



Amazon Monthly Memo

January 2014

Dates for your Diary

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

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

Sunday 23rd March 2014: Chinese New Year Celebrations, 9am to 3pm Riverside Drive, Perth. (More details to follow)

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 (IBPCP) Participatory Dragon Boat Festival – Sarasota, USA. Talk to Jan L or Susan T as there's still time for you to join in this great adventure

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

Thanks from Zonta

I have taken 5 large bags of toiletries to Zonta for the women's refuge. These were gratefully received, so many thanks to all who contributed items. There is an ongoing need for new items of toiletries, towels, single sheets and clothes for women in crisis. Please continue to bring your donations for this Zonta initiative. Andrea

Fun & Fundraising from Jan

There have been some changes to the proposed "End of Season Wind -Up Weekend" at Preston Beach. The weekend (4th and 5th April) at Jan's holiday house is still on but will now just be a "girlie weekend" away for anyone who would like to come....think cozy pj's, good food, good wine, good friends, not so good sing-a-longs etc. Details of what to bring and where to go will be sent out closer to the date.

The clubs Award Night will now be tied in with the end of season break to be held on Saturday 28th June. We are seeking the offer of a club member to host the night at their house. All you need to provide is the location for the function to be held and the social committee will sort out the food requirements etc. Please speak to Jan if you'd like to offer your house for this event.

The very lovely Tanya has managed to secure a fundraising venture for our club at the Cedric St Markets selling gourmet bacon and egg burgers. Once details and dates have been finalised, we will be seeking some volunteers to help (wo)man the stall for a few hours on a Sunday morning.

Mel is currently storing some raffle items for the club and due to lack of storage space; she is seeking someone else to take these on. If you have a spare cupboard that would be suitable, please contact Mel directly.

The F & S committee welcomes new ideas from club members about events and activities that you'd like to see take place. Practical help and action for these ideas and thought would really be great too. Please have a chat to Sue H, Susan T, Kathleen, Pam, Mel or Jan if you have a brilliant idea that you'd love to co-ordinate or a very rich uncle who is looking for a group to sponsor!



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From President Angela

The board has been meeting regularly and discusses a range of issues that relate to club business. Anyone is welcome to sit in on a board meeting to get more of an understanding of what is discussed. Please note the following:

The team have expressed an interest in purchasing new boats and we are waiting to hear back on final costs. We will also be selling a boat to further subsidise new boats.

The club is financially viable and is well managed by our Treasurer Susan Troncone.

Judith is compiling information on regattas nationally and internationally that Amazons are eligible to participate in. This will be discussed throughout the year with a view to planning for a 2015 team travel event – we will keep you posted.

Dom from Pirates has kindly offered to assist us in holding Corporate Events to support club fundraising. The board is keen to work with Dom and feel it is a great opportunity. Discussions and planning are underway and we will keep you posted once we know more.

A new club banner has been suggested and Angela will follow up with this once the regatta season has finished.

Competitive 10's training is underway and our coaches are very busy with club competition and additional comp 10's training.

Storage space for Dragon boaters and Outriggers has been identified as an issue

Discussions and planning are underway to address the issue.

If you have any questions about the above or any other board issues please don't hesitate to talk to me, Angela or any other board members.

From the Coaches: Deb, Marg & Jenn

We have been really impressed with how our Amazon Paddlers have stepped up to meet the challenge of recent training sessions. This was evident in the training last week when two crews hinged and twisted for 9 mins of heavy duty paddling with the Drag Queens trailing behind. We've also been impressed to see times when every Paddler is on the ground as we build strength and flexibility in working those core muscles.

You would have noticed that we've been experimenting with different seating configurations and have been impressed with the way folk are keen to accept these challenges.

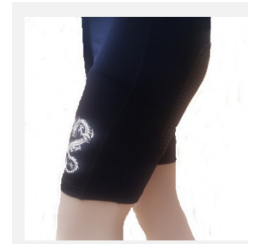
Now is the time for all Paddlers to really focus on technique consistency. We see great focus, set up, reach, twist and hinge at various times. Let's really concentrate on making this the norm for our paddling.

The February regatta is the last Grand Prix event as the final regatta for the season will be the State Titles, which are being held **on Saturday March 29th (10s racing) and Sunday March 30th (20s racing).**

From Merchandise Officer Andrea

If you want to order shorts or ¾ pants please email Andrea with your request.

If you find your waist and hips are in two different size categories then, based on experience it is recommended you go with the smaller of the two sizes.



Size	XXS (8)	XS (10)	S (12)	M (14)	L (16)	XL (18)	XXL (20+)
Waist	55 - 60cm	60 - 65cm	65 - 70cm	70 - 75cm	75 - 80cm	80 - 85cm	85 - 90cm
Hips	80 - 87cm	85 - 92cm	90 - 97cm	95 - 102cm	100 - 107cm	105 - 112cm	110 - 117cm

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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From Regatta Team Manager Angela

The regatta season is well underway, in fact more than half way through. Thanks to all team members for responding so quickly with attendance information when requested. It makes the job a lot easier.

Regatta Volunteers: As you know our club is required to provide volunteers for each regatta and again we are looking for volunteers for the Feb 9 regatta. If you or someone you know can assist please let me know as soon as possible.

Bunbury Regatta – Expressions of interest required.

The annual Bunbury regatta (Aqua Spectacular) is on again this year and will be in similar format to last year. It will take place on Saturday March 1, 2014 from 4pm to 8pm. We all get to 'glow in the dark' for the event. We have once again been offered the use of a house for Saturday night accommodation. This is due to the generosity of Barb's friends and always proves to be a fun night.

Please contact me (Angela) if you intend to participate in the regatta and whether you will require accommodation.

Denmark Marathon – Expression of interest

The Denmark Marathon paddling event will take place weekend of 17-18 May 2014. This will be a three day trip as it will require a day to travel each way and a day to participate. The feedback from other clubs is that this is a great event. It is a longer paddling event. We seek expressions of interest from club members, including sweeps, as to who would be interested in attending this event.

Please let me know as soon as possible if you are interested. There will also be a sheet in the sign in folder at training.

If you have any questions related to upcoming DBWA and other events please ask.

Thanks, Angela (Regatta Team Manager)

A Special Mention....

The National Breast Cancer Foundation (NBCF) celebrates its 20th year in 2014. The Patron's Awards celebrate individuals and organisations that have made significant contributions to the cause and will be held in Sydney on February 26.

Our very own coach and team member, Jennie, has been invited to attend this event and will receive an award. It is sure to be a wonderful event and Jennie will be attending with her husband, Rod, so that they can celebrate the award together.

Jennie will be presented the award by Sarah Murdoch (Patron of NBCF), which will recognise Jennie's ongoing contributions since 2005.

What a fabulous and well deserved opportunity for Jennie and on behalf of all Amazons, congratulations. We look forward to hearing all about it when you return.

Angela