



Perth Pirates Newsletter

Pirate Pride! Pirate Power! Pirate Passion!

November 2011

1. Upcoming Events

Bayswater Community Fair – Telethon Event – Sunday 27 November

Q. What is more fun than dragon boating with the Pirates?

A. Dragon boating at the Bayswater Community Fair with Fat Cat!

This regatta will be held on Sunday 27 November 2011 - just up from our home base at Riverside Gardens. So a great opportunity to recruit a few more members.

It's held in conjunction with Rotary and also supports Telethon. It's also part of the Telethon Teddy Bears Picnic and we know Pirates love furry stuffed things!

There will be club vs club racing and so this will be good race training session for us.

We'll meet at Pirates Club at 8.00am along with all the other DBWA crews to paddle the boats up to Riverside Gardens. Racing commences at 10.15am and will run until around 2.00pm.

There will be plenty of activities, food and entertainment all day, as well as the racing.

Could everyone who is interested in paddling in this fun filled event please let Courtney know by this Sunday 20th November.



Pirates and Teddies?

Grand Prix Regatta #2 - Sunday 11 December

The next Grand Prix regatta is on Sunday 11 December 2011 at Champion Lakes.

Even if you've only been paddling for a short time, please put your hand up to race on the day. It's a great experience and you don't know dragonboating until you've experienced the thrill of a full-on race. All the new+guys did an amazing job at the first Regatta!

VERY IMPORTANT BIT! - If you would like to paddle in this next regatta, you must, must, must advise Kristin or Courtney by **Tuesday 29 November**, letting them know your preferred side/s and weight. **This is the absolute cut-off date.**

Why are we putting these bits in bold? This gives Captain Steve time to work out the crew lists. Working out categories, weights, sides for each crew literally takes hours and hours of work. He is doing this to get the boat as perfectly balanced as possible to get our boats in the best position to compete. It will also give us a chance to train in our crews and seats in the leadup to the regatta. Again giving us great preparation.

So, please, please do your bit as a Pirate crew member and let us know if you would like to paddle in the next regatta by this date. The more Pirates competing, the stronger we will be.

Pirates Christmas Do – Sunday 18 December

Pirates love a good ho and so we'd be gathering for some Christmas cheer on Sunday 18 December.

Mark it on your dance card to be at The Royal in East Perth from 1pm!



2. Event Wrap up

Well the last month has seen Pirates in more events than CHOGM. Check these out!



Bunnings BBQ

A **huge** thank you to all the volunteers who helped out at the Belmont Bunnings sausage sizzle on the 29th October and to all the onion choppers. We fund raised almost \$800.00 on the day and gained some good exposure for the club by handing out Pirate flyers to the shoppers. We did run a little short of onions due to Ange bringing down a bag of spinach from her fridge instead of the onions she had chopped up the night before, but made up for it with her mammoth supervisory role for almost the whole day. Well done, volunteers.

Bridge to Bridge

Come on - Who would **not** be looking forward to and wanting to participate in the 2012 Bridge to Bridge paddle? This year, the Pirates completed the 12 km paddle in a powerful 1hr, 9minutes and a few seconds, with Captain Steve yelling encouragement+the whole way. Ah, that melodic voice for 12 kms.

You got us there, Captain Steve without the loss of one paddler overboard and for that we are grateful. Lets hope next year the **whole** team can stay on their feet for the sand bar crossing....

Boddington

Although the weather conditions proved unusually wet and chilly for the participants at the Boddington Festival Regatta, the ten Pirates that attended enjoyed the afternoon where they teamed up with paddlers from Forza for a first place and two second places. The afternoon was topped off with a drink or two at the salubrious Boddington Hotel, known locally as 'the Bodd+' (need we say more?) where a couple of Pirates almost dozed off in the too comfy lounges whilst listening to old Keith's jokes. All in all, another enjoyable Boddington trip for the Pirates.

Mercedes Regatta

150 Year 10 girls descended upon the Pirates for their 11th annual inter-house regatta. We eventually managed to convince them that excessive squealing does not make you go faster - sorta. The paddling wasn't exactly pretty, but there was plenty of heart and once some of them realized that you may get splashed during a water sport, there were a lot of happy faces.

This was a great day and a great fundraiser for Pirates. Big thanks go out the Pirates that took the day off to help make the day run smoothly, whether on the shore or in the kitchen: Jane, Ange, Jan, Ray, Lyn, Timmy, Garry, Steve, Curly Sue, Alan, Rekha and Graeme. We hope your ears have recovered.



Grand Prix Regatta #1

The Pirates had a fabulous first regatta last Sunday . taking out the Premier Mixed 10s over 200m, scoring some top 3 finishes in women's and open 10s and a strong fourth in the mighty 2000m.

A huge thanks to Graeme for acting as Team Wrangler for the day . his efforts kept us all on track and Pirates were remarkably organized! Love your work! And thanks to Jan Crow and Cobby for coming out to help as vollies

And another big cheers to our Treasurer Curly Sue, who has spent countless hours arranging all of the paddler registrations, payments to ensure we Pirates are all legal-like and registered to paddle. Thanks miss!

3. Training

Well our first regatta showed that all the effort put into technique has given us a good start to the season . we'll continue to build on technique and now building fitness is important - especially as we venture into the 500m races.

At the training sessions we'd like you all to try paddling on both sides . unless you have a particular injury, being able to paddle on both sides creates more flexibility when seating the boat. Yes, you may have a preferred (or less Gumby) side, but at least training on both sides will build your strength up evenly. The ergo testing will also be done on both sides.

And just to note **We still train, even if it is raining!** We may still go out on the water, or use the Kayak Pro for ergo training and testing.

The December regatta will again see boats put together to give everyone a good opportunity to get some racing in. In the new year, we will start to move to selecting A and B boats as we lead into the State Championships in March . with a goal of winning some bling!

How are teams selected? It is based on a few things . your ergo results, attendance at training and the Coaches evaluation of your effort and technique on the water at training.



The ergo will be out at every training session, so before or after training, jump on and test yourself . your results will be recorded and this will also give you something to aim for personally.

It's now also time to get some cross-training in to add that extra bit of zing! Cross training helps to: Reduce your risk of injury and improve your performance with additional training. Here are some suggested options to get you started:

What	Description	How many?	When
Swimming	Preferably 50mtr pool	Start with 4 laps and build to 20	3 times a week
Core strength	Plank, push ups, squats, balance ball etc..	3 x 20 reps	3 times a week
Shoulder strength	Resistance bands/cords front raise or rotator cuffs	3 x 20 reps	3 times a week
Walking	Fast pace	40 min	As often as you can
Exercise	Just keep yourself active!		As often as you can
Nude Boot-scooting*	You need a reason?	43 Dosy-Dos and 18 twirls	As often as is legal

4. Fabulous New Pirates Website

A huge Pirate ARGHH and thanks goes out to our own Christian Mueller for kindly revamping the Pirates website, with generous sponsorship from his company Civitas.

Check it out at www.perthpiratesdragonboatclub.com.au

5. A-Recruiting we will go!



Now that the sun is shining more regularly, it's a perfect time to grab your friends, colleagues, friends and possibly complete strangers and to convince them to try dragon-boating!

We have Pirate flyers and business cards in the office at the Club . please grab some and get them up in your local library, gym, pole-dancing club or supermarket notice board.

You never know, the next tall, dark, handsome, possible axe-wielding stranger could be the next Pirate stroke! Or possible is just an axe-wielding stranger.

In which case you will be thankful for doing the cross-training mentioned above so you can RUN AWAY!!!

6. Welcome to new members

A hearty Pirate ARGHHHH of welcome to the new paddlers that have joined us over recent months: Sandy, Andre, Mel, Sara, Mark, Dave, Jane, Marion and Rekha. Great to have you all as part of the Pirate Crew.

Welcome aboard! Don't say we didn't warn you!!

Congratulations also to new member Rekha . who tied the knot in marriage this week . wed call ya Missus now!

7. Thought for November

If you choke a Smurf, what colour does it turn?

**Note – nude boot-scooting may not actually improve paddling performance*

Perth Pirates are proudly sponsored by:

Platinum



Gold



Silver

