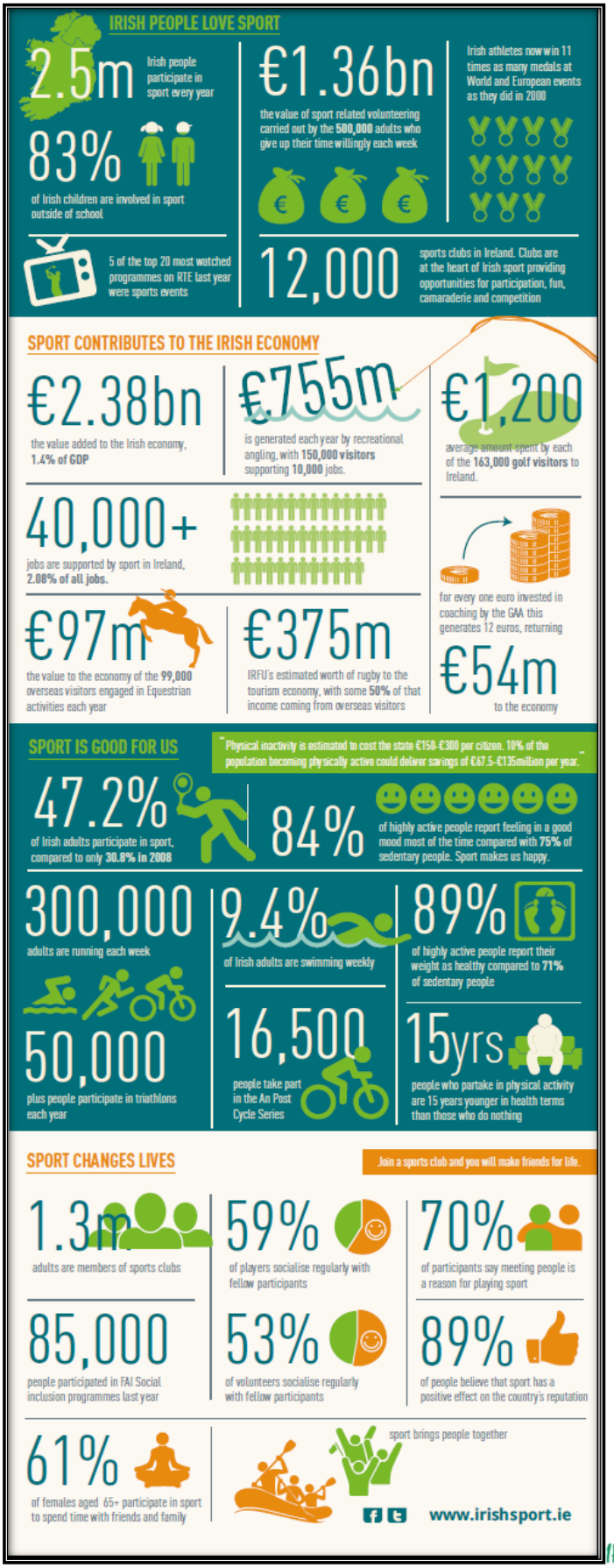
For those of you newer to the sport, it perhaps hasn't even come into your head about the type of paddle you are using. The paddle is basically an extension to your arm and is the most important equipment for a dragon boater. For new crews to the sport we recommend the standard plastic paddles as the team needs to develop its accuracy with timing first; but once this has been mastered it is time to look at other ways of improving the team through quality equipment.

So why are the more experienced paddlers using carbon paddles?

- The carbon paddle is lighter in weight; therefore allowing a faster recovery plus less energy is wasted lifting it through the recovery phase of the stroke.
- Carbon is a more rigid material so as you hit the water it maximises the transfer of power.
- The sharper blade edges on the carbon paddle allow it to enter the water more cleanly and efficiently.
- Generally the handles on the carbon paddles are more ergonomically designed to suit the shape of the top hand, so are therefore more comfortable to use.
- Carbon paddles come in varying lengths to suit the seated height of the paddler.
- A carbon paddle is a more durable material than a wooden paddle.

As the sport moves on here in Ireland, we too as paddlers need to move on and engage any advantage to us by improving the equipment we use as well as our fitness and technique.

WHY IS A BOAT CALLED SHE?

A boat is called a "she" because there is always a great deal of bustle around her; there is usually a gang of men about, she has a waist and stays; it takes a lot of paint to keep her good looking; it is not the initial expense that breaks you, it is the upkeep; she can be all decked out; it takes an experienced man to handle her correctly; and without a man at the helm, she is absolutely uncontrollable. She also shows her topsides, hides her bottom and when coming into port, always heads for the buoys!

IRISH SPORTING STATISTICS!