

WELKINGER Dec. 3 2009 -
1ST HAVE-A-PAD DAY

social scene

Dragon boat paddlers on harbour

THERE was plenty of laughter and enjoyment among the large group who turned up for the Albany Dreaming Dragon Club's come-and-try day last Saturday.

Albany's newest club received great support with about 100 people taking to the water at various times in two boats brought to Albany for the occasion.

They were coached by members of Bunbury, Cockburn and Perth clubs who explained the paddling stroke, safety issues and how the sport could be enjoyed.

The boats, which hold 20 paddlers, a drummer and a sweep, are on loan from Dragon Boating WA.

One will remain in Albany and the other being taken to Denmark to generate interest in the sport there.

Albany's has a dragon boat being built from donated funds in China and this is expected to arrive some time next year.

Rick Salisbury from the Cockburn club said dragon boat paddling was the fastest-growing team sport in the world, with more than 50 million paddlers in 40 different countries.

The Albany club has been established by breast cancer survivors, evolving from the Encore program.

Saturday's event included cancer survivors, their family and friends.

One of the organisers, Jo Sharp, said a high level of fitness was not needed and anyone could take part.

"People not fit enough for other sports can do this," she said.

Training will take place at the Princess Royal Sailing Club on Tuesday and Sunday mornings from 8.30am.



● Paddlers enjoy the harbour.



● Rod Harrison (Bunbury) talking to paddlers.



● Jenny Ellis takes a group through a stretching exercise.



● Rick Salisbury shows Kathy Walker the paddling stroke.

COACHING SESSION WITH GARY
24th JAN. '10
social scene

Dragon ladies find new home

PLENTY has happened since a community gathering last September when the idea of a dragon boat club being established in Albany was mooted.

The aim of providing suitable exercise for women with breast cancer and their supporters led to the formation of the Albany Dreaming Dragon Boat Club.

Dragon Boating WA lent the fledgling club a boat and funds have been donated to purchase a new boat.

But more importantly, the club has found a permanent home.

It is now based at the Albany Boating and Offshore Fishing Club at Emu Point, with members having full access to the clubhouse and facilities.

The club routinely paddles each Tuesday and Sunday morning, meeting at 8.30am for a short warm-up prior to taking to the water.

Dragon Boat WA state coach Gary McDougall visited last weekend, helping club members improve their technique and generally give them the confidence to continue learning the sport and aim for races at future regattas in Perth.



● Lining up before entering the boat.



● Gary McDougall shows the best paddling technique.



● Club members grab a paddle.



● Off on a morning paddle.

