



Amazon Monthly Memo

February 2014

Dates for your Diary

Saturday 1st March 2014: Bunbury Aqua Spectacular and overnight sleep over

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

Weekend 4th & 5th April 2014: 'girlie weekend' at Jan's Preston Beach Holiday House. You can stay 1 or 2 nights.

Weekend 16th – 18th May 2014: Denmark Marathon

Saturday 28th June 2014: End of Season Wind-up

June 28th to August 2nd: End of season break from paddling.

October 2014: International Breast Cancer Paddling Commission (IBCPC) Participatory Dragon Boat Festival – Sarasota, USA. Talk to Susan T as there's still time for you to join in this great adventure

Board Meetings 8th March, 5th April, 10th May, 7th June

A Special Mention...

President Angela recently received notification that Deb and Jennie have now been appointed as joint DBWA sweep assessors.

This will increase the number of assessors available for north of the river and other areas.

BreastScreen Info via Jen H

The following link may be useful for those already attending, or those planning any future appointments with BreastScreenWA.

Online appointments are available for BreastScreen WA clients or new clients aged 50 years or over, who live in the Perth Metro Area, have not had a mammogram in the last 12 months, and have no new breast health symptoms or special requirements. Appointments are available between 3 days and 8 weeks from the time of the booking.

BreastScreen would like to speak with you before you book an appointment if you have had a mammogram in the last 12 months, have implants, a new breast symptom, a disability or you require an interpreter for your appointment.

Phone: 132050

www.gobookings.com/ClientApplication/BSWA



Amazons paddle past the tower at Champion Lakes. Thanks for the photo Judith.

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



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Heart Foundation Info via Barb

The Australian Government last week released new physical activity and sedentary behaviours guidelines, these and a range of supporting resources and FAQ documents can be found at:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

There are different guidelines for different age groups. The key recommendations for adults aged 18 – 64 years are:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
 - Be active on most, preferably all, days every week.
 - Each week Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities.
 - Do muscle strengthening activities on at least 2 days each week
- Sedentary Behaviour Guidelines**
- Minimise the amount of time spent in prolonged sitting.
 - Break up long periods of sitting as often as possible.

Take a look here at these some resources from the Heart Foundation – click onto - [Sit Less, Move More Info graphics and Sitting Less Guidelines for Children and Adults](#) scroll down the pages on the link to see these two documents and many more useful informative tips on Active Living!

The Penguin Shuffle: Amazons will use any strategy to combat the biting wind at Champion Lakes.



From the Fundraising and Social Committee via Jan

Amazons will be holding a gourmet bacon and egg burger stall at the Cedric Street Markets on Sunday 9th and 16th March. Funds raised will be split between the club and the team travelling to Florida in October. We need 4 volunteers for each date so if you are able to help out, please let Jan or Susan T know ASAP.

Sunday 9th March - Susan T, Mel, Jan + 1 volunteer
Sunday 16th March - 4 volunteers needed

Thank you to the 3 lovely Amazons who have offered their houses for our end of season get together on Saturday 28th June. We will let you know when and where a little closer to the date... who knows, with 3 willing volunteers we may even look at having a progressive dinner!

If you'd like to do something a little different this Mothers Day instead of the obligatory cold cup of tea in bed, why not join your Amazon buddies and their family/friends at the Mothers Day Classic 2014. The event is a 4 or 8 km run or walk around Langley Park with all funds raised supporting National Breast Cancer Foundation. If you'd like to join Jan, Angela and their children on the day, simply register online at <http://www.mothersdayclassic.com.au> Choose the Perth location and nominate to join Amazons Perth Dragon Boat Club. The web page is simple to follow. You can purchase a t-shirt at registration or wear your Amazons shirt to the event.



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Please feel free to register your family and friends as part of our team as well. We are looking forward to having a good show of "Amazons" at this worthwhile, fun event. Early bird registrations are open now so go online today and get registered.

October is Breast Cancer Awareness month and we traditionally hold a Mini Field of Women event to support BCNA and NBCF. As many of our survivors will be in Florida in October, the Fundraising and Social Committee is planning instead to hold a "High Tea" event in August close to Daffodil Day (to support the Cancer Council). More details should be available soon.



NBCF raises funds and allocates these for ongoing and cutting edge research. Research highlights for November 2013 to February 2014 have been released and include details re the benefits of exercise whilst taking breast cancer drugs, a microscopic camera to detect tumours during surgery and the latest on lymphoedema and compression garments.

There are many other studies which make interesting reading. If you wish to read the full document, contact Jennie

From the coaching team

The State Titles are just around the corner. We have arrived at the very pointy end of the season. While we are fit, honed and toned there is still time to tweak some improvement. We have the rest of February and most of March to get as much training in as possible.

Your coaching team is experimenting with different Strokes and different seating with various Paddlers to ensure we get the best possible performance. Our aim for these State Titles is a Medal. Fitness and technique will pull us through and that is what we will be focusing on for the remaining time leading up to the State Titles. Thank you all for the support you have given us while we experiment with these changes. We have made such enormous progress. Remember when we

finished six boat lengths behind the last boat? Remember when all the other teams formed a guard of honour and clapped us just for finishing our first 2000 metre race? This doesn't happen anymore because we are right up there, breathing fire down their dragon tails!

The testing for the Competitive 10s Squad has had its ups and downs but we reckon we are on the homeward run now for team selection using all the available data. It's been a great learning curve for us coaches and the experience gained will serve us well into the future. Thanks for your continued support during this time.

Now it is onwards and upwards to the State Titles. We will be urging more hinge and more twist and like the wonderful Amazons you are we know you will rise to the occasion.

You never know when special friends will join us on the water.

This was the case on Saturday 15th February when dolphins came to play near our boat launching beach



Blast from the past: do you know these Amazons?



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