

DRAGON SPORT NEWS

the Emagazine for Dragon Boaters world-wide
Incorporating Dragon Boat International Newsletter

"An Independent Voice for Dragon Boat Sport"

April 2019 Issue No.8.
SPRING EDITION

DRAGON BOAT SPORT – PEOPLE PACKED SUMMER OR WINTER !!



News and views on the Sport. Info on the 2019 IDBF & EDBF Championships and Dragon Festivals around the world.

Photos by MARTIN FRANKLIN



A PICTURE PAINTS A THOUSAND WORDS

PEOPLE PACKED, TRULY A SPORT FOR ALL.



Photos by MARTIN FRANKLIN



crossbonepaddles Team Bakunawa -
Powered by Crossbone Paddles and Accessories!...



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Dragon Boating - the Mass Participation Water Sport for All Abilities and Ages “

HOT & COLD DRAGON BOATING !!



Queen Lili Adaptive Paddlers – Kona, Hawaii

Check out the QLAP's Facebook page. Are you either a paddler or involved with adaptive paddlers in some fashion or know of anyone who would like to paddle or be involved in some way. QLaps would like this to be a place where we can all meet and share ideas and experiences as well as coordinate crews for racing. They would love to grow this event so that there is more than one adaptive crew racing. **Kona is as close to heaven as you'll get without dying...**



FOUR BASIC RULES FOR DRAGON BOAT DRUMMERS

1. Always project your voice and calm authority



2. Always project your voice and calm authority, while clinging for your life to a drum



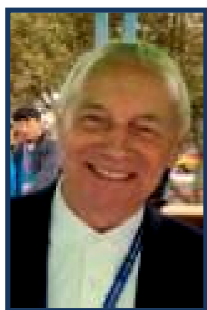
3. Always project your voice and calm authority while clinging for your life to a drum, and riding backwards on a tiny, slippery, rickety chair no human butt can fit on while yelling commands that paddlers roundly ignore



4. When all other rules fail: **cuss and throw things** (always aim for the head)



For the full "Drummers" story - see article from the Vancouver Dragon Boat Teams



WELCOME to Dragon Sport News, the E-magazine with news and views on all aspects of Dragon Boating and what people think and feel about it !
The Editor.

IDBF ELECTIONS – 26 AUGUST 2019, PATTAYA, THAILAND

By Mike MacKeddie-Haslam, IDBF Founder & Hon President

I can't claim to have started Dragon Boat Racing as an activity - that belongs to the Chinese and spans over 2000 years of Dragon Boat Festivals history but, as the person who formulated and established both the EDBF and IDBF, as well as setting up National Federations around the World and who wrote the Byelaws, Rules of Racing and the Competition Regulations for Sport Racing and having served as the IDBF Executive President and then President, for over 20 years, I can claim to be a 'Father' of the modern Sport. A fact recognised by both the IDBF and EDBF, when they accorded me the title of 'Founder'.

As the Founder of Sport Racing, I see my role as being one that protects the legitimacy of the IDBF, its ethos, Chinese culture and traditions and above all represents all those involved in our Sport, especially the 'paddlers', to make sure that their voices are heard and that democracy is preserved within our great Sport.

In this I will always look at situations from all sides, assess what is being done in the name of our Sport, criticise where necessary and put forward my ideas for the future for our world-wide dragon boat family.

Most of us are not much interested in politics and elect our politicians without much thought to their past record of achievements. We let them get on with things, whilst we get on with our own lives. The same is true of Sport. People just want to compete and don't think much about who is 'governing' the Sport or what they do.

2019 is election year for most of the elected IDBF Council Members, namely, the IDBF President, Mike Thomas, IDBF Treasurer, Alan Van Caubergh, who effectively run and control the IDBF, and the IDBF Commissions' Chair-holders. I believe that at every IDBF Member's Congress all IDBF Members should take a close look at those they have elected to govern our Sport. You get who you vote for and if you don't vote, you can't complain afterwards about things you don't like or when things go wrong.

A guide to the future, is to look at the past, so everyone involved in our Sport should ask "What has the IDBF done to advance our Sport, in the past 4 years ?" (Same question too, concerning the ICF !!).

So what issues should the IDBF Members' be discussing, before deciding at the 2019 IDBF Congress in Thailand, on 26th August, who they want to lead the IDBF for the next four years, that is, from 2020 to 2024.

Well, as the person who led the IDBF since its foundation in 1991 until 2016, it is difficult for me to make comment or advise on this without sounding over critical about what and how the IDBF has operated under the present IDBF President, Mike Thomas, my successor and long standing friend.

So to avoid this potential 'hot potato', may I summarise the work of the IDBF since 2016, by first saying that most of the projects that I started - the IOC Recognition process; increasing the number of IDBF Commissions; registering the IDBF as a corporate body, with legal financial protection for its Members; trying to resolve the ICF situation and developing the Para Dragons (Adaptive Paddlers) side of the Sport

Then the formal establishment of both the Breast Cancer Paddlers Commission and Ice Dragons Commission, within our Sport, with representation on the IDBF Council.

All of the above projects have been carried forward to a greater or lesser extent and with mixed results.

However, after many years of sustained growth in Membership, there have been very few new Countries admitted into IDBF Membership this past 4 years and on the political front, despite regular talks with the ICF, the unwanted incursion of 'canoeing bodies' into our Sport has become stronger, particularly in Asia, where the ACC appears dominant over the ADBF, where Continental Championships and Multi-Sport Games are concerned.

In Countries like, India, the Philippines, Japan and South Korea, the Canoe Federations are also in power struggles with their IDBF Member Dragon Boat organisations, as is the case also in Turkey and Egypt..

These situations have to be addressed by the IDBF as a matter of urgency, as they are having a damaging affect on the IDBF's application for individual recognition as an IOC International Federation.

From emails and comments I have received, from many in our Dragon Boat Family, communication and information between the IDBF and its Members and the promotion of the Sport, through the media and social media channels has declined sharply.

The development of the Coaches Scheme and the Sport in Africa, have both stalled too. It is more than 3 years since a crew or officials from Africa attended an IDBF Championships and no IDBF Delegation has visited Africa in that time either.

The IDBF Commissions have largely been inactive, except for the Adaptive Paddlers Commission and the Competition & Technical Commission, which seems to be working mainly through issuing communications on the rules & regulations, the race official's scheme and even the IDBF logo.

All of these issues should be fully, frankly and openly discussed before the 2019 Members Congress in Thailand. Remember **You Get Who You Vote For**.

For this reason I urge all IDBF Members to send Delegates' to the 2019 Congress, rather than send in a proxy vote or nominate another federation to represent you.

So be there but before then discuss things with your own Paddlers, get their views, share them with your own colleagues, other delegates and possible candidates for election and feel free to write to DSN and discuss your feelings and expectations – that is real Dragon Boat News



NOW FOR SOME REALLY GOOD NEWS FOR THE SPORT

DRAGON BOATING IN THE 6th ASIAN BEACH GAMES 2020, SANYA, CHINA.

IDBF President, Mike Thomas recently received the following letter from the President of the Olympic Council of Asia (OCA) informing him that the **"Sport Dragon Boat has been officially included in the Sports Programme of the Games"**.

The 6th Asian Beach Games will be held in Sanya, from the 28th November to 6th December 2020.

The Sanya Organising Committee will be contacting the IDBF in due course for the nomination of the Technical delegates and other officials for the conduct of the Games. *Sheikh Ahmad Al-Fahad Al-Sabah, President OCA.*



CHANGES TO THE IDBF DOMAIN NAME

International Dragon Boat Federation is excited to announce its new domain name - dragonboat.sport.

Links to the IDBF website that use the idbf.org domain will be automatically redirected to dragonboat.sport. Emails sent to IDBF via @idbf.org addresses will also be automatically forwarded to @dragonboat.sport.

Why the change?

The .sport domain is exclusively dedicated to members of the sport community. The change in the domain name gives IDBF the opportunity to have a greater degree of distinctiveness and visibility, reinforcing its global representation of the sport.

IDBF is a full member of the Global Association of International Sports Federations (GAISF) and is the 'World Governing Body of Dragon Boat Sport'. It joins many other high profile international sports federations in being a part of GAISF's .sport Pioneers and Ambassadors programme.

Comment, articles and pictures for **Dragon Sport News** should be sent to the Editor:

Tel: + 44 (0) 1243 862652. Email: mikehaslam@dragonboat.org.uk or mikehaslam@aol.com

Articles etc for the IDBF Newsletter, Long Zhou eNews, should be sent to the Editor, Email newsletter@idbf.org

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ALPHA SPORT ASSOCIATES

Mike MacKeddie-Haslam
34 Central Avenue, North Bersted
Bognor Regis, West Sussex,
England, UK. PO21 5HH

Tel: + 44 7910 200 331

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LIFE BEGINS AT ??? - for the Leatherneck Warriors and Sparta 70 Dragon Boaters.

Life Begins at 40, so the old saying goes, but in Dragon Boat Racing that saying is very much open ended. DSN features in this Edition a group of Senior Paddlers who have created a life style out of Dragon Boating.

Unfortunately, there are some within the IDBF corridors of power, who belittle the Senior Racing Classes, saying they project the 'wrong image' for our Sport, as an 'old persons' sport but I say the opposite. The large number of Senior Racers of 40+, even at the highest level of the World Nations Championships, shows how inclusive and social our Sport is. It also shows that we can retain our paddlers as they move through life from the Premier to Seniors.

A large number of "Seniors" can never be the 'wrong image' for any Sport and exactly what governments around the world and the IOC want to see - health senior citizens enjoying life and still contributing to sport and society as a whole, as the following article shows.

So dear reader (what-ever your age) read on and **enjoy the article by Anne Simonsen, about the Leatherneck Warriors and Sparta 70,** from the Grand Masters Dragon Boat Club, whose paddlers clearly show that 'sporting life' can start at 40, 50, 60, 70 and beyond !

The Warriors (Leatherneck Warriors) are in The Villages, Florida. The Villages is about one hour north of Orlando, Florida. It is a Community composed of over 100,000 persons who are over 50 years old. And it is growing by "leaps and bounds" with an expected population of around 160,000 within the near future.

The Recreation opportunities are huge, with one of the very popular activities being Dragon Boating -- those of us who are active in the dragon boat community range in age from 55 to over 80.

We are passionate about the Sport and had never been on a dragon boat until we came to The Villages to live. Coach, Bob Kane, has been involved with The Villages' dragon boat teams' since their inception.



Leatherneck Warriors getting ready for the Open Race in Tavares, FL – March 2019

LEATHERNECK WARRIORS -- website: www.leatherneckwarriordragonboatteam.com



Leatherneck Warriors Mixed Crew after racing successfully in Tavares, FL March 2019

This crew has been in The Villages -- Grand Masters Dragon Boat Club (GMDBG) for around 10 years. It started as a "feeder team" to the Leathernecks (which no longer exist). By the time I joined the team in 2012, it had become a competitive team of members in their 50's and 70's, so most of the time, the team raced in Division C -- if all team members were 60 plus.

The team changed its name to "The Warriors" for a few years but recently returned to name "Leatherneck Warriors". This is due the fact that many of the original members on the team in the beginning were former military and mostly from the US Marines (often nicknamed Leathernecks).

At present there are approximately 30 to 40 active crew members in the Leatherneck Warriors, competing in races in Florida and on occasion travel to other states for competitions. Currently the members of the team are between the ages of 55 and 80. Recently, the Open Team, comprised of 10 men, won a Gold Medal in their event -- not bad for "Older Guys".

Our women's team too is doing well in competitions, often placing second in heats, where we go up against women's teams with members in their 30' and 40's (and sometimes even in their 20").

The other fact about the Leatherneck Warriors, that you need to know is that we are very involved with other groups in The Villages Community. We have worked with The Villages Parkinson's Support Group by providing paddling clinics (dryland) and also opportunities for members of the Support Group to join us on the boat.



Warriors working with Parkinson's Support Group

We have also worked with The Villages Soccer Club, young men between the ages of 20 and 25 from countries around the world (Brazil, Portugal, Spain, Mexico, Germany, Venezuela, Peru, and others) to assist them with team building. **There is nothing like a dragon boat to foster team cohesiveness. It is the ultimate team experience.**

Coach Bob Kane has been the Director of the Dragon Boat Camp Villages experience for kids over 14. We have three 20-person boats, where the kids learn how to paddle and are ready for stiff competition by the end of an hour. A wonderful experience for all concerned and we have been very involved with the "Any Marine" programme for several years. We send supplies -- snacks, clothing items, hygiene items, etc., to all branches of the US Military. They love it, and often send heartfelt thank you to the team.

SPARTA 70 -- website: www.Sparta70dragonboatteam.com

Coach Bob Kane started the Sparta 70 team about three years ago. It is comprised of dragon boat paddlers, steerers, and drummers from many of the teams that are already a part of the GMDB – for example, there are many members of Sparta 70 who belong to the Leatherneck Warriors. Other members belong to the Silver Dragons team, The Village Dragons, and the Dragon Sisters.

However, every member of the "official Sparta 70 has to be 69 years old or above.

All members have years of dragon boat experience and that makes for a remarkable practice and team camaraderie. Coach "Bob", as he is known in The Villages Dragon Boat Community, saw the need for a team for those of us who are 70 years old (and older) to be able to continue to paddle and compete on a level playing field.



1st practice for Sparta 70 in 2018



Sparta 70 members after first practice – Great workout

This is going to be the beginning of the Division D competition class (IDBF take note – Ed) and the members of Sparta 70 are anticipating competing as a team for the first time this year. We currently have 22 Active Core members who attend practices on a regular basis. There are 53 more members of Sparta 70 who cannot attend practices on a regular basis but are part of the team.

The common thread in all of this – is our Coach – Bob Kane. He has been with the Leatherneck Warriors since the beginning, and he is the person who created Sparta 70. *Anne Simonsen, PhD., Assistant Coach*

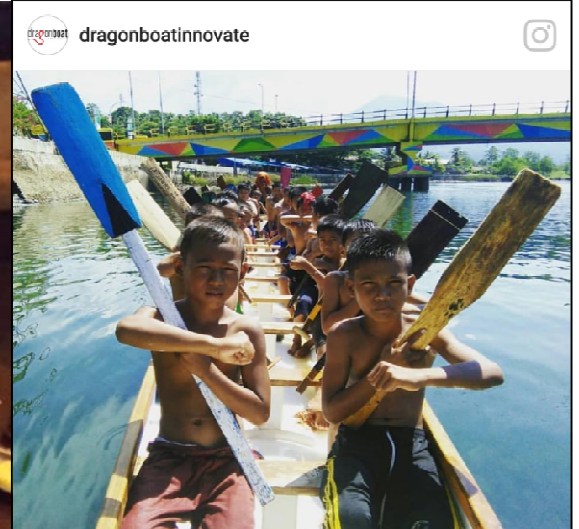
(If you would like more information, then please contact Bob Kane, Coach at

jkane@yahoo.com and/or Anne Simonsen, at asruns@aol.com)



Bob Kane with Artist Peg Lefebvre looking at the portrait she painted after observing a Leatherneck Warriors practice on June 2016

MUCH MORE THAN A SPORT – DRAGON BOATING IS A TRADITION – A WAY OF LIFE !



dragonboatinnovate Photo of the week for us...boys from Indonesia learning about the values of being a dragon boat athlete while posing with their homemade paddles. Love it!...



THE FUTURE DRAGON BOAT ?



Students from Taiwan have designed and made a futuristic dragon boat !



Winning isn't everything.
But wanting it is.

gbdragonboat@gmail.com



14th IDBF WORLD NATIONS CHAMPIONSHIPS

PATTAYA-RAYONG, THAILAND,

20th-25th AUGUST 2019



Provisional Entries for the 2019m WNC have been received from 25 IDBF Members, including: Australia; Canada; China; China Hong Kong; China Macau; Czech Republic; France; Germany; Great Britain; Hungary; Iran; Italy; Japan; South Korea; Malaysia; New Zealand; The Philippines; Puerto Rico; Russia; Singapore; Sweden; Switzerland; Thailand; Ukraine and the United States of America. Entries are also expected from Chinese Taipei and Venezuela. IDBF Standard and Small Racing boats for the Championships will be supplied by Pei Sheng, China

LOCATION and VENUE: Pattaya, Thailand, is known as "The Sleepless City" and Rayong is "The City of Fruits"

The Royal Thai Navy Rowing and Canoeing Training Centre (RCTC) will be the host venue for the WDBRC. The RCTC rivals' top facilities in the world with infrastructure exceeding current international standards for hosting, accessibility, and pristine water conditions. It includes a top-quality start system and an international standard course.

The RCTC is located at the end of the 5 km Bang Phai Reservoirs. With its basin-like characteristics the RCTC will be the perfect venue for the competition. The local event organisers have set up a website providing more information about the venue: <http://www.wdbrc2019.org/>

Racing will take place from August 20th – 25th inclusive, with the Opening Ceremony on Tuesday August 20th, 2019. Teams for the 14th WDBRC should plan to arrive between Friday August 16th and Monday August 19th. In addition to the WNC, meetings of the IDBF Council (19 Aug) and the IDBF Congress (26 Aug) will also be held..

Official Training sessions are available from Saturday 17th August to Tuesday 20th August 2019 inclusive, daily from 08h00 – 18h00. The training schedule of each country shall be based on the time posted in the embarkation area. Training Sessions bookings are to be completed electronically on the online registration site: www.idbfchamps.org/idbf

2019 WNC, THAILAND, PROVISIONAL ENTRIES RECEIVED BY COMPETITION CLASSES

STANDARD BOAT / SMALL BOAT (1000m races not on the Small Boat programme)

CLASS	Open Classes				Women's Classes				Mixed Classes			
	200m	500m	1000m	2k	200m	500m	1000m	2k	200m	500m	1000m	2k
Premier	11 / 16	11 / 16	12	11 / 16	10 / 14	10 / 14	11	10 / 14	18 / 10	18 / 10	17	18 / 10
Senior A 40+	8 / 13	8 / 13	9	8 / 12	6 / 9	6 / 9	7	8 / 9	12 / 7	12 / 7	11	11 / 6
Senior B 50+	8 / 9	8 / 9	7	8 / 9	4 / 5	4 / 5	4	4 / 5	5 / 8	5 / 8	5	5 / 7
Senior C 60+	4 / 5	4 / 5	4	4 / 5	3 / 1	3 / 1	3	3 / 1	4 / 4	4 / 4	4	4 / 4
Under 24 18 - 23	4 / 6	4 / 6	4	4 / 6	4 / 3	4 / 3	4	4 / 3	5 / 6	5 / 6	5	5 / 6
Juniors A U18	5 / 6	5 / 6	5	5 / 6	5 / 4	5 / 4	5	5 / 4	6 / 6	6 / 6	6	6 / 6
Junior B U16	3 / 3	3 / 3	3	3 / 3	3 / 3	3 / 3	3	3 / 3	4 / 2	4 / 2	4	4 / 2
PD -1	1 / 2	1 / 2		1								
PD -2	1 / 2	1 / 2		1								

Confirmed entries must be made by May 3rd 2019. All entries must be sent to <https://idbfchamps.org/idbf>

AIRPORT TRANSPORT Transportation (coaches) will be provided for Teams who reserve their accommodation with the OC, from their airport of arrival to their Official Hotel and return from their Hotel to their departure airport. There are 3 airports where coaches operate from on arrival and to on departure, namely, Suvarnabhumi Airport, Don Muang Airport, and U-Tapao Airport. **Teams who make their own accommodation reservations will be required to make all their own transport arrangements**

LOCAL TRANSFERS - VENUE SHUTTLES:

Local Transfers will only be provided for Teams who book their accommodations in the Official Hotels through the 2019 WDBRC Organising Committee (OC), who will provide coaches for each team for free to between their Official Hotel and the Venue.

Teams will be able to arrange their own venue transport schedule. The service will be provided both on training days and competition days.

The number of coaches will be determined according to the total number of participants in a Team. Teams wishing to book a coach for their own purposes, will be responsible for the additional cost.

ANTI DOPING:

The IDBF is a signatory to The World Anti-Doping Agency (WADA). IDBF is committed to ensuring that athletes comply with WADA requirements and WADA-run testing will be conducted at the Championship..

Athletes who take substances or use methods prohibited by WADA are liable for expulsion from IDBF events and their team may face disqualification.

However, IDBF (and WADA) understand that sometimes there are overriding medical reasons for use of prohibited substances or methods and their use can be permitted on acceptance by IDBF of a Therapeutic Use Exception Application Form (TUE). The TUE is available for download from the IDBF registration site

The list of substances and methods prohibited by WADA can be found at:

<https://www.wada-ama.org/en/content/what-is-prohibited>

VISAS:

All visitors to Thailand require a visa except citizens of the 57 countries where an exemption has been granted.

On request to the Organizing Committee, an Official Letter of Invitation will be sent via email to each National Federation. Invites from visa@wdbrc2019.org.

One invitation letter will be provided for the entire team. and **visas should be obtained before travelling to Thailand.**

OUTLINE PROGRAMME - this programme is to assist teams with their planning. It is provisional and could change.

Fri 16th August 2019	Recommended Teams arrival day
Sat 17th August 2019	Crew Training Standard Boat at the RCTC Teams Registration at <i>the Ambassador Jomtien Pattaya</i> 12:00 – 17:00
Sun 18th August 2019	Crew Training Standard and Small Boat at the RCTC Teams Registration at <i>the Ambassador Jomtien Pattaya</i> 09:00 – 16:00
Mon 19th August 2019	Crew Training Standard and Small Boat at the RCTC IDBF Council Meetings at <i>the Ambassador Jomtien Pattaya</i>
Tues 20th August 2019	Crew Training Standard and Small Boat– Reserve Racing Day Race Officials and Team Leaders Technical Meetings at RCTC IDBF Race Officials Examinations at RCTC Opening Ceremony at RCTC
Wed 21st August 2019	Racing Day 1 - 2000m All Competition Classes
Thu 22nd August 2019	Racing Day 2 - 1000m All Competition Classes (Standard Boats only)
Fri 23rd August 2019	Racing Day 3 - 500m All Mixed Competition Classes
Sat 24th August 2019	Racing Day 4 - 200m All Competition Classes
Sun 25th August 2019	Racing Day 5 - 500m All Open and Women's Competition Classes Closing Ceremony & Celebration at <i>the Ambassador Jomtien Pattaya</i>
Mon 26th August 2019	IDBF Members Congress at the Ambassador Jomtien Pattaya



2019 14th IDBF WORLD DRAGON BOAT
RACING CHAMPIONSHIPS
PATTAYA-RAYONG, THAILAND



2019 ISKANDAR PUTERI INTERNATIONAL DRAGON BOAT FESTIVAL

PUTERI HARBOUR MARINA, ISKANDAR PUTERI, JOHOR, MALAYSIA

The Iskandar Puteri International Dragon Boat Festival Committee (IPIDBF) in conjunction with the **Iskandar Puteri International Dragon Boat Festival 2019** cordially invites dragon boat crews from around the world to participate in this festival which will be held at the Puteri Harbour Marina, Iskandar Puteri, Johor, Malaysia on **4th & 5th May 2019**.



Malaysia's 1st and Newest Urban Integrated Waterfront Development.

Location. The Jewel of Nusajaya, Puteri Harbour is a 688-acre integrated urban waterfront development with a 13.5km coastline located along the Puteri Narrows or Sempitan Puteri, the narrowest point of the Straits of Johor. Puteri Harbour is designed to bring world-class water-front living to Malaysia. Adjacent to the majestic Kota Iskandar, Puteri Harbour will offer the experience of exceptional waterfront living, dining, entertainment, and the arts and culture in a safe and picturesque natural setting.

Event Details. Races will be conducted under the IDBF Competition Regulations and Rules of Racing. All participating teams are required to submit the Entry Form (through online) together with Entry Fee to IPIDBF. A team is permitted to compete with only **One** crew per event (not A & B crews). Maximum of 14 Racers on each Crew List.

Divisions, Racing & Competition Classes and Distances. The Competition Divisions, Racing and Competition Classes that will be contested are listed below, provided a minimum of 4 entries are received for each competition class. Racing Distances. 200 & 500 meters straight course on 4 racing lanes

	Events	200 m	500 m	Provisional Programme	
1	International Premier Open – 12 Racers	<input type="checkbox"/>	<input type="checkbox"/>	Fri 3 rd May	Arrival/ Practice Sessions Crew Registration Crew Managers Meeting
2	International Premier Mixed – 12 Racers	<input type="checkbox"/>	<input type="checkbox"/>		
3	International Premier Women – 12 Racers	<input type="checkbox"/>	<input type="checkbox"/>	Sat 4 th May	Opening Ceremony 200m Races
4	International Senior 50 Open – 12 Racers	<input type="checkbox"/>	<input type="checkbox"/>	Sun 5 th May	500m Races
5	International Junior U24 Open – 12 Racers	<input type="checkbox"/>	<input type="checkbox"/>	Mon 6 th May	Sightseeing (own arrangements) and/or Crews Depart

Boats, Paddles & PFAs. IDBF Specification dragon boat (IDBF 1222 / Standard Boat) will be provided. Paddlers are required to use their own IDBF Spec 202a Racing paddles only. Participants are required to wear their own PFAs (Personal Flotation Aids) when racing / training. **This is compulsory**

Entry Fees: An entry fee of **USD50 (MYR210)** will be charged for each event/distance entered

Accommodation. There are many choices of accommodation near to the race site. If you require our recommendation, please write to us for further details.

Entry Form Submission: Please submit through this online link >> <http://bit.ly/IPIDBFentryform>

Further Info:	Email: secretaryipidbf@gmail.com
Contact:	+6012 4830 448 (by whatsapp only)
Facebook:	https://fb.me/IPIDBF

東京みなと祭行事 東京ドラゴンボート大会 2019
2019 TOKYO DRAGON BOAT RACES

in conjunction with the Port of Tokyo Festival

Selection race for the 14th Asian Dragon Boat Championships for JPN team

DATE/TIME: SUNDAY, 19TH MAY 2019, from 9:00am

VENUE: HARUMIBASHI Park (2-Chome, Toyosu, Koto-ku, Tokyo)

DISTANCE: 250m straight course only

CREW COMPOSITION:

Standard boat: Maximum 30 persons per team (20 paddlers, 1 drummer, 1 steer and 8 reserve paddlers)

Small boat: Maximum 15 persons per team (10 paddlers, 1 drummer, 1 steer and 3 reserve paddlers)

Note: Standard Boats" will be used for Open Small Boat Races

CREW REQUIREMENTS: Paddlers must be over 7 years old as of 1st April 2019

Mixed (Minimum 8 female paddlers). Women's Crew (Drummer and Helm can be male)

Seniors (All Racers must be over 40 years old as of 1st Jan 2019)

All Racers must wear PFD (7kg and above buoyancy) waist belt type is **NOT** allowed and participants are responsible for their own health. - Please consult with doctors prior to the event in case you have any doubts about your health.

For safety reasons, those who have a pacemaker cannot compete in the races. Please note that Tokyo Dragon Boat Association and organizing committee are not responsible except for first-aid treatment to participants.

Please note that signature of parents or guardian is required for elementary and junior high school students.

ENTRY FEES: Category 1-4: JPY120,000, per team up to 25 people, an additional JPY4,000/person is required from 26th person for a team over 25 crew members.

Category 5: JPY60,000 per team

Entry Fee includes practice on the previous day, race day lunch box. **Note:** Entry Fee is Non-Refundable). Prizes for the Top 3 teams in each category.

PLEASE CONTACT FOLLOWING ADDRESS FOR ENTRY ON OR BEFORE 7TH MAY 2019.

Sankei Sports, Department of "Tokyo Dragon boat Race executive office"

1-57, Minato-machi 2-chome, Osaka city, Naniwa-ku, Osaka 556-8663 Japan

Tel: +81-6-6633-5833 / E-mail: o-spo-jigyo1@sankei.co.jp

Please note that every office will close, for the Ceremony of Accession for the New Emperor, from April 27, to May 6, 2019.

ORGANIZER: Tokyo Dragon Boat Association. Co-Organizer: Tokyo Port Festival Council,
Sanctioned by: Japan Dragon Boat Association (JDBA)

Sponsor: Tokyo Metropolitan Government, Koto-ku, Tokyo Sankei Sports, Sankei Newspaper Corp., & others

Co-Sponsor: Taisho Pharmaceutical Co., Ltd,

Cooperation: Toa Corporation, Vitality Co., Ltd, Natural Hot Spring Heiwajima & others



EURO NEWS - THE EDBF APP and THE EURO CUP RACE SERIES

SIGN UP FOR THE EDBF APP. The new news is the launch of the EDBF AP, available both on Apple Store for iPhone and on Google Play for Android. It's the idea of the EDBF

Marketing & Media Commission to give easy access to all the dragon boat resources and the social media. Next step is to create a net of EDBF National Federations Clubs designed to involve all paddlers and dragon boat lovers in our "community" to encourage new generations to join, take part and "rejuvenate" our sport. *Claudio Schermi. EDBF President.*

Download the new app of the European Dragon Boat Federation for an easy access to all dragon boat resources and information. Repost@ https://instagram.com/p/Bwd_WkFjwK7/

2019 EURO CUP RACES - TRIAL YEAR. The Euro Cup, a Club based series for Sport Racing Crews earning points for their EDBF Member Countries, will start in Barcelona, a well establish international festival in May, with results from the ECCB in Seville (July), also counting for Euro Cup points, followed towards the end of the 2019 racing season, by Euro Cup Races in Nottingham, Belgrade and Rome.

The Euro Cup is open to all Clubs and Crews, who can win medals at each Euro Cup Race but points will go to their EDBF Member Nation, taking into account the best 4 scores from 5 events. The confirmed dates for Euro Cup races are shown below but other locations may still be added, so watch the EDBF website for further updates:-

Barcelona - 18/19th May,
Seville - 26/28 July (Crews in Finals will score Euro Cup Points)
Nottingham - 21/22nd September.
Belgrade - 28/29th September
Rome - 19/20th October.

Pictured: Claudio Schermi, EDBF President, and Neil Pickles, British Dragon Boat Racing Association President, sign at Worcester University the contract and agreements to confirm the 3rd event of the Euro Cup 2019 in Nottingham on the next 21/22 September 2019.



What is EDBF EURO CUP?

- **A series of dragon boat races in EDBF Member, European cities**
- **interesting tourist locations**
- **professional levels of event organization**
- **EDBF supervising Race Officials – communication support – EDBF trophies**
- **final winners presentation at the annual EDBF Gala Dinner**

The FORMAT

- **Premier Standard Boats Races scoring 100% points**
- **Premier Small boats Races scoring 50% points**
- **The points system also gives bonus points linked to the total number of crews racing and the number of international crews entered in the each event.**
- **Points are allocated to EDBF Member Nations. The number of International crews, per event, that can score points is limited, as is the number of points scoring 'Home Crews' so as not to advantage hosting Nations. Medals are awarded for each event.**
- **A bonus points scoring example is 6 crews from 2 nations = place points, plus 6 + 2 = 8 added points. 10 crews and 5 nations 10 + 5 = 15 added points.**
- **For Juniors to encourage more International crews, double points will be allocated provided that a minimum of 3 Nations compete, including the Home Nation.**

The COSTS

- **An EDBF Fee will be charged of 5 Euro per participant**
- **Org. Com. will charge an Entry Fee but the Entry Fee cannot exceed 25 Euro**
- **Entry Fee + EDBF Fee 30 Euro Max**

The above Euro Cup Fees only apply to participants in the Euro Cup Races (Junior, Premier, Senior Small or Standard Boat as announced for each Race) but not for competitors just entering Festival Races, designated BCP races or any other non Sport Racing class.



To win four silver medals in only their second ever Championships is pretty impressive, but that is exactly what the Irish Senior Women's Dragon Boat Team did ! The team of twenty-two women, plus Coach, Physiotherapist and Team Manager headed out to Brandenburg in Germany to take part in the 13th EDBF European Nations Championships.

The tournament saw 17 nations compete on the Havel from 23rd to 26th August 2018. "We arrived on Tuesday morning and after checking into our hotel we headed to the Beetzsee Regatta Centre for our first training session on the water. Seeing the race venue for the first time is always exciting, although it can be a little nerve racking.

Training on Home Waters on the River Barrow, Carlow



Wednesday, the excitement builds as we have another chance to train on the water and that evening we take part in the Opening Ceremony where all the teams are paraded in front of the Grandstand. The Irish team got a very warm welcome, walking out to U2's Beautiful Day."

"The first day's race distance is 1000m; mixed emotions between adrenaline & nerves as we approach the starting line. We are up against teams from Germany, Italy and the Czech Republic.

We had a good start and completed the 1000m in 4:47 minutes, coming in second place behind Germany who completed the distance in 4:36 minutes and Italy in a time of 4:48

"Second day, 2000m. There were seven teams out racing leaving 20 seconds apart. With water conditions ever changing, again we cannot catch the German women and finish in second place."

"Days 3 & 4 we have our regular heats in the 200m and 500m race distances. Once again our discipline shone through, all our races were very close, but we managed to hold the Italians at bay and continued to finish close behind the Germans who beat us in the 200m by 1.4 seconds."

"In all we had a fabulous trip, 22 women from different Counties and backgrounds accompanied by our Coach, Mick Doyle & Physio, Catherine Sheehan, shared an amazing experience.

All our hard work and training over the past 18 months paid off and much as we wanted to win Gold the reality is we proudly came home with four Silver European Championship Medals setting a new record for the Irish team."



Julie Doyle. Chair-holder IDBA

THE DRUMMER - VANCOUVER ISLAND DRAGON BOAT TEAMS

HOW TO BE AN EFFECTIVE DRUMMER ON A DRAGON BOAT TEAM

The drummer should attend practice, if possible, to assist in setting the timing for the crew and can be an excellent source of motivation and inspiration during practices and on Race Day.

In a race the drummer watches the lead stroke and relays that pace to the rest of the boat, via the beat of the drum. It is important that the drummer can keep time with the stroke. In a race any variation between the sound of the drum and the action of the lead stroke can cause confusion among the paddlers, some of whom are watching and others listening.



The drummer is typically a smaller, lighter person with a big voice. The drummer does not set the pace but rather echoes it with the drum by beating it in time to the lead stroke and shouts out encouragement to the crew. It's an integral part of a Dragon Boat race as timing and technique are the key to a fast boat.

Drummers need to be loud and energetic. As well as the Drum or instead of it, they can use other methods, such as visual aids and vocal talent. A Drummer can also remind paddlers to reach forward and to keep looking ahead.

The other boats will also be making a lot of noise so the drummer should be assertive as well as vocal. The drummer works together with the boat Helm (steerer, sweep) to make sure the crew runs a good race.

Tip from Paddelchica: Once the race is underway, the drummer needs to be flexible in terms of modifying the race plan; to recover from a poor start or take advantage of a good one.

Along the course, the drummer's demeanour can keep the boat in control, calmly emphasizing what the crew is doing right and giving important technique reminders (i.e. leg drive, lengthen, etc.).

The drummer must be confident. The crew needs to feel that the drummer



knows what he or she is doing. A good drummer is confident enough to play the crew's own strategy. **What does this mean?**

An experienced drummer won't call for power simply because the boat next to them does. The Drummer will know the crew and know when to ask for more. He or she needs to understand the capacity of the crew and should be able to feel the boat; know when it is sagging and needs more power, or sense when it has locked into a powerful, sustainable rate that is edging out the competition stroke-by-stroke.

The drummer is the one the crew counts on to watch the action and relay the position on the race course to the crew. This allows the paddlers to focus on their job and not look out of the boat to see where they are in the race.

The drummer also needs to be prepared to hang on for dear life in some situations, uncomfortably grabbing the drum between his or her knees, while the boat handles choppy water, turns, and even the occasional crash. Overall, the drummer is someone who can remain calm under extreme pressure and should be able to provide both positive and negative feedback after the race.

Why Shop with Us? Expertise - Jeff, the owner, has over 20 years experience paddling, coaching and running dragon boat races at all levels. Trusted - Founded in 2005 with over 8,000 paddling customers

<https://www.doublefifth.com>





18th EDBF EUROPEAN CLUB CREW CHAMPIONSHIPS 25th to 28th July 2019



Centro de Entrenamiento y Alto Rendimiento, La Cartuja, Seville, Spain

NEWS UPDATE

82 Clubs from 18 Countries have entered the 2019 European Club Crew Championships. The Crews will come from Armenia, Czech Republic, France, Georgia, Germany, Great Britain, Hungary, Ireland, Italy, the Netherlands, Poland, Russia, Serbia, Slovak Republic, Spain, Sweden, Switzerland and the Ukraine.

Due to the increased number of racing categories offered in Seville and the high demand on the provisional entries received, the racing programme will start on **Thursday, 25th July 2018 at 13.00hrs.** An updated race programme will follow immediately after the **Confirmed Entries deadline of 12th May 2019.**

The European Dragon Boat Federation (EDBF) is willing to accept more entries from clubs provided they are made in accordance with the 12th May 2019 deadline for all entries.

The Championship is primarily for those European Club Crews that are members of the EDBF. Crews from countries which do not have a Dragon Boat Federation are welcome, with the approval of the EDBF Executive Committee. The ECCC will be conducted according to the IDBF Competition Regulations and IDBF Rules of Racing by appointed IDBF International Race Officials, assisted by National Standard Officials.

PARADRAPONS. The 18th EDBF ECCC will also include Paradrakon Races ! Having this new racing class is a massive first step for our sport and the way in which our Paradrakons will compete is unique in the sporting world.

Paradrakons PD2 races are for crews where approximately half the paddlers are impaired. There will be no restriction on any paddler who competes in a Paradrakon event. In other words the usual IDBF rules regarding a paddler competing in multiple categories does not apply for Paradrakon events.

Should any nation have an interest in the Paradrakon Races but is uncertain about the way in which impairments will be 'scored' or how teams need to be entered, please contact Nigel Bedford directly by email at chair-para@dragonboat.sport or by telephone (during normal UK working hours) on +44 771 264 5800.

BCP CREWS (Breast Cancer Paddlers). BCP crews will race in Standard Boats and Small Boats over 200m, 500m and 2000m. BCP Crews will not count against the 5 (Standard Boat) or 3 (Small Boat) crews per EDBF Member and may be requested to enter as 2 Small Boat Crews if entries for the Standard Boats are low. All paddlers including drummer and helm must be breast cancer survivors. All teams are to provide their own helms.

2019 ECCC, SEVILLE, PROVISIONAL ENTRIES RECEIVED BY COMPETITION CLASSES

STANDARD BOAT / SMALL BOAT

CLASS	Open Classes			Women's Classes			Mixed Classes		
	200m	500m	2k	200m	500m	2k	200m	500m	2k
Premier	9 / 19	10 / 19	9 / 19	7 / 14	7 / 14	7 / 12	15 / 23	14 / 23	14 / 23
Senior A 40+	6 / 11	5 / 11	6 / 10	4 / 12	4 / 12	4 / 11	11 / 14	11 / 14	11 / 15
Senior B 50+	3 / 11	3 / 11	3 / 12	2 / 8	2 / 8	2 / 8	7 / 9	9 / 8	8 / 9
Senior C 60+	2 / 5	2 / 5	2 / 5	3	3	3	2 / 3	2 / 3	2 / 3
Under 24 18 - 23	6	6	4	2	2	2	1	1	1
Juniors A U18	10	10	10	3	3	3	4	4	4
Junior B U16	2	2	2	-	3	3	-	-	-
BCP	-	-	-	2 / 9	2 / 9	2 / 8	-	-	-
	200m	500m	1000m						
PD -2	2 / 5	2 / 5	2 / 4						

ENTRIES. All entries to the 18th EDBF ECCC must be sanctioned by the EDBF member organization to which that crew belongs, where one exists. Crews from countries or territories where there is not an EDBF member may compete, subject to the agreement of the EDBF Executive Committee. A maximum 5 entries per Standard Boat competition class and a maximum of 3 entries per Small Boat competition class, per EDBF Member will be allowed, with only one entry per Club.

A Club can enter Standard or Small Boat Crews or both in all Racing Classes, **but for a Club to enter both a Standard and Small Boat crew in the same Divisional Racing Class** or competition, the paddlers in the Small Boat Crew must be **different paddlers** from those used in the Standard Boat crew – including reserves, **with the exception of Mixed Crews, Juniors and U24 Open.** e.g An athlete competing in the Standard Boat Premier Open, cannot also compete in the Small Boat Premier Open class.

Mixed Crews Exception. A Club may enter an Open Standard Boat and also a Women's Small Boat Crew or vice versa, in any Racing Class when there are less than 18 paddlers of either sex available to race. In these cases the same Small Boat paddlers can also race in a Standard Boat Mixed Crew or a Small Boat Mixed Crew.

DOUBLE ROSTERING OF PADDLERS. Double rostering of paddlers between Divisions is discouraged. Helms and Drummers may be used across the Divisions (subject to the rules for Juniors and Seniors), but in the case of 'back to back races' the Officials will **NOT** delay races for Helms/Drummers to transfer between crews. **Please ensure this is followed AS THE RACE PROGRAMME WILL NOT BE CHANGED TO SUIT A TEAM.**

VISAS: Teams requiring visas to enter Spain should apply directly to the organising committee by email to visainfo@ecccsevilla2019.com, no later than 30th April 2019, requesting a letter of invitation to the 18th EDBF ECCC and enclosing a list of those participants (full name, date of birth, passport number, passport expiry date). attending the Championships, this should also include any Officials and Supporters attending the Championships.

PERSONAL SAFETY: All crew members must be water confident and ideally be able to swim at least 50m. It is the Crew Manager's responsibility to ensure that this limitation is complied with, and to ensure that known weak swimmers wear personal flotation aids. Crews compete entirely at their own risk and must be 'Fit to Race', as defined in the IDBF Competition Regulations.

OUTLINE PROGRAMME - this programme is to assist teams with their planning. It is provisional and could change.

Monday, 22nd July 2019	Teams arrive and training in Seville.
Tuesday, 23rd July 2019	Teams arrive and training in Seville.
Wednesday, 24th July 2019	Teams arrive and training in Seville. 18.00hrs – 20.00hrs EDBF Council Meeting.
Thursday, 25th July 2019	Teams arrive and training in Seville. We may be able to offer training for those crews not racing for a short period of time in the morning, but this is yet to be confirmed. Morning – Race Officials Meeting. Morning – Team Manager's Meeting. 13.00hrs – 500m Racing Day – Small & Standard Boat Mixed Classes. 20.00hrs – Opening Ceremony
Friday 26th July 2019	2000m Racing Day – All Championship Classes.
Saturday, 27th July 2019	200m Racing Day – All Championship Classes.
Sunday, 28th July 2019	500m Racing Day – Small & Standard Boat Open & Women's Classes. Evening – Celebration Party.
Monday, 29th July 2019	Morning EDBF Congress. Crews depart.

The Cyprus Dragon Boat Federation invites you to participate to the

11th International Dragon Boat Festival of Cyprus

Limassol – 19 October 2019

The Event will take place at the

Yermasoyia Dam, in Limassol

For more info on these two great events in Cyprus - Email: cyprusdba@gmail.com

The Penang International Dragon Boat Festival Committee (PIDBF) in conjunction with the Penang Dragon Boat Regatta 2019 cordially invites Teams from around the world to participate in our dragon boat race which will be held at the **Teluk Bahang Dam, Penang, Malaysia on 15th and 16th June 2019**. This event is fully supported by the Penang State Government.

Racing over 500m, Open &. Women 12 racers, Mixed 22

The Organizing Committee has made arrangements for a choice of accommodation from 3-stars to 5-stars beach or city hotels. All the official accommodation locations are 15 – 30 minutes from the regatta site by car or bus. The cost ranges from **US\$40 to US\$60 per person, per night** will include:

1. Group airport transfer (1 trip for whole group, each way)
2. Hotel accommodation
3. Transport to & from race site (practice & race days)
4. Daily breakfast at hotel
5. Group transport to & from Celebration Dinner site

Those interested to take up the package, are welcome to write for further details.

Please submit the **Entry Form** through this link >>>>
<http://penangdragonboat.petach.gov.my/regatta2019>

Confirmed Entry Form Submission – 22nd April 2019

TALKING POINT.1 – a Look At The Issues Of The Day 1

Dragon Sport News Looks at AN ICF VIEW ON 'CANOEING'S' FUTURE

"The ICF's 'Tomorrows' World" A recent Planet Canoe emagazine article reported that at an International Canoe Federation (ICF) Board Meeting, held in March 2018, ICF Vice-President, Thomas Konietzko, said **"the ICF had to position itself to be the body looking after all forms of sport involving a paddle and where participants faced forwards"**. The ICF had to be prepared to change the way it operates if it wanted to stay relevant for the future.

"We need to embrace all sports involving a paddle facing forwards," Konietzko said. One proposal he added, was to introduce the option of 'associate memberships', open to all sporting federations which deal with canoeing activities. **"They will have their own member federations, be able to determine their own membership fees"**.

"But we would hope that they would agree to abide by the ICF rules and principles. We have the attraction of being the governing body for canoeing in the Olympics, and we can also help these sports become part of other international multi-sport events."

Konietzko said the long-term goal would be to have a unified Water Sports Federation covering all canoe-related activity. He also emphasised the need to hold discussions with all the national federations (ICF), to ensure they are in support of the changes and about the best way to achieve the goals.

A year on from this land mark Board Meeting what has the ICF actually done to bring about such a paddle sports utopia ? Well, as yet, the offer of a friendly hand of Associate Membership is sadly missing but the ICF's standing policy of trying to make the case that all paddle sports are ICF 'canoeing disciplines' continues.

This claim that Canoeing is any activity involving a forward facing paddler, was retrospectively introduced into the ICF Statutes around 2002, as a way of trying to block the International Dragon Boat Federation (IDBF) established in 1991, from gaining membership of the GAISF (Global Association of International Sports Federations). GAISF Membership is the first step into the 'Olympic Family'.

The ICF claim was eventually rejected and the IDBF was finally admitted into GAISF Membership, in 2007, when Dragon Boating was accepted as a separate Sport from Canoeing, with its own distinct cultural background.

This is all fine for the IDBF but what about other established paddle sports with their own independent International Federations, as in 2018, VP Konietzko was still saying that the ICF should claim all sports paddled in a forward facing direction

Rafting. In the world of Rafting the ICF has been very busy. Once the ICF became aware that the well established (21 year old) International Rafting Federation (IRF) was applying for GAISF Membership the ICF signed a MOU with a new 3 month old, rafting organisation that was set up in opposition to the IRF.

This was a political motivated "behind the scenes" way of opposing the IRF's application to join GAISF, because once a member of GAISF, the IRF will sit alongside the IDBF, within the Alliance of Independent Recognised Members of Sport Group (AIMS) and will have taken the first big step towards IOC Recognition.

Dragon Boating. Where the IDBF is concerned, despite the fact that the IOC are progressing the IDBF application for acceptance as an IOC International Federation, the ICF continues to support the attempts of its Continental Federations' and National Associations' to take over the Sport from IDBF Members at Continental and National levels.

Stand Up Paddling (SUP). SUP, as a recognised paddle Sport was developed by the International Surfing Association (ISA) who claim that any activity that takes place in the Surf is 'Surfing'.

The ICF, who came late to the party after the ISA had established flat water SUP World Championships and had been recognised by the IOC, are now in a battle to try and convince the Court of Arbitration for Sport (CAS) that SUP is 'canoeing'.

The ICF has now also set up its own **SUP Commission** as a way of strengthening its claim, against the ISA before the CAS, along the lines that, as VP Konietzko puts it, **the ICF has to be the body looking after all forms of sport involving a paddle and where participants face forwards.**

Other Paddle Sports. In the past few years the ICF has pursued its **'all paddle sports are ours'** policy by setting up ICF Commissions' for **Wave Ski and Va'a**, as well as **Dragon Boats**, all of whom already had their own independent International Federations. ICF also has a commission for **Ocean Racing** (also known as **Surf Ski**) and here paddlers discussed and proposed their own International Federation in 2008.

Why would the ICF want set up more Commissions, when paddlers already have or want their own Federations.

The conclusion can only be that the ICF does not want any other paddle sport to get GAISF Membership or IOC recognition. This is illustrated by the ICF's opposition to the ISA over SUP; their present actions in the Rafting world and their past objections to the IDBF getting GAISF Membership.

"The Present & Past, in the Paddle Sports' World"

VP Konietzko's final view, was that the *long-term goal of the ICF, should be to have a unified Water Sports Federation for all canoe-related activities.*

DSN would like to send a positive message to VP Konietzko' (possibly the next ICF President) that such a Water Sports Federation already exists, called the *Association of International Paddle Sport Federations (AIPSF)* which was set-up by the IDBF, IRF and IVF (Va'a) with interest from other paddle sport federations, including the ICF.

AIPSF. As a result, the AIPSF was formed in November 2008. As the IDBF Executive President, I was elected as the AIPSF Steering Committee, President and Alan Van Caubergh, as its Treasurer.

The object of the AIPSF was to discuss ways in which the Federations,' might work together, discuss areas of common interest and development, and gain formal recognition from multi-sports organizations, such as the GAISF and the IOC. The ICF view was that it was already the paddle sports representative, within multi-sport organizations, such as the IOC.

The AIPSF wished to work with the ICF but did not accept that the ICF had any legitimate authority over any paddle sport with its own established International Federation and felt that the IDBF's membership of the GAISF was proof that the Olympic Committee did not accept the ICF's argument that all paddle sports were automatically IOC recognized 'canoeing' disciplines.

After further correspondence with the ICF, a joint meeting, hosted by the new ICF President José Perurena, was held in January 2009, in Madrid. This meeting was very positive and resulted in a Draft Agreement of Co-operation between the ICF and the AIPSF. The Key Agreement points were:-

That a set period of co-operation between Paddle Sports' Federations' was needed to discuss the detail of how Federations' might be able to pursue projects of mutual interest for their respective sports, without adversely affecting each others aims and objectives.

That the best way of taking this process forward was to have a formal link between the ICF and the AIPSF at 'Presidential' level and working links between the ICF and each AIPSF Member.

That the ICF Vice Presidents' should be the working points of contact with each AIPSF Member, to discuss matters of general interest and concern to Federations'.

With regard to the GAISF and the IOC, both the ICF and IDBF confirmed that they would not object to other PSFs becoming GAISF Members and that until IOC recognition was given to independent PSFs, the principle was agreed that the ICF may, under bi-lateral arrangements, represent the interests of an AIPSF Member within the IOC, especially the Paralympics.

It was also recommended that the respective ICF & AIPSF's Continental organisations and National Federations should be asked to accept and abide by the principles established in the Madrid Agreement.

The Madrid Agreement was seen by all sides, as a good constructive first step towards a future unified group of Paddle Sports, with the IOC family, but unfortunately it was never ratified by the ICF Board and since then the AIPSF Members have consistently tried to reach direct working agreements with the ICF.

Now 10 years later, despite the declared intention of the ICF President in 2009, to work in harmony with other Paddle Sports, it would seem that the ICF Board has not changed its general views.

A revealing point in the Planet Canoe article is where VP Konietzko says, *"We have the attraction of being the governing body for canoeing in the Olympics, and we can also help these sports become part of other international multi-sport events."*

This is in keeping with the Madrid Agreement but no mention here of supporting other Federations' to become GAISF Members or IOC International Federations and no mention of the right of self determination by the paddlers and their Federations', as was put forward in Madrid.

VP Konietzko's 2018 view still seems to be that the ICF should be the world governing body for all paddle sports including, presumably, the ones the ICF have never been involved in or even know about.

This is a pity, as DSN sees that there is now an opportunity for him to reach out to other Federations and sign up to the principles of the Madrid Agreement, by showing the paddlers, the GAISF and the IOC, that the ICF is not seeking to control or dominate the paddle sports world but is willing to work in peace and harmony, with all other Paddle Sport Federations, for the better good of all those in 'paddle sport'.

Surely now is the time for the AIPSF to help achieve these goals, by becoming fully active and, with all the other Paddle Sports Federations, show the GAISF and the IOC, the full strength and depth of the paddle sport world's International Federations.

After all there are many 'Martial Arts Federations' in the Olympic Family, so why not a strong and active group of Paddle Sports Federations' there too.

In closing this look at tomorrow's paddle sports world, it is interesting that the ICF also has a 'Canoe Sailing' discipline.

Curious then that the International Sailing Federation (ISF) known as 'World Sailing,' has not followed the ICF stance and claimed Canoe Sailing as 'Sailing' within an ISF Canoe Sailing Commission ?

Perhaps the ISF are just not interested in Canoe Sailing or maybe they ignore it because the ISF respects the right of all 'sailors' to chose which International Federation they wish to belong to ??



ANOTHER PERSON'S PADDLESPORT – WHITE WATER RAFTING !

The International Rafting Federation (IRF) is globally recognised as the world governing body for Rafting Sport and has been since it started in 1997. Its focus covers all aspects of rafting, from raft racing to recreational and commercial rafting, particularly safety on rivers, and also on ensuring rivers flow free and healthy.

Since 1998 the IRF has organised the World Rafting Championship (WRC), a top tier competition between the world's best and most celebrated rafting athletes who gather together once a year to represent their respective nations. The IRF also organises or oversees a tremendous variety of continental, regional and local rafting competitions and championships. Some IRF Statistics are:

18th World Rafting Championships - 13 May 2019, on the Tully River, Queensland, Australia.

13th European Rafting Champs will be on the Vrbas River near Banja Luka, Bosnia and Herzegovina.

26 World Cup Series events held since 1997.

197 Euro Cup Series events held since 1997.



The IRF is at the forefront of raft safety in sports worldwide and is recognised by the Adventure Travel Trade Association (ATTA) and the United Nations World Tourism Organization (UNWTO) as the world body which oversees the certification and training of river rafting.

The IRF works closely with national organisations and government bodies by offering the only rafting certification program accepted worldwide.

The IRF is a founding member of the Association of International Paddle Sport Federations (AIPSF) and has a long associate relationship with several international sport federations, including the International Dragon Boat Federation (IDBF), the International Canoe Federation (ICF), the International Surfing Association (ISA), and the World Waveski Surfing Association (WWSA).



The IRF application for membership in the Global Association of International Sport Federations (GAISF) and the Alliance of Independent Recognised Members of Sport (AIMS), is pending. The IRF's goal is to gain recognition by the IOC and participate in the Olympic Games.

The IRF promotes Olympic values (called Olympism) in order to place sport at the service of humanity for a better world. IRF competitions closely follow the Olympic model and IOC recommendations, while remaining true to the traditions and history of the sport.

The IRF is committed to transparency, good governance and accountability, protecting athletes and strengthening the integrity of IRF Members. In supporting the fight against doping and any other forms of cheating in sport, the IRF are fully committed to a strong code of ethics.

The IRF is compliant with the World Anti-Doping Agency (WADA) code and conducts dope testing at its events.

The IRF is deeply committed to environmental sustainability and protecting the rivers of our planet and to ensure that future generations enjoy sustainable access to clean water and a healthy environment.





SPORTS SCIENCE CORNER

by Dr. Leila Ataei

Dr. Leila Ataei is a lecturer and researcher in Sports Medicine & Physiology, specialising in Exercise, Diet and Nutrition.

E-mail: Leila.Ataei1983@gmail.com

ADVICE ON SPORT INJURIES



There are several conditions that cause pain and limit movement of the shoulder joint. One of the most common is **Rotator Cuff Disorders**, which is the subject covered in this article.

ROTATOR CUFF DISORDERS. Paddlers can experience a rotator cuff tear. If it is severe, a rotator cuff tear can end an athlete's career. So what is it exactly?

The rotator cuff is a group of four tendons and muscles that help to move the shoulder in different directions. They converge around the top of the humerus, that is, the upper arm bone above the elbow. Together, they form a "cuff" that holds your arm in place.

While your shoulder is one of your most mobile joints, it's also somewhat weak. Too much stress can cause partial tears and swelling in the tendons of the rotator cuff (Rotator cuff tears are sometimes incorrectly called "rotary cuff tears"). Most Rotator cuff disorders result from inflammation or damage to the rotator cuff muscles or tendons or an inflammation of the subacromial bursa (which is a fluid-filled pad that sits under the highest part of the shoulder).

The inflammation can be caused by general wear and tear that occurs with age, activities that require constant or repetitive shoulder motion (especially above shoulder level), heavy lifting, trauma or poor posture. Serious injuries and untreated inflammation of the tendons can cause the rotator cuff to tear. Severe injuries can cause several of the tendons and muscles to tear.

WHAT ARE THE SYMPTOMS? Symptoms of a rotator cuff disorder include pain and weakness in the shoulder. Most often, the pain is on the side and front of the upper arm and shoulder. It may hurt or be impossible to do everyday things, such as comb your hair, tuck your shirt in, or reach for something. You may have pain during the night and trouble sleeping. In particular it often increases when you raise your arm above shoulder height.

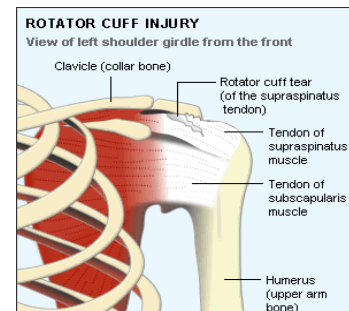
Minor damage: Pain most often occurs only when you are active and is usually relieved with rest.

Moderate damage: You will likely notice pain both during and after activity. Pain may also occur at night, especially when you lie on your shoulder.

Severe damage: You may have continuous pain.

However, pain resulting from the function you are doing is not always directly related to the amount of damage sustained. For example, your rotator cuff may have minor damage but you if you are making repetitive overhead movements then it is normal to feel a severe loss of motion range because it is too painful to move in certain ways.

Rotator cuff disorder would be a result of tendonitis or tears. In the **rotator cuff tendinitis** the shoulder and arm will not be particularly weak, but will be painful when they are being used.



The pain usually starts gradually, over the side of the shoulder and the upper arm and may radiate down the outside of the upper arm, even down to the elbow. It may also be worse at night. Lifting the arm to the side (abduction) or to the front (flexion) increases the pain.

The most common symptoms of a **rotator cuff tear** are weakness and pain especially when moving your arm overhead or against resistance or rotating your arm (You may not feel any weakness if the tear is small).

Symptoms of a sudden, severe (acute) tear include an immediate pain, a popping sound or tearing sensation or possibly bruising in your shoulder and limited range of motion and inability to raise your arm because of pain or weakness. A complete tear can be present without obvious symptoms, especially in an older adult who is not very active.

HOW ARE ROTATOR CUFF DISORDERS DIAGNOSED?

Doctors ask about any shoulder injuries or past shoulder pain. They also do a physical examination to see how well the shoulder works and to find painful areas or activities. Your exam may include tests of your shoulder movement and strength. have a steroid shot to help your doctor find out if your shoulder pain is from your rotator cuff.

You may have an X-ray to check the bones of the shoulder. If the diagnosis is still unclear, the doctor may order an imaging test, such as an MRI or an ultrasound.

HOW ARE THEY TREATED? Treatment of rotator cuff problem is very important. Your shoulder may get weaker and you may not be able to lift up your arm if you don't repair it as soon as possible. **For most rotator cuff disorders, doctors recommend:-**

Rest: this is the main treatment for rotator cuff injury. You should stop any aggravating activities such as heavy lifting or any activities that require you to raise your arm. Keeping your shoulder immobile for up to a week may be enough for healing to take place but gentle movement of the shoulder is recommended. Prolonged immobilization, such as with slings or braces, may cause the shoulder joint to become stiff and may even lead to a frozen shoulder.

Anti-Inflammatories: Your Doctor may suggest that you take regular anti-inflammatory drugs (NSAIDs). These are painkillers, but they also reduce inflammation and are commonly prescribed. Examples include ibuprofens or acetaminophens (such as Tylenol) which can help with pain, but will not reduce swelling or inflammation. **You must always read the leaflet that comes with the medicine packet for a full list of cautions and possible side-effects.**

Hot and Cold Treatments: Applying hot and cold treatments to your shoulder is often recommended. At first, try applying ice to your shoulder for the first 48 hours after the discomfort begins as ice helps relieve pain and reduces swelling. However, people respond to heat and ice differently.

Using a heating pad after swelling has subsided and can help to relax the stiff muscles in your shoulder. Although in some cases, heat feels good for a while but may intensify pain and stiffness after 1 to 2 hours. For a sudden (acute) injury, do not use heat for the first 48 hours.

Apply ice 2 to 3 times a day, up to 20 minutes at a time. To avoid harm to the skin, wrap a thin towel around the ice or put a pillowcase over the ice pack. Apply an ice pack after exercising your shoulder; it will help to prevent swelling.

Physiotherapy: this may be helpful for people with minor rotator cuff tears. Your doctor may refer you to a physiotherapist for advice and shoulder exercises. This may be helpful for people with minor rotator cuff tears. Physio-therapy can reduce pain in the soft tissues (such as the muscles, ligaments and tendons) and help make your shoulder stronger and more flexible and exercises to stretch and strengthen your shoulder may be included.

After you learn these exercises, you can do them at home. The common exercises for rotator cuff disorders include:

Gentle stretching exercises; These are often the most important part of physio treatment for rotator cuff disorders, especially when stiffness is a major symptom. Stretching includes range-of-motion exercises.

Strengthening exercises; In general, you should **not** start these exercises until your rotator cuff has healed and you are able to perform the stretching and range-of-motion exercises comfortably. Strengthening exercises can help you build and keep shoulder function and stability. Some physiotherapists may use other techniques to relieve pain and reduce muscle spasms, such as massage or ultrasound.

Steroid injections: If other treatments don't help, your doctor may give you shots of steroid medicine in the shoulder. These can help to reduce the inflammation in the rotator cuff tendons and able you to do exercises to strengthen the shoulder. Steroid injections can be repeated if the initial response be good.

Surgery: Surgery is last way, but most useful to relief pain and weakness in the shoulder especially if the tendons are being squeezed as they are moved through their normal range of motions. Surgery typically is recommended to repair a torn rotator cuff in a healthy young person. It cannot repair all the damage caused by age or degeneration.

As an alternative to surgery, there are two type of treatments for rotator cuff disorders, namely subacromial smoothing and lithotripsy procedure,. In this treatment a specialist machine known as a lithotripter delivers electrical shock waves to the affected tendon(s) helps to break up the deposits of calcium.

Home Treatment: Rest your injured shoulder. The rest period for a rotator cuff disorder may be a couple of days to several weeks, although gentle movement of the shoulder is recommended to avoid stiffening in the joint or a frozen shoulder. It is important that you don't keep your shoulder completely immobilized. During the rest, move your arm carefully through its full range of motion several times a day, progress slowly to avoid injury.

After 2 to 3 days, start moving your shoulder with the aid of moist heat. To do this, soak a towel in hot water and wring it out. Fold the towel to about 20 cm (8 in) square. While holding the towel on your shoulder, relax your shoulder, lean forward so your arm hangs freely and gently swing your arm back and forth like a pendulum. You also can do this exercise standing in a warm shower.

Heat relaxes your muscles and tendons by increasing blood flow to them. When combined with gentle motion, heat can ease inflammation. Repeat these steps 2 or 3 times a day to reduce the risk of permanent stiffness in the joint.

(See also treatment diagrams after DSN Calendar pages)



1st INTERNATIONAL DRAGON BOAT FESTIVAL, TRAKAI, LITHUANIA.

For the first time, the Lithuanian Dragon Boat Federation organizes the "International Dragon Boat Festival TRAKAI 2019". The LDBF invites teams from all over the world to participate in these races, which **will take place on 13-14 July 2019 at the Trakai Rowing Centre Regatta Course, Trakai, Lithuania.**

This event is supported by Lithuanian state institutions and is under the patronage of the Chinese Embassy in Lithuania. We invite you to contribute to this event and to bring Lithuania into the world wide international dragon boat family.

RACING RULES. This race will be in line with the IDBF competition rules and will follow the IDBF Rules of Racing. **All teams must register by July 1, 2019 at the latest.**

RACE DISTANCES – 200 & 500m straight. RACING CLASSES

Open – Standard Boat (22 racers) no restriction on crew composition (gender)

Women – Standard Boat, all female crews **including the Drummer and Steerer**

Mixed – Standard Boat: minimum of eight (8) and max of twelve (12) female paddlers.

ENTRY FEE: Euro 40.00 per person (Euro 30, if entry made before 19 May 2019)

Fee includes, training session, 200 & 500m races, commemorative gift, medals and cups

Food Cost for two lunches and celebration dinner, Euro 40, per, person.

ACCOMMODATION: The Organizing Committee has made arrangements for a choice of accommodation from 3 to 5-star beach or city hotels. All the official accommodation locations are 15 – 30 minutes from the regatta site by car or bus. Accommodation costs range from **Euro 30 to Euro 60 per person, per night, and includes:** Group airport transfer (1 trip for whole group, each way): Hotel accommodation & Daily Hotel Breakfast: Group transport to & from racing site (for practice session & race days) and Group transport to & from Celebration Dinner site. **Those interested in taking the package,** are welcome to write to us for further details. If it is necessary to elaborate on the choice of a hotel or for any special requests, an additional 5 to 10 Euro per person, will be incurred.

CLOSING DATE FOR REGISTRATION IS the 1st JULY 2019. Entries can be made on-line.

OUTLINE PROGRAMME - this programme is to assist teams with their planning. It is provisional and could change.

Thursday, 11 th July 2019	Teams arrive
Friday 12 th July 2019	Practice Sessions. Crew Registration and Team Manager's Meeting
Saturday, 13 th July 2019	Opening Ceremony 200 & 500m Racing Day – Parade and Opening Concert
Sunday, 14 th July 2019	Racing Day, All 200 & 500m FINALS Awards Ceremonies, Closing Ceremony.
Monday, 15 th July 2019	Sightseeing in Trakai, Vilnius (own arrangement). Crews depart.

We are organizing the first generation of international events of this level, so we will play each team and take note of the comments and wishes.



DRAGON BOAT FESTIVAL CLOSE, TOGETHER

SAULIUS STAROLIS. Secretary-General

Lithuanian Dragon Boat Federation

INFO@DRAGONBOAT.LT +370 65240596



A LOOK AT JUNIOR DRAGONS DEVELOPMENT IN IRELAND

Article by Tara Byrne, first published in the Irish Dragon Boat Association's Newsletter

The Dublin Hong Kong Dragon Boat Regatta has always included an Under 18's category in recognition of the fact that the youth of Ireland is the future of the ever-growing Irish dragon boating community. The junior category has consistently attracted entries, with some groups showing long term support by returning every year,



2018 Dublin Hong Kong Dragon Boat Regatta – U18s Challenge Major Final

such as Castleknock College for boys and St. Joseph's College for girls, Lucan. In more recent years we have also seen mixed teams representing the Athy Dragon Boat Club.

In order to ensure the development of junior dragon boat crews the Irish Dragon Boat Association (IDBA) has supported Dublin based junior crews for the 2017 and 2018 regattas. Junior crews can be mixed gender and the ages range from minimum 8 to maximum 18 years of age.

We put a call out to the local community surrounding the Grand Canal Dock and local scout troops as well as the Plurabelle Paddlers members' children, grandchildren etc., for a 2018 crew and filled a boat within a week!

The Paddling PALS

Training happened once weekly for the month prior to the Dublin Regatta. Many of those who participated in 2017 didn't need to be asked and so the above enthusiastic group were formed into the 'Paddling PALS' for the 2018 Dublin Hong Kong Regatta.

They produced impressive times with great stamina given the fact that just 3 of the team members were older than 12 years of age and that they had paddled together for such a short time in advance of race day. The Paddling PALS finished just one second short of a team of older teenage boys in their second 200m race, which was thrilling to watch.

Many of the Dublin Paddling PALS team did not know one another but took the brave step to try out a new outdoor water based activity. They built such a bond over the short duration of their team's being, which included a lot of hard work but high spirits too as they could be heard singing 'jingle bells' at the top of their voices at the end of each race and all of them left the prize giving ceremony wanting more from dragon boating.



Paddling PALS awaiting the arrival of their boat.

At this point in time, the only official junior crew that trains regularly is The Barrow Dragons, based in Athy. The IDBA would love to encourage all 14 dragon boat clubs across Ireland to develop a junior team. The IDBA is available to give direction on how to go about this so drop us an email .

All European and World Dragon Boating Championships have junior racing and so there is a world of opportunity in terms of travel, competition, meeting new people and leading a healthy outdoor lifestyle for junior dragon boat teams.

Now that the sport is in its 9th year in Ireland we have been able to develop a national team, which has represented Ireland successfully at championships since 2016.

We believe that it will make such a difference to our premier and senior Irish dragon boat teams' European and World Championships endeavours if our dragon boaters start from the earliest age possible.

Many of Ireland's hurling, football and rugby stars will have picked up their first hurley or kicked their first ball when 3 years old, so why not Dragon Boating. We need to start attaching paddles to our children's arms from 8 years of age

If you are based in the Island of Ireland and know of any under 18 year old girls and boys that would like to be involved in the development of a junior crew, especially in Dublin, please email taranbyrne@gmail.com.

We look forward to welcoming an increased number of junior crews at the 2019 Dublin regatta. Tara Byrne

IN A DRAGON BOAT RACE... By Irehak. Vancouver Island Team

It goes quiet on the water.

Waiting while the sun beats down, watching the previous race churn down the lanes, subconsciously counting their start in your head.

Before you know it, you're paddling to the start line, your teammates are patting you on the back or shoulder, words of confidence and encouragement floating back and forth. While the steersperson straightens the boat, the pacers uphold tradition and splash the dragon.

The boat next to you takes a little longer to straighten their boat; you and your teammates are in hold position, waiting. You sit quietly for a moment, trying to calm your nerves, slow the heartbeat. Then you look up at your drummer and she looks back and grins.

"The thirst you feel in your throat and lungs will be gone minutes after the race is over. The pain in your legs within days, but the glory of your finish will last forever" -Unknown

STANDBY! Are you ready!

You lean forward, paddle poised and ready as all of your coach's mantras flip through your head: don't look on the blade anymore; you don't need to see, you need to feel.

ATTENTION!

All the paddlers collectively inhale. There's only a fraction of a second to contemplate the lack of noise before the horn goes off.

Somewhere at the back of your mind, your brain registers that the horn is important and you must do something – but your body is already moving. Hours of practice move your muscles, focusing the strength on the blade, everyone moving together. The boat surges with each stroke.



The boat surges as your teammates do the same, your drummer is going nuts on the drum and yelling encouragement. The pace picks up, but the finish line seems to be approaching too slowly.

Within your periphery, boats on either side surge with their charges; the combination of camaraderie and a desire to win overcomes exhaustion. **Almost there! Keep going! Longerrrrr! Everything!!! That's what you are giving everything.**

Then it's all over. In less than three minutes. You glance left. Glance right. And start to cheer – you won your race. And it was all soooooooooooooo worth it.

**YOUR LUNGS ARE BURNING.
YOUR LEGS ARE SHREDDED.
AND THIS IS JUST THE
BEGINNING. WE ARE A
DIFFERENT BREED. DON'T
BE AFRAID. LET YOUR
ANIMAL INSTINCTS KICK IN
AS YOU DEVOUR THE PACK.
THIS IS MILES OF AGONY
VS ECSTASY. INJURIES BE
DAMNED. THE THRILL OF THE
HUNT DRIVES YOU TO SLAY
YOUR OPPONENT. PAIN IS
TEMPORARY, VICTORY IS
ETERNAL. YOU CAN TASTE IT.**

**IN ORDER
TO WIN,
you have to
DO SOMETHING
THAT THE BOAT
NEXT TO YOU
ISN'T WILLING TO DO.**

Halfway and inevitably, the thoughts appear in your head: *It's so hot ! I'm so tired ! The finish line is still so far !*

Are we there yet ???

Banishing them by putting more power on the blade and yelling encouragement to your teammates, a previously agreed "TWIST!!" escapes your lips and gains followers down the boat.

Close to the second last buoy your steersperson calls the charge. When you thought you had no energy left, nothing more to give, you rise to the call.

TALKING POINT.2 – a Look At The Issues Of The Day

WHAT'S IT ALL ABOUT ? - DICTATES FROM THE IDBF COMPETITION & TECH COMMISSION

A Memo was recently issued by Melaine Cantwell, Chair of the IDBF Competition & Technical Commission (C&TC Memo 002), in which she said *"Following the recent review of their Risk Management Strategy, the IDBF will be implementing a new process this year, with regard to the use of the IDBF logo to promote all types of dragon boat activities, such as festivals and events"*.

Fine so far but no information on or explanation of what, the IDBF's 'Risk Management Strategy' is and why it would (or should) affect the use of the IDBF logo by IDBF Affiliated Festivals and indeed, as the memo alludes to 'any festival or activity to promote their event'.

The present system of allowing Festival and Event Organisers to use the IDBF logo, requires them to follow IDBF Water Safety Guidelines, use IDBF Racing Rules and appropriate Competition Regulations and to have at least one IDBF supervising Race Official.

It would seem that a very few IDBF Affiliates have not been implementing all of these requirements, thus the change in stance by the IDBF C&TC.

So it will be interesting to find out what the new criteria will be and if it will be worthwhile for Festivals to sign up to them.

The use of the IDBF logo has always been given freely by the IDBF to its Affiliated Festivals etc, to promote the IDBF and not the festival or event, as they don't need the IDBF to promote themselves. (The use of the IDBF logo actually comes under the remit of the IDBF Media & Marketing Commission (M&MC) so why is the C&TC involved in this, at all)

Memo 002 goes on to say *"As of 1st Feb 2019 the IDBF will not be endorsing or supporting any festival or activity and continues "If your festival or activity currently is utilising the IDBF logo for endorsement, please remove it immediately."*

Should any festival or activity be reported to be using the IDBF logo penalties may apply".

Strong words from an organisation that needs all the friends it can get (I wonder if the IDBF Council approved them) and what does IDBF endorsement mean. Surely it is the IDBF that is being endorsed by festivals that use IDBF racing rules and regulations and want IDBF Race Officials at their events.

If festivals continue to use the logo to promote the IDBF, who will report them (the C&TC Police) and what will the penalties be and how will they be enforced ?

Memo 002 then advises festival organisers that *the IDBF will contact them, via their IDBF Member, with the new selection criteria and the process to comply with, if they wish to have 'IDBF endorsement' of their event in the future.*

Why would a Festival or an Event Organiser want to join a potentially punitive system, just to promote the IDBF. After all an event organiser does not need either the IDBF's or an IDBF Member's permission to run a Dragon Boat event or to have it 'endorsed'.

Most Festival paddlers have no idea about the IDBF. As a business, a Festival would surely want to know what they would get from the IDBF in return for 'signing up'. Nothing mentioned about that in Memo 002 or how the IDBF would promote an 'endorsed' Festival.

Memo 002 finally tells IDBF Race Officials that *they will not be allowed to wear their IDBF Race Officials shirts at any such Dragon Boat Events but must wear shirts provided by the Festival Organiser.*

Really, 'will not be allowed' must wear other shirts' - a job for the C&TC Police to enforce on their volunteer Race Officials ? IDBF RO's are proud to wear their IDBF Shirts, as a sign of having achieved a good level of officiating in the Sport and when worn at a Festival they are also promoting the IDBF and its Race Officials scheme.

If they do not wear their IDBF RO Shirt, then they are not promoting either the IDBF or the 'bench mark' standard of officiating that the IDBF aspires to have across the whole sport.

In other dictates from the C&TC, the RO's are advised that henceforth only those officials recommended and sanctioned by their IDBF Member organisation, will be considered for a World Champs.

ROs have also been told that if their IDBF Member has not paid its IDBF Membership Fees, then RO's from that Country will not be considered as officials for an IDBF World Champs.

Maybe the C&TC should think again and issue a more realistic, helpful and less punitive C&TC Memo, on all of these dictates.

The IDBF is run by and relies on volunteers. The ethos has always been to encourage people to take part in the Sport and treat them as friends. If you want to keep volunteers, then don't hold a big stick behind your back !

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION



The primary goal of the **International Breast Cancer Paddlers Commission (IBCPC)** is to ensure that **International Breast Cancer Survivors (BCS)** participation festivals and international competitive events are raising awareness about life after a diagnosis of and treatment for breast cancer. *The IBCPC is a Commission of the International Dragon Boat Federation (IDBF)*



IBCPC President Meri Gibson. *Articles courtesy of the IBCPC Newsletter "Keep Abreast with IBCPC".*

Caron Tierney is a driving force in BCS paddling in Southern Ireland.

I sat down with Caron and talked with her about what has motivated her to start up a team and why she is so committed to the sport.

Caron tell me a little bit about yourself.

My name is Caron Tierney, I am married to Owen and am a mother to Fionn 24 and Róisín 20, we live in Limerick City Ireland, where I work as a Gardening/craft tutor for Limerick and Clare Educational and Training Board. I was diagnosed with lobular breast cancer at Christmas 2012.

How were you affected by your treatment?

Before I was diagnosed with breast cancer at Christmas 2012, I was working as gardening /craft tutor for adults, and was a busy mother of two teenagers, leading a normal hectic life.

Then I had surgery, chemo and radiation and started on the hormone treatment, arimadex in 2013 and my ordinary life changed completely. I had severe side effects, joint pain, bone pain fatigue, etc. I felt like an old woman, unable to walk or move due to the pain and side effects of treatment, and with fatigue, which seemed to go on forever. Even simple things like booking a holiday in advance scared the life out of me. I've since learned this is very common in cancer survivors.

Once your life had returned to some form of normality, how did you come to be involved in dragon boat paddling and manage to pull a team together for the Florence festival?

In August 2016 while visiting Donegal, I came across the Donegal Dragons. They were out paddling on the bay. I contacted Deborah Bonner and asked her how she had set up the club, etc. I knew this was something I would love as I had raced other types of boats as a teenager. Deborah introduced me to Lisa Power in Waterford and to Mark o Connor in Cork and asked if I would get involved in getting a crew together for Florence. As a result we put a call out on Facebook for others interested in setting up a club in Limerick City and we were fortunate to be able to set up the Limerick Dragons.



The Suir Dragons helped us by allowing members of Limerick Dragons to train every week in Clonmel until we got our own boat. This meant that a few of us made the round trip of 185 km every week to train in Clonmel. We spent the weekends travelling to events and training sessions with the team we had formed for Florence, called Wild Atlantic Warriors.

How did you go about getting the money together for your boat?

We spent the next year fundraising for our boat and trying to get a clubhouse and in December 2017, Athlunkard Boat Club in Limerick City, allowed us to become associate members and use their facilities. Our boat was finally delivered to Ireland on the 13th of February in 2018. **I was so happy when we had our first paddle on the Abbey River, in March.**

How do you feel now that you have been travelling on this dragon boat journey?

For a person who could barely walk I have found dragon boating to be the best thing I have ever done. As I trained my energy increased and I was able to sleep better. The fatigue, which caused my legs to turn to jelly, didn't bother me when I was paddling. . I found that my fear of planning was cured..



Tell me about one of the highlights for you this last 12 months?

Our trip to Florence was amazing. So many women (and men) affected by cancer out there racing, supporting each other and enjoying life. Since I've returned home I have been trying to organise and promote more exercise for people who have had cancer. I would love to see more effort put into promoting the benefits of exercise in helping to prevent cancer and in alleviating some of the side effects of treatments.

And what is in store in the future for you.

I'm looking forward to this year, when hopefully, I will get some more travelling in with friends to paddle in places we haven't been to before, and welcoming friends from around the world who come here to Ireland to paddle with us.

My one bit of advice to anyone who has just finished treatment, and is ready to move on with their life, is that the best thing that they can do is to find a dragon boat club. There you will find friends, support and exercise that will make you feel so much better physically and mentally



THOUGHTS FROM OUR "HIGH PERFORMANCE" COACH. I've had some questions sent to me by some teams....thank you for sending them, I will try my best to answer them.

"How do BCS teams get involved in Sport Racing ?"

Communication with your team, truly is the key to making it work. As much as I love the increased level of competition that BCS teams can have, with the Sport Racing option, you need to make sure that the entire team's needs are respected and looked after.

Once that is done and the team is good with dedicating a crew to Sport Racing then find some sport races in your area. As a team, decide how far you want to go - Nationals ? Continental or Club Crew World Championships ? If you want to try.....why not? Keep your mind open to any or all possibilities.....you just never know how far you can go!

Sport Racing for BCS Teams: According to the International Dragon Boat Federation ((IDBF) "Sport Racing" is formal competitive racing organized or sanctioned by the IDBF. Sport racing can be organized at the Territorial (Regional), National or International level" **BCS Crews can participate in Sport Racing, if they choose to do so.**

Nationals: Most countries National Championships have a BCS Division and are trying to grow that division.

If your country doesn't, but you are interested, just ask them why not? Most Dragon Boat Federations will add the division to grow the sport. National Championships are much like other festivals that you race at except you get fair racing at first class race courses with recognized Officials. Check with your countries Dragon Boat Federation if you are interested.

IDBF Club Crew World Championships (CCWC): BCS Crews can participate in a CCWC and we have turned some heads with how competitive we are!! The IDBF would LOVE to grow the BCS Division at the CCWC because we are very passionate about our training and our racing.

If your crew truly wants to try International Sport Competition, then why not try the 2020 CCWC in France ?

Check with your own countries Dragon Boat Federation if you are interested in participating because to qualify for this, the hard work starts now ! **Email me at lrkaska@live.com** with any questions or comments..... I love hearing from you !

ARGENTINIAN PINK LADIES CELEBRATE INTERNATIONAL WOMEN'S DAY. The first ever national gathering of 'pink women' took place in the beautiful city of Santa Fe, Argentina on a very special day, the 8th March – International Women's Day. The first time that IBCPC teams from around Argentina officially gathered to paddle together.

Chicas Pink, the local team, hosted an unforgettable event, which saw approximately 100 women from different places in Argentina converge under the sole motivation to paddle, exchange experiences and strengthen bonds. Many different shades of pink joined Chicas Pink (Santa Fe), these teams came from Dragones Rosas (La Plata, Buenos Aires), Rosa Fénix (Neuquén), Amazonas (Córdoba) and Rosas del Plata (Tigre, Buenos Aires).

When we left Santa Fe, our hearts were filled with joy because we had made new friends; got to know the efforts teams make to keep together and managed to spread the word that there is a very good life after a diagnosis of breast cancer.



ADBA Regional Championships, 13th July 2019



Lake Andrea Park, Pleasant Prairie, WI
in conjunction with the Lake Andrea Dragon Fest

QUALIFYING FOR 2020 IDBF CLUB CREW WORLD CHAMPIONSHIPS

The ADBA Regional Championships will award one 2020 IDBF CCWC berth in each racing class to the winning crew in that class. The 12th IDBF CCWC will take place in Aix Les Bains, France in the summer of 2020. In the event the 1st place crew forfeits its entry, the 2nd place crew will be offered the berth.

HOTEL INFORMATION FOR TRAVELING TEAMS

Book Early! It will be high season in Wisconsin!

Doubletree Rate: \$149

11800 108th St., Pleasant Prairie, WI
262-857-3377
Deadline to Book: 6/12/19

Hampton Inn & Suites Rate: \$149.00

7300 125th Ave, Kenosha, WI
262-358-9800
Deadline to Book: 6/12/19

La Quinta Rate: \$112.50

7540 118th Ave, Pleasant Prairie, WI
262-857-7911
Deadline to Book: 5/28/19

Fairfield Inn Rate: \$149

10601 120th Ave., Pleasant Prairie, WI
262-842-7151
Deadline to Book: 6/12/19

Holiday Inn Express Rate \$149.00

7887 94th Ave., Pleasant Prairie, WI
262-942-6000
Deadline to Book: 6/12/19

SPECIAL MID-WEST OPPORTUNITY!

Attend a one day mini-camp with Pat Bradley, former Canadian National Team Coach and currently TEAM USA Senior C Coach & Program Director.

POWER THROUGH CONNECTION

This one-day Pan Am Training Camp is designed to provide dragon boat athletes from all skill levels with a technical base from which to develop stroke efficiencies. Pat and his staff of World Champions use a proven formula to teach "connection to the water". The one day camp program includes 3 on-water training sessions, technical video review, and one to one dockside instruction. This is the only time Pan Am will be running a camp in the Kenosha region in 2019. Don't miss it!



Date: Sunday, July 14, 2019 Time: 9am to 4pm Fee: \$75.00



info@panamdragonboat.com
800.368.6851 813.569.1030
www.panamdragonboat.com
160 Columbia Dr. Suite 403, Tampa, Florida 33606



JUST BREATHE: REGULATING YOUR BREATHING WHILE PADDLING

By Kristin Stickels - aka Paddlechica, an avid dragon boater, outrigger paddler, and coach. I started my blog as a way to answer as some of the questions that my fellow paddlers were asking me after practice.



Whether you are a "mouth breather," a "heavy breather" or a "silent breather," the truth of the matter is that EVERYONE HAS TO BREATHE! But the question often is, "When do I breathe while I'm paddling?"

Newer paddlers are often so focused on all the other complicated components of paddling that they completely neglect the importance of breathing. Yes, timing is crucial on a dragon boat, but so is oxygen intake! Breathing is the body's way of bringing oxygen to the cells. **You aren't much use to anyone on the boat if you have passed out due to oxygen deprivation.**

Photos: Ed Nguyen

Breathing, as obvious as it may seem, may not come naturally to you at first. In fact, I frequently remind my team to breathe throughout practices and even when I steer for them during races. It is amazing how many of us hold our breath while concentrating, so periodic reminders to breathe are helpful. Most paddlers don't even realize they are holding their breath until their attention is called to it.

For some reason there is an inclination to inhale and hold while trying to exert energy. It is quite common in many sports and can unfortunately hurt your paddling, not to mention your body. As you deprive your muscles of oxygen, you become weaker, which is exactly what you do not need while paddling.

Breathing is the body's way of bringing oxygen to the cells. One way to control your breathing while paddling and to avoid huffing and puffing erratically is to concentrate on exhaling while exerting force on the blade. So, one would think that you should ideally be relaxed and graceful while inhaling on your recovery phase of the stroke. Then at the catch phase of the stroke, (where you find the hardest water and have to exert the most force on the paddle), you would be exhaling – some people even exhale with a small grunt. "Inhale on the less strenuous phase of the exercise, and exhale on the more demanding phase of the exercise," according to personal trainer Mike Donovanik, C.S.C.S.



But, unless your team has a ridiculously slow stroke rate, this is actually not possible to do without hyper-ventilating. At a stroke rate of 75+ strokes per minute, taking that many breaths, per minute, wouldn't exactly be productive.

Instead, for a race, I recommend inhaling and exhaling calmly and deliberately as your boat approaches the start line. Then, focus on exhaling powerfully on the first stroke of the start. Your body should take over your breathing from there, as long as you remind yourself periodically to breathe. Again, you want to make sure you are not holding your breath; beyond that, your body knows what it needs.

Depending on whether you are in a steady-state piece, an all-out sprint, a start, a finish or something else entirely, your breathing needs will differ. However, you need to ensure that you are breathing! [Tweet it!](#)

How you breathe is actually more important than when you breathe. While paddling, keep your head up to keep the air flow clear. As soon as you drop your head, you are limiting your air flow to your lungs. Also, make sure to hinge and rotate the core at the hip. Bending above the waist can crunch your stomach and compress your lungs, which impinges your diaphragm, therefore negatively affecting your breathing.

DRAGON BOAT INTERNATIONAL NEWSLETTER

"NEWS FROM DRAGON BOAT SPORT"



AUSTRIA.

The **VIENNA DRAGONS** present the **2nd VIENNA DRAGON DAYS**, an event not to be missed. Dragon Boat Races for national and international teams, staged in Austria's vibrant capital **on 1st June 2019**

We want to transform the Vienna water sports center **on the new Danube into a dragon basin.**

Teams in up to three different categories (mixed, open, women) will fight for victory in the sprint (200m) and long distance (2000m with turns) disciplines. Special highlight: the dragon boat **STUDENTS CUP** with ambitious students from all over Austria and beyond. Superb location * entertainment * LIVE show band * after party *.

INDONESIA:

KAMPAR INTERNATIONAL DRAGON BOAT FESTIVAL 2019



Danau Rusa, Koto Panjang Lake Area, Kampar Regency – RIAU, 18-21 July 2019

The Kampar International Dragon Boat Festival will be held at Danau Rusa, Kampar Regency, Riau- Sumatra-Indonesia.

Full free hosting (5 nights) for up to 8 International team (total 200 people). Hosting package includes Accommodation (Hotel, Lodging, Villa or Homestay at Kampar Regency), Breakfast, Lunch and Pick up from and return transport to the Airport.

Race categories Open and Mixed (Standard Boat – 22 crew), Open Woman and Mixed (Small Boat – 12 crew) and Inter Nations (Antara Bangsa) Small Boat Mixed and Open. Total of 7 races.

Race distance 500m Prize money US\$ 10.000. Nearest Airport, Pekanbaru ((Sultan Syarif Kasim II) & KAMPAR Kuala-Lumpur to Pekanbaru by Air Asia. Distance from Pekanbaru to Venue Race at Kampar Regency 90 - 100 KM

17th PADANG INTERNATIONAL DRAGON BOAT FESTIVAL AUGUST 01-04, 2019.

Full free hosting for International crews (max 24) for 6 days and 5 nights. Including Accommodation (Hotel 3 or 4 star), Breakfast, Pick up from and return to the Airport, Local Transport, City Tour.

Race categories Open, Woman and Mixed Standard Boat (22 crew) and Open, Woman and Mixed Small Boat (12 crew).

Join crews from Philippines (Cebu and Manila) Malaysia (Penang and K'Lumpur), Qatar (Onslaught Dragon Doha) Hong Kong, Singapore and Germany.

For further Information on either Kampar or Padang Int Races, please email indonesiadrasons@gmail.com with a copy to:- yonif133yspdg@gmail.com Whatsapp /Official +62811669626



Serbian Dragon Boat Federation

invites you to the



5th International Dragon Boat Festival & Euro Cup Race
28th SEPTEMBER 2019

See you in Belgrade

Photo by Zoran Mesarović,
www.instagram.com/zoranmesarovic

The 5th International Dragon Boat Festival will take place on Saturday 28th Sept 2019, on Ada Ciganlija Lake, Belgrade, Serbia.

LOCATION: Ada Ciganlija Lake is 4.2 km long and average 200 meters wide, with a depth between 4 and 6 meters. It is used for sports, recreation and active leisure time of visitors to Ada Ciganlija,

The lake is surrounded by a 7.9 km long walkway, a bicycle path and has a pebble beach. Ada Ciganlija offers more than 60 coffee shops and restaurants, situated all around the lake.

The Ada Ciganlija Lake is located 30 min away from Belgrade's International Airport Nikola Tesla.

REGATTA COURSE: The Regatta Course and technical facilities will comply with EDBF standards. There will be no racing lines on course.

BOATS AND EQUIPMENT: The Event Organisers will provide three IDBF standard racing boats (Champion manufactured) and three IDBF small racing boats.

RULES OF RACING: The racing will be conducted under the current IDBF Racing Rules and Regulations and any conditions which are contained in this Bulletin. In all competitions to qualify for medals status must be at least three (3) entries per class. Less than three (3) entries per class will be classified as demonstration races.

PERSONAL SAFETY: All paddlers are expected to be able to swim 50m in light clothing unaided or as a minimum be water competent in cold water. All experienced International paddlers will not be required to wear a PFA, however the SDBF will have a sufficient supply of life jackets if necessary. Crews compete entirely at their own risk and must be "Fit to Race" under the IDBF Competition Regulations.

RACE CATEGORIES:

Standard boat AND Small Boat Races for:-	
Racing class	Premier division
OPEN	200 m
	500 m
WOMEN	200 m
	500 m
MIXED	200 m
	500 m

OUTLINE PROGRAMME

Thur 26.09.2019.	Training session
Fri 27.09.2019.	Training session
Fri 27.09.2019.	Managers Meeting
Sat 28.09.2019.	Opening ceremony 0930 to 10.00
Sat 28.09.2019.	Races 200m & 500m 10.00 to 1600
Sat 28.09.2019.	After Party

MIXED CREW REQUIREMENTS

Standard Boat Crews – The crew must consist of a minimum of 8 and maximum of 10 paddlers of either gender. Drummers and Helms can be of either gender. This means that for a full crew of 20 paddlers 10 must be males and 10 females. For 18 paddlers then you can use 8 women and 10 men or 9 women and 9 men or 10 women and 8 men.

Small Boat Crews – The crew must consist of a minimum of 4 and maximum of 5 of either gender. Drummers and Helms can be of either sex.

INQUIRIES and REGISTRATION: office@dragonboat.rs

DEADLINE for PROVISIONAL REGISTRATION: 31.08.2019.





4TH DRAGON BOAT FESTIVAL OF SPAIN, INTERCONTINENTAL CHALLENGE & HEAT International Dragon Boat – SPANISH TRAINING CAMP

CAMP LOCATION: **Torrevieja.** Torrevieja: is on the Mediterranean Coast of Spain (Costa Blanca) only 45 minutes from Alicante Int Airport & 25 minutes from San Javier airport. **Paddlers arrange their own transportation from airport.** There are several land transfer options available - Coordinate flights with others and share cab costs (approx. 40 €)

REAL CLUB NAUTICO of Torrevieja. A large beautifully protected area for the Festival and Training Camp

ACCOMMODATION: **Hotel Fontana Plaza, Torrevieja.** There are 6 triple rooms, 25 doubles & 10 singles at Hotel Fontana. A 20% deposit will be required to hold your room; first come first served. Balance is due at check in.

Approximate cost - 51 €/Day/single ~ 60 €/day/double ~ 87 €/day/triple room (Breakfast included). 5 min walk to the training facility at Real Club Nautico Marina, shopping, restaurants. **Paddlers can reserve their own accommodation.**

CAMP FEES: Europe 200 €: North America \$300 USD, per person. Deposit of €75 or 75 USD to reserve your place (non-refundable). **Your Fee covers,** 5 days of world class training: 2 days of dragon boat racing: Camp T-shirt: New friends & LOTS OF FUN!

PROGRAMME: Oct 11/12 - Paddlers arrive and On-water practice in preparation for Mar Menor Games
 Oct 13 - Paddlers travel to Cartagena for Mar Menor Games ([www.Mar Menor Games](http://www.MarMenorGames.com))
 Games Entry Fee & return transport to **Cartagena, cost 15 €, per, person**
 Oct 14/18 - HEAT International Dragon Boat Training Camp
 Oct 19/20 - Dragon Boat Festival Of Spain & Intercontinental Cup Challenge

NEXT STEP ~ Camp Confirmation ~ email lizeeb@live.com to reserve your seat for camp/non refundable check is due at time of registration. Details on where & when to send camp deposit will be notified by email.



SHENZHEN INTERNATIONAL DRAGON BOAT RACES – 20-21 MAY 2019.

Racing on 21 May 2019 (morning only). Race Distance 350m (4 Lanes). Location, Guanlan River, North Shenzhen. 深圳華龍, 觀瀾河.
Standard Boat Open Class but crews must have at least 2 female paddlers. 8 International and 8 local teams in the competition.

Hosting includes Hotel and food for 2 nights. Free pickup from Shengzhen airport for overseas teams) or at Lowu border checkpoint for teams arriving from Hong Kong). **Subsidy of 10,000 RMB towards team costs, plus prize money. Prize money is as follows:-**

1st to 6th places = RMB 40,000; 32k; 24k, 16k; 12k and 8,000 RMB. All other crews receive 4,000 RMB appearance money.

Entries & further Info - contact Liang Zhi Wei – Email szdragonboat@126.com. Tel: + 86 755 2333 6255

NEWS CLIP - USA

This podcast is well worth a listen as it is about a dragon boat team comprised primarily of blind and visually impaired paddlers, called the **Out of Sight Dragons**.

First Practice of 2019: Spring has arrived. The cherry blossoms are in full bloom and the Out of Sight Dragons are back paddling on the water for their first practice of the year. Listen in as the blind and visually impaired teammates on this unique team reconnect after the winter and paddle on the water in Washington, D.C.

[Click here to stream the Out of Sight Dragons Podcast online at SoundCloud.com](#)

[Subscribe via your smartphone podcast app with the RSS feed](#)

Or simply search for **Out of Sight Dragons** in your smartphone podcast app. Every episode is under 20 minutes!



NEWS CLIP – HONG KONG

The Stars Lions Blind Darkness Fighters, are going to take part in the forthcoming DBS Marina Regatta, on 1 June, in Singapore.

It is not easy to travel and compete in foreign land, especially with a group of disabled bodies. We need your help to liaise with potential donors for sponsorship and agencies/teams for cultural exchange, during our stay in Singapore.

As for sponsorship, we need support on accommodation and food. For cultural exchange, we would like to meet NGOs or teams serving the disabled, especially the visually impaired, so as to share experiences and insights.

If you can help in any way please contact us. Thank you very much in advance.

Endy Chan, Chairman of Stars Lions Blind Darkness Fighters Dragon Boat Team. Hong Kong





www.merlingear.com

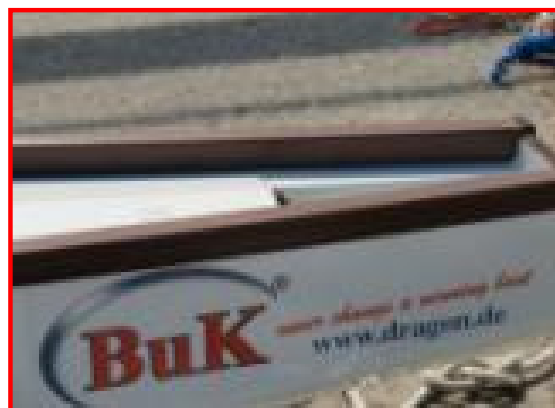
Superior quality IDBF Approved Carbon Fibre Dragon Boat Paddles

Discount available for Bulk orders of SD3 Range from Sporting governing bodies plus large event & festival organisers. For team orders, buy direct from the wholesaler to save \$\$\$.

SD3 Neon Knight, CD3 Dark Knight

Email: info@merlingear.com





'DRUM BEAT'

Where You Have You Say About Your Dragon Boat Sport

ATTENTION DRAGON BOATERS AROUND THE WORLD !!!

By Edwin Hou.



Spare a few minutes to support justice for a **situation** that is affecting the future of our beloved sport, The case is in Egypt and gives a very clear picture as to why we should NOT let ICF (International Canoe Federation) or their Continental Federations and ICF Members, take over our sport. They have shown many times, that they have no real interest in developing dragon boating.

What they want is simply power and money. Half a year ago we saw how they hijacked our sport in the 2018 Asian Games, in Indonesia and named the event as sprint canoe, with in brackets, (Traditional Boat Racing) without a single mention about "Dragon Boat".

In the long run if we allow them to succeed in their plot to invade our sport, they will take away all elements of the dragon culture, not only the name, but also the iconic dragon head and tail, as well as the boat's drum.

Now in Egypt we see this power grab continuing, with the recent news from Mary Lai, one of the Founders of Dragon Boat Egypt, which is an IDBF Member organisation.

The following is Mary's open letter of 20 Feb 19:-

This week, we received warning messages from the Canoe Federation of Egypt, saying that they will STOP our event, "Dragon Boat on the Nile", because we refused to cooperate with them. This is a FUN Festival of Dragon boating under the umbrella of the Chinese Embassy in Egypt.

The Canoe Federation claim that they have the right to organize the Dragon Boat event and that we need their approval for it but the Water Police gave us an exception to allow us to do the event.

When they heard that the Minister of Sport might come to the event, they became furious and afraid that we will set up the Dragon Boat Egypt Federation.

The Canoe people also warned us that if we did any racing they would make a court case against us and that I might go to jail for 6 months and a fine of 10,000 USD.

We are not afraid of these threats and bullying and we are moving on to prepare the event, which includes Teams from overseas and we will have our Press Conference, as planned.

The festival took place despite the **Egyptian Canoe and Kayak Federation's threats** but soon after-wards Mary Lai made a complaint to the authorities, that the EC&KF had recently made an appearance on CGTN TV Channel, to promote their Dragon Boat Club activities.

Mary said that the video segment evokes claims that are misleading and false. The video begins with the newscaster, introducing the segment while a photo of our recent event is used in the background. This picture is of our team and we did not authorize its use and it should be removed from the video.

The segment mentioned that Dragon Boat "has been adopted by the Egyptian Canoeing Federation, which has been a platform for it to spread". This claim is misleading as the Federation has not contributed any efforts to developing the sport, if anything they created obstacles.

Moreover, this claim undermines all the efforts exerted by the Chinese Embassy, the International Dragon Boat Federation and Dragon Boat Egypt to hold these festivals, as it unrightfully gives the credit of there success to the Egyptian Canoe and Kayak Federation.

One of the paddlers featured in the segment, falsely claims that they had won many Dragon Boat competitions. Based on our knowledge, the last event was with us on Feb 2018. Thus, this statement with the photo of our recent Feb 23 festival, is meant to imply that they are the ones who organized the festival. It is a misleading statement.

Mary concluded her complaint by saying, "All in all, we would like to ensure that we support the freedom of speech and of the press, but we do not support false and misleading claims that jeopardize the efforts we had all exerted since 2016, and unrightfully denies giving credit where it's due. Also, we do not appreciate being taken advantage of to promote an organisation that has been strategically limiting our activities in Egypt for the past two years".

Dragon Boat and Canoe have no common ground for any cooperation. With the experiences in Egypt and elsewhere, we just cannot TRUST them at all.

Edwin Hou, Hong Kong.

CULTURE CORNER

WHAT IS THE DRAGON BOAT FESTIVAL ?

It is a **Chinese Cultural festival full of traditions and superstitions**, maybe originating from dragon worship. It is an event on the sporting calendar; and a day of remembrance/worship for Qu Yuan, Wu Zixu, and Cao E.

The festival has long been a **traditional holiday** in China. On May 20th 2006 it was selected in the first batch of **National Intangible Cultural Heritage** items.

In 2008 it was first celebrated as a public holiday in China. On October 30th 2009 it was added to the **UNESCO World Intangible Cultural Heritage** List.

Dragon Boat Festival Dates (2019-2022)

2019 - 07th June, 2020 - 25th June.

2021 - 14th June. 2022 - 03rd June

Why is Dragon Boat Racing Held for the Day?

Dragon boat racing is said to originate from the legend of people paddling out on boats to seek the body of patriotic poet Qu Yuan (343–278 BC), who drowned himself in the Milo River. Dragon Boat Racing is **the most important activity during the Dragon Boat Festival**.

The **wooden boats** are shaped and decorated in the form of a Chinese dragon. The boat size varies by region. Generally it is about 20–35 meters in length and needs 30–60 people to paddle it. **During the races**, dragon boat teams paddle harmoniously and quickly, accompanied by the sound of beating drums. It is said that the winning team will have good luck and a happy life in the following year.



photo by Bigstock



A dragon boat in the Hong Kong Festival.

Where to See Dragon Boat Racing

Dragon Boat Racing has become an important competitive sport. Many places in China hold dragon boat races during the festival. The four most recommended festivals are.

The Hong Kong Dragon Boat Festival: Victoria Harbour, Kowloon, Hong Kong

Yueyang International Dragon Boat Festival: Yueyang Prefecture, Hunan.

Guizhou Dragon Boat Festival of the Miao Ethnic People: Qiandongnan Miao and Dong Autonomous Prefecture, Guizhou Province

Hangzhou Dragon Boat Festival: Xixi National Wetland Park, Hangzhou City, Zhejiang Province

How Did Dragon Boat Festival Start?

The **Dragon Boat Festival is a traditional Chinese festival**. It has a history of more than 2,000 years, and is believed to have originated during the Warring States period.

The **custom of dragon boat races probably began in** Southern China, where the 5th day of the 5th lunar month was a totem ceremony. The dragon was the main symbol on the totem, because the Chinese are said to be the sons of the dragon.

Later the Chinese connected this custom with the Duanwu Festival, which came to be known as the Dragon Boat Festival.

Since this custom was only practiced in southern China, this might be why dragon boat racing isn't that popular in other parts of China today.



photo by David Deng

There are a number of origin stories related to the Dragon Boat Festival, among which the following 3 legends are the most widely circulated. The most popular one is in commemoration of Qu Yuan

Qu Yuan (340–278 BC) was a patriotic poet and a loyal official of the state of Chu during the Warring States Period. Qu Yuan was born in a ruling family and served in high offices. He was the number one advisor of the Kingdom of Chu, and dedicated his whole life to assisting the King to build the State of Chu stronger.

He advised the King to ally with the State of Qi (one of the seven warring states: Qi, Chu, Yan, Han, Zhao, Wei, and Qin) to fight against the most powerful State of Qin. However, he was slandered by jealous officials and accused of treason. The King dismissed and exiled him.

During his exile, Qu Yuan wrote a great deal of enduring poems showing his love and passion for his country, some of which are still very famous in China. In 278 BC, the Qin State conquered the capital of Chu. On hearing of the defeat, Qu Yuan in great despair committed suicide by drowning himself in the Miluo River on the 5th day of the 5th lunar month.

The rest is legend..... When they heard of Qu Yuan's death, the local people were very sad, and rowed out on the river to search for his body, but were unable to find him. To preserve his body, the locals paddled their boats up and down the river, hitting the water with their paddles and beating drums to scare evil spirits away. They threw lumps of rice into the river to feed the fish, so that they would not eat Qu Yuan's body. An old Chinese doctor poured Realgar wine into the river to poison the monsters and to protect Qu Yuan.

Since then, people in the Miluo River area (about 50 km north of Changsha in central China's Hunan Province) have followed similar practices to commemorate Qu Yuan, on the fifth day of the fifth lunar month. Gradually, rowing boats developed into dragon boat racing, the lumps of rice became sticky rice dumplings (**Zongzi**) traditionally eaten during the festival, and Realgar wine is now drunk in commemoration of the great patriot Qu Yuan.

Origin Story 2: Commemorating Wu Zixu (722–481 BC). In Jiangsu and Zhejiang, the legend of Wu Zixu (伍子胥) who was also from the State of Chu, before the time of Qu Yuan, is very popular. His father was a loyal tutor of the Chu ruler's family, but was imprisoned by the King of Chu. The King also ordered the execution of Wu Zixu and he was forced to flee to the State of Wu after the King killed his father and brother.

Wu Zixu assisted the King of Wu in conquering the Chu State and so avenged the deaths of his father and brother. After that, Wu Zixu rose quickly in prominence. However, after the King died, his son Fuchai took the throne. Concerned with the safety of the kingdom.

Wu Zixu advised the King to conquer the State of Yue, but was ignored and the King listened instead to an official who was bribed by the state of Yue. The King did not trust Wu Zixu and forced him to commit suicide on the fifth day of the fifth lunar month. Before he

committed suicide, Wu Zixu asked the King to remove his eyes and hang them on the top of the city gate, so he could see the capture of Wu by Yue troops.

The King was very angry and ordered Wu Zixu's body be thrown into a river near Suzhou. The locals who sympathized with him held Dragon Boat Races and other activities in memory of him. This is also cited as the origin of the Dragon Boat Festival.

Origin Story 3: Commemorating the Filial Piety of Cao E. (130–143 BC).

Another popular legend about the Dragon Boat Festival is in memory of a young girl, Cao E (曹娥,) who died trying to retrieve her father's body from a river in Zhejiang Province, central East China. When her father drowned in a river, and his body was unable to be found for days, Cao E walked along the river bank day-and-night looking for her father's body, crying her heart out. On the fifth day of the fifth lunar month, she jumped into the river too, and five days later her body was found with her father in her arms.

In order to commemorate Cao E and her sacrifice of filial piety, in 151 a temple was built, the river she drowned in was renamed the Cao'e River (a southern tributary of the Qiantang River that flows through Hangzhou), and many activities including Dragon Boat Racing are held every fifth day of the fifth lunar month in northern Zhejiang.

Although the legendary origins of the Dragon Boat Festival vary regionally, they all involve some of the most important traditions in Chinese culture like virtue, spirit, loyalty, honour, and love. They have been, and will probably always be, told from one generation to the next.



photo by David Deng



How do Chinese People Celebrate the Festival ? The Duanwu Festival (Dragon Boat Festival) is when Chinese people practice various customs thought to dispel disease, and invoke good health.

In addition to Dragon Boat Racing, some of the most traditional customs include eating sticky rice dumplings (Zongzi), hanging Chinese Mugwort and Calamus, drinking Realgar wine, and wearing perfume pouches.

Unfortunately, many of the customs are now disappearing, or are no longer observed. Today they are more likely to be practiced in rural areas.

Eating Sticky Rice Dumplings .

Zongzi (粽子 zòngzi /dzong-dzuh/) is the most traditional Dragon Boat Festival food. It is related to Qu Yuan commemoration, as the legend says that lumps of rice were thrown into the river to stop fish eating his drowned body.



Zongzi are a kind of sticky rice dumpling made of glutinous rice filled with meats, beans, and other fillings.

Zongzi is wrapped in **triangle or rectangle shapes** in bamboo or reed leaves, and tied with soaked stalks or colourful silky cords.

The flavours of zongzi are usually different from one region to another across China.

Drinking Realgar Wine There is an old saying: '**Drinking realgar wine drives diseases** and evils away!' Realgar wine is a Chinese alcoholic drink consisting of fermented cereals and powdered realgar.

In ancient times, people believed that Realgar was an antidote for all poisons, and effective for killing insects and driving away evil spirits. So everyone would drink some Realgar wine during Duanwu Festival.

Wearing Perfume Pouches . Before Dragon Boat Festival arrives, parents usually prepare perfume pouches for their children. They sew little bags with colourful silk cloth, fill the bags with perfumes or herbal medicines, and then string them with silk threads.

During Dragon Boat Festival perfume pouches are hung around kids' necks or tied to the front of a garment as an ornament. The perfume pouches are said to protect them from evil.



Hanging Chinese Mugwort and Calamus



The Dragon Boat Festival is held at the start of summer, when diseases are more prevalent. Mugwort leaves are used medicinally in China. Their fragrance is very pleasant, deterring flies and mosquitoes. Calamus is an aquatic plant that has similar effects.

On the fifth day of the fifth month, people usually clean their houses, courtyards, and hang Mugwort and Calamus on doors lintels to discourage diseases. It is also said hanging Mugwort and Calamus can bring good luck to the family.

To watch a video on how the traditional wooden 80 man, 5, man, 4 man and 1 man Dragon Boats are built and made ready to launch go to:-

<https://video.tudou.com/v/XMjc5NzQxMzQ5Ng==.html...>

The video, 8 minutes long is in Chinese, from a TV programme, but the pictures tell the story too

DSN CALENDAR OF DRAGON BOAT SPORT & FESTIVAL RACING

Issue 3 - APRIL 2019 - DECEMBER 2019

	Championships - International & National	All Races shown use IDBF Racing Rules or rules adapted from them. Championships are held under IDBF Competition Regs. (P) = Provisional Date or Venue
	Local Races & Events	
	Festival Races	
	International Regattas & Races	
	Multi Sports Games & Boating Events	

All events and dates shown as at 1st April 2019. (P) = Provisional. TBN = To Be Notified

APRIL 2019	Event Details	Venue	Country	Contact Details
05-06 Apr 2019	New Zealand National Championships	Lake Karapiro	New Zealand	www.nzdba.co.nz
06 Apr 2019	Berliner Dragon Boat Half-Marathon & Inseleup	Berlin	Germany	www.drachenboot-liga.de
07 Apr 2019	Festival of Sport, Dragon Boat Races	Hong Kong	China	www.hkcdba.org
13-14 Apr 19	Sea Dragon Race, Pasir Ris Sea, Pasir Ris Park	Area 3-4 Elias Road	Singapore	www.sdba.org.sg
14 Apr 2019	British National League – Race.1	Worcester	England	www.dragonboat.org.uk
17-22 Apr 2019	Australian National Champs, Weston Park	Yarralumla, ACT	Australia	www.ausdbf.com
21-27 Apr 19	PanAm Spring Trg Camps, Little Harbour, Ruskin	Tampa, Florida	USA	www.panamdragonboat.com
27 Apr 2019	Centrum Charity Foundation, Inter Schools Races	Hong Kong	China	www.hkcdba.org
27 Apr 2019	Tampa Bay International DB Festival	Tampa, Florida	USA	www.panamdragonboat.com
28 Apr 2019	Dragon Boat Inclusion Come and Try, Docklands	Victoria Harbour	Australia	www.dragonboatvictoria.com.au
MAY 2019	Event Details	Venue	Country	Contact Details
03-05 May 2019	2nd Tbilisi International DB Festival	Tbilisi	Georgia	EM. Georgia.dragons.club@gmail.com
04 May 2019	Charleston Dragon Boat Festival	Charleston	USA	www.gwndragonboat.com
04 May 2019	FCRCC Spring Knockout, False Creek	Vancouver	Canada	www.dragonboat.ca
04 May 2019	Stanley Dragon Warm Up Races – 250m	Stanley Beach	Hong Kong	www.dragonboat.org.hk
04-05 May 2019	1st Iskander Puteri Int DB Festival, the Harbour	Puteri, Jahor	Malaysia	Em: secretaryipidbf@gmail.com
05 May 2019	British National League – Race.2	Stockton-on-Tees	England	www.dragonboat.org.uk
05 May 2019	Athy Dragon Boat Regatta, Emily Square	Athy. Co Kildare	Ireland	www.dragonboat.ie
10-12 May 2019	Hamburg Harbour Cup Races	Hamburg	Germany	www.hafencup.com
11 May 2019	Sarasota Int DB Festival	Sarasota, Florida	USA	www.gwndragonboat.com
18 May 2019	Clermont DB Festival	Clermont, Florida	USA	www.panamdragonboat.com
18 May 2019	Charlotte DB Festival	Charlotte, NC	USA	www.panamdragonboat.com
18-19 May 2019	DFW DB Festival	Dallas, Texas	USA	www.panamdragonboat.com
19 May 2019	Buddha Day's & Multicultural DB Races, Fed Sq	Victoria	Australia	www.dragonboatvictoria.com.au
18-19 May 2019	2 nd Barcelona Dragon Boat Festival	Barcelona	Spain	www.barcelonadragonboatfest.com
20-21 May 2019	Shenzhen Int DB Festival, Guanlan River,	Shenzhen	China	EM: szdragonboat@126.com.
25 May 2019	Dragon Boat Cup	Lubeck	Germany	www.drachenboot-liga.de
25 -26 May 2019	Mainz Dragon Boat Festival	Mainz	Germany	www.drachenboot-liga.de
26 May 2019	Toronto Women's Dragon Boat Festival	Toronto	Canada	www.dragonboat.ca
26 May 2019	Fairway Gorge PC, Super Sprints	Victoria	Canada	www.dragonboat.ca
31 May 2019	National Inter Schools, A Division – 200m	Marina Bay	Singapore	www.sdba.org.sg
JUNE 2019	Event Details	Venue	Country	Contact Details
01 June 2019	Independence DB Regatta	Philadelphia, PA	USA	www.panamdragonboat.com
01 June 2019	British National League – Race.3	Milton Keynes	England	www.dragonboat.org.uk
01 June 2019	Chicago Southland DB Festival	Chicago	USA	www.gwndragonboat.com
01-02 June 2019	DBS Marina International Regatta – 200 & 500m	Marina Bay	Singapore	www.sdba.org.sg
01-02 June 2019	Pickering Dragon Boat Festival	Pickering, Ont	Canada	www.dragonboat.ca

07 June 19 TBC	Macau International DB Races	Nam Van Lake NC	Macau	www.
07 June 2019	Stanley International DB Races – 270m	Stanley Beach	Hong Kong,	www.dragonboat.org.hk
08 June 2019	Peterborough Dragon Boat Festival,	Peterborough, Ont	Canada	www.dragonboatfestivals.co.uk
08 June 2019	Lachine Knockout DB Races	Lachine, Quebec	Canada	www.dragonboat.ca
08 June 2019	Paddle for Pink DB Races	Princeton, NJ	USA	www.panamdragonboat.com
08 June 2019	Peterboro Dragon Boat Festival, Thorpe Meadows	Peterborough	England	www.dragonboatfestivals.co.uk
08-09 June 2019	Fanshawe DB Festival	London, Ontario	Canada	www.gwndragonboat.com
09 June 2019	Chester Dragon Boat Festival	Chester	England	www.chesterdragonboatfestival.co.uk
09 June 2019	Barrow Dragon Boat Regatta, Carlow Town Park	Graiguecullen	Ireland	www.dragonboat.ie
14 -16 June 2019	Dragon Boat Cup, Koln	Cologne	Germany	www.drachenboot-liga.de
15 June 2019	Arlington DB Festival	Arlington, Texas	USA	www.panamdragonboat.com
15 June 2019	Fairway Gorge DB Festival	Victoria	Canada	www.dragonboat.ca
15 June 2019	Hope Chest Buffalo-Niagara DB Festival	Bufalo, NY	USA	www.panamdragonboat.com
15-16 June 2019	28 th Toronto International DB Festival Races	Toronto Ctre Island	Canada	www.gwndragonboat.com
15-16 June 2019	Dragon Boat Cup	Bremer Haven	Germany	www.drachenboot-liga.de
15-16 June 2019	Izmir Dragon Boat Festival	Izmir	Turkey	www.panamdragonboat.com
15-16 June 19 TBC	Hong Kong International DB Races	Victoria Harbour	Hong Kong	www.
16 June 2019	British National League – Race.4	Liverpool	England	www.dragonboat.org.uk
20 June 2019	London Construction Ind DB Challenge, West Res	London N4.	England	www.dragonboatfestivals.co.uk
21-23 June 2019	Bradford Dragon Boat Festival, Roberts Park	Bradford	England	www.bradforddragonboatfestival.co.uk
21-23 June 2019	ATB Financial Lethbridge Rotary DB Festival	Lethbridge, Alberta,	Canada	www.dragonboat.ca
22 June 2019	Big Blue DB Festival	La Crosse, WI	USA	www.panamdragonboat.com
23 June 2019	Grand Dragon Boat DB Festival	Grand River, Ontario	Canada	www.gwndragonboat.com
23 June 2019	Milton Keynes DB Festival, Willen Lake	Milton Keynes	England	www.dragonboatfestivals.co.uk
20-23 June 2019	Tim Horton Ottawa, DB Festival Races	Ottawa	Canada	www.gwndragonboat.com
23 June 2019	Stanley Dragon Boat Slalom, Stanley Beach	Stanley, Hong Kong	China	www.dragonboat.org.hk
28-30 June 2019	Eglisau Dragon Boat Festival	Eglisau	Switzerland	www.dragonboatcup.ch
29-30 June 2019	Istanbul International Dragon Boat Festival	Istanbul	Turkey	www.dragonfestivali.com
30 June 2019	London Hong Kong DB Festival, Regatta Centre	London	England	www.dragonboat.org.uk
30 June 2019	British Nat League – Race.5, Lon Regatta Centre	London	England	www.dragonboat.org.uk
JULY 2019	Event Details	Venue	Country	Contact Details
01 July 2019	Stanley Short Course Races – 200m	Stanley Beach	Hong Kong	www.dragonboat.org.hk
01 July 2018	Parry Sound DB Festival	Parry Sound, Ontario	Canada	www.gwndragonboat.com
05 July 2019	Dragon Boat Cup	Minden	Germany	www.drachenboot-liga.de
05-07 July 2019	Save On Foods Nanaimo DB Festival	Nanaimo, BC	Canada	www.dragonboat.ca
06 Jul 2019	Swiss 200m Champs, River Limmat	Zurifascht	Switzerland	www.dragonboat.ch
06-07 July 2019	Montreal Challenge & Chinese Festival Races	Montreal, Quebec	Canada	www.dragonboat.ca
06 -07 July 2019	Dragon Boat Festival Races	Essen	Germany	www.drachenboot-essen.de
12 July 2019	National Inter Schools, B & C Divisions – 200m	Marina Bay	Singapore	www.sdba.org.sg
13 July 2019	Ithaca DB Festival	Ithaca, NY	USA	www.panamdragonboat.com
13 July 2019	Sudbury Dragon Boat Festival	Sudbury, Ont	Canada	www.dragonboat.ca
13 July 2019	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	www.gwndragonboat.com
13 July 2019	ADBA Regional Championships	Kenosha, WI	USA	www.dragonboat.org.uk
13-14 July 2019	Singapore DB Festival – 500m	Bedok Reservoir	Singapore	www.sdba.org.sg
13-14 July 2019	1st Trakia Int DB Festival, Rowing Centre	Trakia	Lithuania	EM: info@dragonboat.lt
14 July 2019	British National League – Race.6	Nottingham	England	www.dragonboat.org.uk
13 July 2019	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	www.gwndragonboat.com
18-21 Jul 2019	Canadian National Champs, Wascana Lake	Regina, Sk	Canada	www.dragonboat.ca

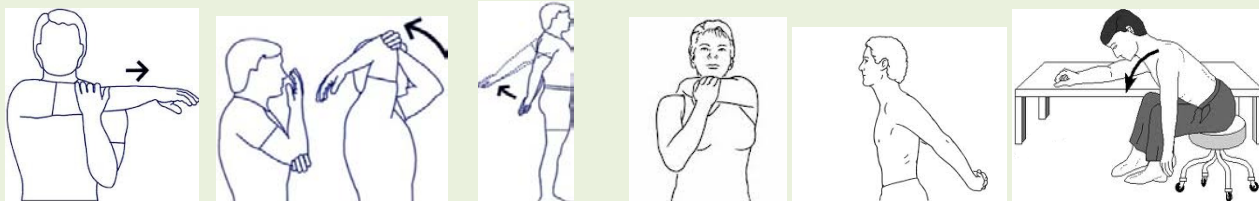
18-21 July 2019	Kampar Int Dragon Boat Festival, Lake Rusa	Kampar Regency	Indonesia	www.padangdragonboatfestival.com
20 July 2019	Dragon Boat Cup	Bad Essen	Germany	www.drachenboot-liga.de
20 July 2019	Greater Green Bay DB Festival	Green Bay, WI	USA	www.panamdragonboat.com
25-28 Jul 2019	18th EDBF EUROPEAN CLUB CREW CHAMPS,	Seville	Spain	www.edbf.org
27 July 2019	Rowan County DB Festival	Salisbury, NC	USA	www.panamdragonboat.com
27 July 2019	Chicago Int DB Festival	Chicago	USA	www.gwn dragonboat.com
AUGUST 2019	Event Details	Venue	Country	Contact Details
01-04 Aug 2019	17th Padang Int Dragon Boat Festival	Padang	Indonesia	www.padangdragonboatfestival.com
03 Aug 2019	Half Moon DB Festival	Eau Claire, WI	USA	www.panamdragonboat.com
03 Aug 2019	British National League – Race.7, Surrey Docks	London	England	www.dragonboat.org.uk
03 Aug 2019	Waterford DB Festival	Waterford, NY	USA	www.panamdragonboat.com
03 Aug 2019	Richmond Int DB Festival	Richmond, BC	Canada	www.gwn dragonboat.com
03-04 Aug 2019	Get Active Singapore Races - Sports Hub WSC	Kallang Basin	Singapore	www.sdba.org.sg
03-04 Aug 2019	Magdeburger Dragon Boat Festival	Magdeburg	Germany	www.drachenboot-liga.de
04 Aug 2019	9 th Hong Kong Indoor Dragon Boat Champs	Hong Kong	China	www.hkcdba.org
04 Aug 2019	Nottingham River Festival, Victoria Emb.	Nottingham	England	www.dragonboatfestivals.co.uk
09-10 Aug 2019	Calgary Dragon Boat Race & Festival	Calgary, Alberta	Canada	www.dragonboat.ca
09-10 Aug 2019	Starbuck DB Festival, Lake Minnewaska	Minnesota	USA	www.gwn dragonboat.com
09-11 Aug 2019	Victoria Dragon Boat Festival	Victoria, BC	Canada	www.dragonboat.ca
10 Aug 2019	Caressant Care Woodstock Rotary DB Festival,	Woodstock, Vermont	Canada	www.gwn dragonboat.com
17 Aug 2019	Northern Nevada Int DB Festival	Navada	USA	www.gwn dragonboat.com
17 Aug 2019	River Front & Asian DB Festival	Hartford, CT	USA	www.gwn dragonboat.com
18 Aug 2019	Reading Dragon Boat Festival	Reading	England	www.readingdragonboatfestival.co.uk
20-25 Aug 2019	14th IDBF WORLD NATIONS CHAMPIONSHIPS	Pattaya	Thailand	www.idbf.org
24 Aug 2019	Colorado Springs DB Festival, Prospect Lake	Colorado Springs	USA	www.gwn dragonboat.com
24-25 Aug 2019	USDBF, US National Champs, Prospect Lake	Colorado Springs	USA	www.dragonboat.ca
29 Aug 2019	Dragons At The Docks, Grand Canal Dock	Ringsend, Dublin	Ireland	www.dragonboat.ie
31 Aug 2019	East Anglian DB Festival, Oulton Broad	Lowestoft	England	www.dragonboatfestivals.co.uk
31 Aug-1 Sep 2019	Dragon Boat Cup	Bremen	Germany	www.drachenboot-liga.de
SEPT 2019	Event Details	Venue	Country	Contact Details
01 Sept 2019	Tees Dragon Boat Festival, River Tees WSC	Stockton	England	www.teesdragonboatfestival.co.uk
06-08 Sept 2019	Dragon Boat Cup	Dortmund	Germany	www.drachenboot-liga.de
07 Sept 2019	Cambridge Dragon Boat Festival, River Cam	Cambridge	England	www.dragonboatfestivals.co.uk
07-08 Sept 2019	GWN Dragon Boat Challenge, Western Beach	Toronto, Ontario	Canada	www.gwn dragonboat.com
08 Sept 2019	British National League – Race.8	Wath upon Dearne	England	www.dragonboat.org.uk
14 Sept 2019	Stratford Rotary DB Festival	Stratford, Ontario	Canada	www.gwn dragonboat.com
14 Sept 2019	Mercer County DB Festival	West Windsor, NJ	USA	www.gwn dragonboat.com
14-15 Sept 2019	Dublin Hong Kong Int Dragon Boat Regatta	Ringsend, Dublin	Ireland	www.dragonboat.ie
14-15 Sept 2019	Quebec Cup DB Races	Quebec	Canada	www.dragonboat.ca
21-22 Sept 2019	British National Championships. NWSC	Nottingham	England	www.dragonboat.org.uk
21 – 22 Sept 2019	BDA Euro Cup Races Euro Cup Races NWSC	Nottingham	England	www.dragonboat.org.uk
21-22 Sept 2019	Istanbul Dragon Boat Races	Istanbul	Turkey	www.dragonfestivali.com
28 Sept 2019	Madison County Chamber Dragon Boat Regatta	Madison County	USA	www.gwn dragonboat.com
28 Sept 2019	5th Serbian Int DB Regatta & Euro Cup Race	Belgrade	Serbia	Em. office@dragonboat.rs
28 Sept 2019	SDBA-AustCham DB Challenge 5km & 10km	Marina Reservoir	Singapore	www.sdba.org.sg
Oct 2019	Event Details	Venue	Country	Contact Details
05 Oct 2019	Dragon Boat Cup, Strandbad, Berlin-Weissensee	Berlin	Germany	www.drachenboot-liga.de
19 Oct 2019	Orlando Int DB Festival	Orlando, Florida	USA	www.gwn dragonboat.com

19 – 20 Oct 2019	FIDB Euro Cup Races Euro Cup Races	Rome	Italy	EM: presidente.fidb@gmail.com
21 Oct 2019	Centrum Charity Found, HK Int DB Champs	Hong Kong	China	www.hkcdba.org
Nov 2019	Event Details	Venue	Country	Contact Details
09 Nov 2019	LS Regatta, Hamelin	Hamelin	Germany	www.drachenboot-liga.de
16 Nov 2019	Indoor Dragon Boat Cup	Osnabruck	Germany	www.drachenboot-liga.de
30 Nov 2019	Nikolaus Dragon Boat Cup	Rostock	Germany	www.drachenboot-liga.de
Dec 2019	Event Details	Venue	Country	Contact Details
01 Dec 2019	10 th Hong Kong Half Marathon DB Champs	Hong Kong	China	www.hkcdba.org

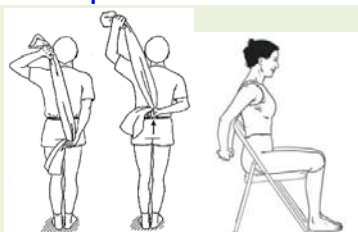
EXERCISES THAT HELP ROTATOR CUFF DISORDERS

(See Sports Science Corner Article – Home Treatment)

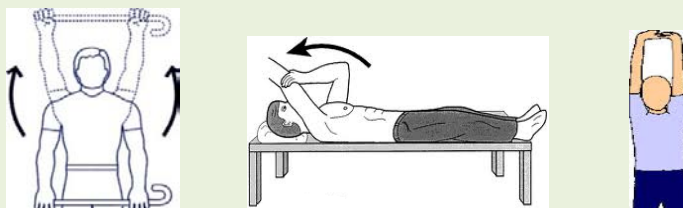
1. Posterior Stretching



2. Up-the-back Stretch



3. Overhead Stretch



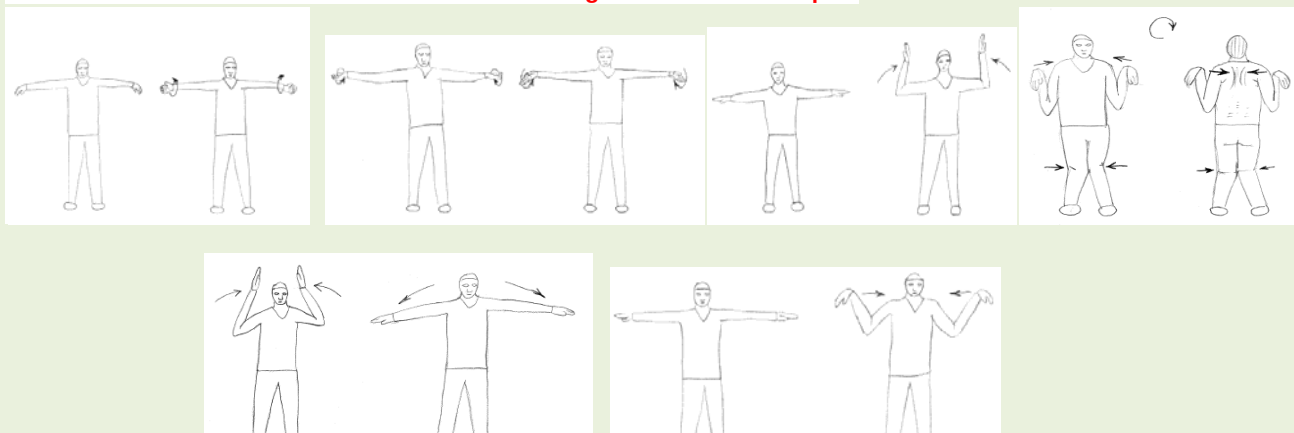
4. Pendulum Swing



5. Wall Climbing: To the side and to the front



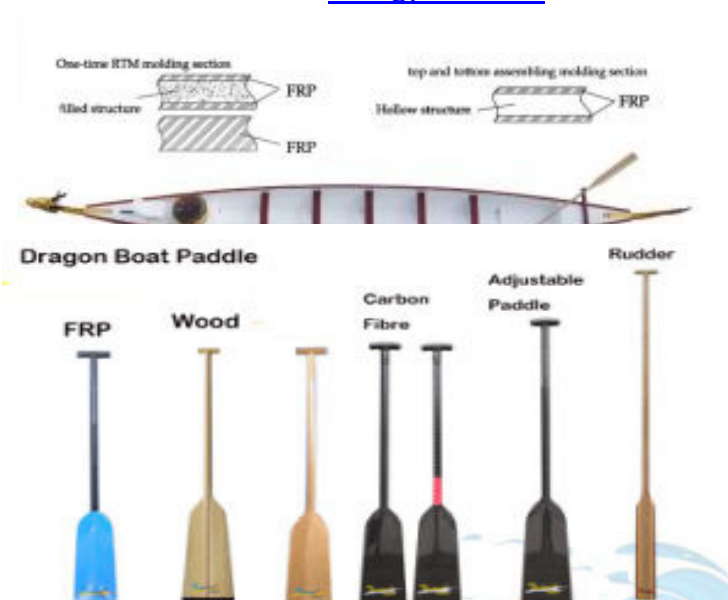
6. Other training to relieve shoulder pain





The Shanghai Peisheng Boat Co, Ltd, founded in 1995, by the Zhu Brothers, specializes in high-performance products involving advanced composite materials. The PS Hangzhou factory has a total workshop area of more than 90,000 square metres and the Company employs 350 skilled staff, including 30 managers and 50 technicians. Of this total workforce, some 120 workers are employed in the Company's first line of business Boat Building, making Dragon Boats, *licensed to IDBF Specifications*, Catamarans and producing top level Rowing Boats and Kayaks for Olympic competitions.

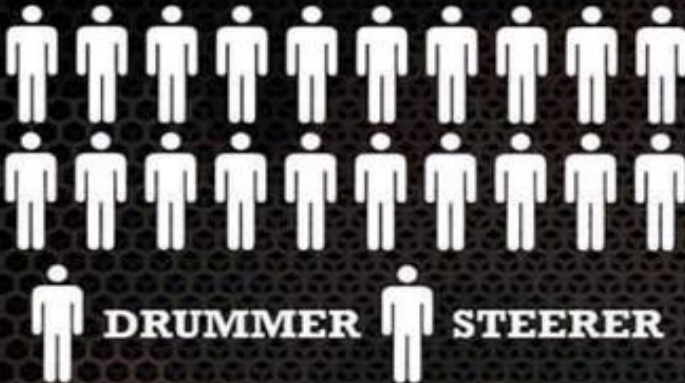
Peisheng owns intellectual property rights to advanced RTM construction technology, used in the making of Dragon Boats to give the boat Hull and Gunnels high strength and durability on the water. PS Boat Co sponsor the IDBF Technical & Training Centre adjacent to the PS Factory and is the IDBF Special Platinum Partner in research and development. *Pei Sheng in collaboration with BuK Germany, are now building the new Pei Sheng-BuK Dragon Boat, using advanced RTM Technology. The new PS-BUK Dragon Boat, licensed and made to IDBF Specification and BuK construction standards, is on the world market now. If you are looking to buy a new Dragon Boat then now is the time to contact Hallie@ps-boat.com. Mob + 86158 2849 6188.*



DRAGON BOAT FACT SHEET

UTIMATE TEAMSPORT

STANDARD CREW



20 PADDLERS

Originated in Southern China over 2000 years ago, and started gathering interest in the western world in the 1970s. 

DRAGON BOAT
is human-powered watercraft

PADDLING vs ROWING

IN PADDLING,
YOU HOLD A PADDLE.
IN ROWING,
YOU MANUEVER AN OAR.

**We don't ROW,
we PADDLE.**



WHAT TO WEAR?

LIGHT CLOTHING
THAT'S OKAY
TO GET WET



GAIN FRIENDS AND BRING...

WATER
EYEWEAR
SUNSCREEN &
SUNNY ATTITUDE

