



## Perth Pirates Newsletter

*Pirate Pride! Pirate Power! Pirate Passion!*

**August 2011**

### **1. Wherefore art thou Pirates?!**

OK.

We know it's winter. We know it's cold. We know it's very nice staying curled up in your Snuggie and watching MacGyver re-runs on free-to-air.

But we also know it's much nicer sweating and puffing away with 20 of your Pirate mates as you hit the water for training!

Spring is going to spring upon us very soon and we will need to get into shape and condition for the long-haul events of Bridge to Bridge, followed by the regatta season starting on 13 November.

Training is still on Tuesdays at 5.45pm for long runs and Sundays 9am for technique - still followed by coffee! Thursday trainings will start up again in a few weeks.

So get your layers on and come on down to the club. If it does happen to be torrential rain, **STILL COME TO TRAINING**, as we have some new fitness gear, weights etc to do some dry-land training sessions in the comfort of the bar. Cross-training is an important part of your paddling strength and fitness and it will be good to get into the habit.

### **2. New Toys!**



**Kayak Pro** – no it's not an odd name for a hooker who does odd things with paddles

Pirates have invested in a Kayak-Pro, which is a snazzy kind of ergo machine tailor-made for dragonboaters. We'll be using this throughout the system to test cardio levels, and power-to-weight ratios. This will be a great tool to measure your progress throughout the season.

Removal of semi-naked man before you sit on it is optional.

*How 'about **dem** abs?*

**Stroke Coach** . tee hee!....ok this is getting silly now.

A stroke coach ( a very special watch thingy) helps the stroke so that they can visually see the stroke rate reflected as a number. Cap'n Steve thinks we will all benefit from it we can record performance increase endurance and technique.

Get to training to see how this little sucka works.

### **3. Pirates AGM – Sunday 21 August at 11am**

Don't forget, if you only attend one Annual General Meeting this year, then the fabulous Pirates Annual General Meeting is the one to attend!

We will have normal training from 9am to about 10.30am, giving us time to change, and dab on some eau de cologne for the meeting start at 11am.

The committee positions of Vice-President, Team Manager and Treasurer are up for re-election.

If you are interested in putting your hand up for any of these Committee positions, please feel free to chat to any of the Committee members or give Dom a call on 0417 986 281.

Nominations for positions will be circulated next week, if you cannot attend but would like your vote to count, please send through your proxy form to Club Secretary Sue Akerstrom on [suziq@iinet.net.au](mailto:suziq@iinet.net.au) prior to the meeting.

The meeting will be followed by complimentary pizza. So please make it on down for the meeting, to catch up with all your Pirate buddies and to check out the new paddling toys!



### **4. Upcoming Events**

#### **30 October – The Bridge to Bridge Classic.**

About 12km of distance paddling from the Narrows up to the Left Bank in Fremantle. A mighty incentive destination for a Pirate!

#### **13 November – First Grand Prix Regatta**

The first regatta in the DBWA Grand Prix season. There will be 10s and 20s racing, and of course the lovely 2000m dash. Pirates need to be ready to send out a big message in the first regatta so get ready to bring it!

**27 November – Rotary Club/Telethon Corporate Regatta.** Held just around the corner from our home turf at Riverside Gardens, Bayswater, this event will see club vs club racing, plus corporate racing.

Plus Fat Cat. Yeah . Fat Cat. Mreow!



*Fat Cat's power-to-weight ratio needed some work*

## 5. Winter paddling quotes



Eddie to Captain Steve: %ou are the only man now that gets my heart rate up and steams up my glasses.+

Nuff said.

Really.

*Mental note – rebrief crew on boat safety techniques*

## 6. Thought for August

A pirate is for life, not just for Christmas.

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