

AMAZON MONTHLY MEMO

Spring 2013



DATES FOR YOUR DIARY

Sunday 3rd November 2013: Busy Bee at MSRC from 10am talk to Judith if you can help.

Sunday 10th November 2013: Grand Prix regatta #1 at Champion Lakes.

Sunday 8th December 2013: Grand Prix regatta #2 at Champion Lakes.

Saturday 21st December 2013: 'Tinsel Up' for the annual Festive Paddle

Tuesday 24th December 2013: Festive Break

Thursday 26th December 2013: Festive Break

Saturday 28th December 2013: Usual training

Tuesday 31st December 2013: NYE Break

Thursday 2nd January 2014: Usual training

Sunday 19th January 2014: Grand Prix regatta #3 at Champion Lakes.

Sunday 9th February 2014: Grand Prix regatta #4 at Champion Lakes.

Weekend 1st & 2nd March 2014: Bunbury event

Weekend 29th & 30th March 2014 – (BOTH DAYS) State Championships at Champion Lakes.

October 2014: International Breast Cancer Paddling Commission (IBPCP) Participatory Dragon Boat Festival – Sarasota, USA.
Expressions of Interest ASAP to Jan L or Susan T



The Amazons team at the 14th Australian Masters Games in Geelong October 2014. It was a fabulous event and we raced extremely well against the other teams over Sunday and Monday.

We won 'Silver' in the Masters 20's Women's category. This was an outstanding result and was one in which the whole team could share the glory. You can see the pride in each and every face.

MINI FIELD OF WOMEN: RIVERSIDE GARDENS



Despite inclement weather forecasts Saturday 19th October saw the Amazons pinked up and prepared for a long paddle to Riverside Gardens to participate in the BCNA Mini Field of Women (MFOW) fund raiser for breast cancer.

On the way we learnt a new Amazon song, as penned by our own Madam Ex. It was a great tune for paddling and ensures we know our roles in the boat. Ah Hum!

We participated in our annual MFOW over coffee and cake, supplied by Giorgia of Cool Breeze Café supplemented with further goodies from Amazon volunteers.

Thanks go to our shore crew led by Volunteer Gayle. \$339.65 was raised for BCNA.

WE CAN PADDLE ON ANY DAY ARH HUM

To the tune of:

"A frog went walking on a summer's day. Arh Hum".

We are pink and we paddle strong. Arh hum, Arh hum
 We are pink and we paddle strong Arh hum, arh hum
 We are pink and we paddle strong, if you like our song
 then sing along
 Arh hum, arh hum, arh hum arh hum arh hum

22 Amazons in a dragon boat. Arh hum, arh hum
 Repeat. Repeat
 22 Amazons in a dragon boat and if we stay in time
 we'll keep afloat. . Arh hum...

The Heads & Tails make it look great. Arh hum arh hum
 Repeat. Repeat
 The Heads and tails make it look great, a mystic guide
 to protect our fate. . Arh hum.....

The drummer at the front sits tall & proud Arh hum ...
 Repeat. Repeat
 The drummer at the front sits tall and pround and bangs
 that drum nice and loud. . Arh hum...

The seats in the front, they set the pace. Arh hum...
 Repeat. Repeat
 The seats in the front they set the pace and if we stay in
 time, we'll win this race. . Arh hum...

The middle of the boat is the engine room. Arh hum...
 Repeat. Repeat
 The middle of the boat is the engine and if they fire up
 we will ZOOM ZOOM ZOOM . Arh hum...

The folk at the back will pull us through Arh hum...
 Repeat. Repeat
 The folk at the back will pull us through, if they go too
 strong, we are in Timbuktu. Arh hum...

The Sweep at the back can yell and scream. Arh hum...
 Repeat. Repeat
 The Sweep at the back can yell and scream as she is
 part of our winning team. Arh hum...

The time has come for our song to end. Arh hum...
 Repeat. Repeat
 The time has come for our song to end but if you want
 we can start again. Arh hum...

FROM THE COACHING TEAM:

We've spoken about 'visualization'; which is a great strategy. You can read a lot about it if you wish to find out more (See 'Mr. Google'). We've decided to apply it to our training regime.

Some time back I watched a program about a gymnast who wanted to do a double turn on the uneven bars and kept missing it. She got a special coach and he lifted and rotated her through the action successfully, then she went away for some weeks ONLY visualizing the move. When she came back to physically do it she was successful!

We decided to get involved in visualization.

At the last training after our 200m race we sat with paddles flat and held onto the 'feeling' of the race so we could visualize it again. Sweep Deb talked us through it... "5 big ones.... 15 at a lift... paddle long and strong... blades angled forward... high inside arm etc" ... for the approx 60 strokes required for the 200m... with a home call. We want it to be just under a minute (because that's our time to beat)

Here's the individual Paddler commitment part....

We ask all Paddlers to spend one min in the morning and one min in the evening to sit in a quiet place, set your egg timer to one minute and visualize the 200 m race with Amazons breaking the elusive one minute barrier. I know we are time poor... but 2 minutes of dedicated focus each day is great brain training for the November regatta!

MOSQUITOES

Given the intensity and ferociousness of the current mosquito population and risk of Ross River Virus, here's a further reminder to ensure you take adequate action to protect yourself from bites, please cover up and/or apply repellent.



Amazons Perth Dragon Boat Club
 50 Clarkson Road, Maylands.

Training: Tuesday & Thursday at 5:30
 Saturday at 8:00

We're on the Web!
www.amazonsperth.com.au