



## Perth Pirates Newsletter

*Pirate Pride! Pirate Power! Pirate Passion!*

**November 2010**

### 1. *Message from the Coach*

The Pirates can expect a different kind of training plan for this 2010/11 season. Last year was quite grueling, with plenty of hard training sessions (hail the sea anchor!), race starts and intense regattas. This season there will be a focus on building our base fitness and good technique, with an aim to reach peak performance at the end of the season... just in time to win some bling at the States and Nationals! The coaching course in September provided plenty of good information about the body's energy systems, and the goal is to use this knowledge to ensure paddlers are appropriately challenged to build their strength and stamina with minimal risk of injury.

It is important to realise that each training session has been designed with a purpose in mind, and simply having a 'hard workout' is meaningless if one doesn't have the proper technique to effectively transmit the power in the body to one's paddle. Furthermore, the application of significant power without good technique can result in injury, hence the reason why race starts have not been fully incorporated into the training plan as of yet. The chance of injury increases when power is applied without proper technique -- improperly executed race starts could lead to injury, as significant stresses are exerted on the body during those initial strokes. To be sure, race starts will be incorporated into training when the team is ready!



*Steve considers a new sea anchor*

Dragon boat races are not won by sheer strength alone, they are won by a combination of teamwork (i.e. good timing), technique and focused concentration. While working to improve our stamina and technique, we also need to practice staying focused with every paddle stroke. This will help give the Pirates a competitive edge, as the team will become more in-tune with one another and start working in unison, not only in timing, but in knowing when to power up, lengthen the stroke and apply other race strategies. This year, let's make sure the Pirates are a force to be reckoned with at regattas!

### 2. **Bridge to Bridge 2010**

In a fabulous display of above-water expertise, the Pirates ( plus four dynamic Amazon ring-ins) took on the Bridge to Bridge this year and flew to the Left Bank in a great time of 1 hour 12 minutes . great stuff!

Well equipped with electric bilge pumps installed by Gary McKiwi and Lunge-Bob Squarepants, we were ready for any conditions that the Swan River decided to throw at us. Unfortunately the Swan couldn't prevent the peckerhead from a surfboat almost steering into us twice, but as mighty ARGGHS of warning issued from the Pirate crew, we suffered no harm.

Well done to everyone for putting in their all . every time Madame Lash the sweep demanded a lift, the whole crew rose to the occasion . and that is what this Club is all about. And a **huge thanks** to the ladies from the Amazons for being part of the crew . we loved having you on board. Go Pink Power!

### 3. Pirates at the Nationals 2011



OK guys - the Pirates are going to Disneyland!

Well..Canberra at any rate for the Australian Dragon boating Championships 2011 from 30 March to 2 April 2011.

Time to block out the diary, ask for leave and book the budgie in the kennel.

To give you an idea of costs, it will be around \$60 each per night for accommodation ( already booked), around \$800 return for flights ( although we will try for a group discount), plus entry fees and other bits. If you work on around \$1200 or so that should be about right. We have already had some great sponsorship support from mighty Pirate Sam McPhee and you will see some other fundraising efforts throughout the year and so this cost will definitely come down for everyone.

You will need to budget for your own food, drinkies and bail if required.

So far, the following Pirates have said that they are keen to go to the Nationals: Shitzu, Anne, Peta, Edie, Lyn, Linda, Helen, Gita, Dom, Aly, Kristin, Steve, Vic, Gary McKiwi, Stu G, Lungebob Squarepants, Rod and Hugh

So if you reckon your name should be there or you are interested and haven't said so, please let Kristin know. It doesn't matter if you've only just started paddling, the Nationals are a great experience for everyone.

ARGHH ON (as we tend to say)

### 4. Regatta Dates for 2010

**Sunday 14 November**

**First Grand Prix Regatta at Champion Lakes**

\*\*\*If you are planning on paddling in this first regatta, please **email Kristin at [kpriest@inet.net.au](mailto:kpriest@inet.net.au) as soon as possible** so we can plan for races. This is really important guys . DO IT!!

**Sunday 5 December**

**Second Grand Prix Regatta at Champion Lakes**

### 5. 2010/11 Membership – SIGN UP! SIGN UP!

Your Pirate membership fees ARE NOW DUE! This fee includes your DBWA membership and membership to the Maylands Sport and Recreation Club. This is just fabulous value for money. You MUST be a member to paddle and be insured, and to be able to paddle in the regattas.

#### *Full Year*

October to September inclusive . 12 months \$215.00

#### *Long Summer*

October to March inclusive . 6 months \$155.00

#### *Short Summer*

Feb to April inclusive . 3 months \$100.00

#### *Long Winter*

Feb to October inclusive . 9 months \$180.00

#### *Short Winter*

May to October inclusive . 6 months \$120.00

## 6. Happenings at the Maylands Club!



Every Friday night, the Club is putting on meals from 6.00pm to 8.00pm, along with entertainment and pre-GFC prices!

Grab some Pirate mates, other mates, street hobos or anyone else and book a table so you don't miss out!

Email [maypensport@bigpond.com](mailto:maypensport@bigpond.com) or phone 9271 1377

*Maylands Meal – Fun on a plate!*

## 7. Ho! Ho! Ho!

No, it's not three hookers in a row, it's the Pirates Christmas get-together.

To keep things simple, we have booked a space at The Royal in East Perth from 6pm Sunday 19 December. It will be grab your own food and nibbles and we can just chill out together pre-Christmas!

So lock the date and time in your diary before the silly season gets really silly!

## 8. Thoughts for November

*Why is the Lone Ranger called 'Lone' if he always has his Indian friend Tonto with him?*

*Why do super-heroes wear their underwear on the outside of their clothes?*

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