



Chinese Youth League of Australia Inc.

Dragon Boat Committee

ABN: 20 507182 306

Street Address: 10 Dixon Street, Sydney, NSW 2000

Postal Address: PO Box K313, Haymarket, NSW 2000

Tel: +61 2 9267 3166 Fax: +61 2 9283 4806

Website: <http://www.dragonboat.cyl.org.au/>



# Welcome to CYL Dragon Boat Team Season 2014/2015



## Celebrating 30 years of Dragon Boat !



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## Introduction .....

Welcome to the Chinese Youth League Dragon Boat (CYLDB) team. This pack contains information to help you understand the story behind, CYL DB.

CYL Dragon Boat team is a sub group of the Chinese Youth League of Australia. The Chinese Youth League of Australia has been established since 1939, making CYL one of the oldest Chinese organisations in Australia. Other sub groups in CYL, Chinese Opera, Chinese Cultural Dance, Lion and Dragon Dance, Wu Shu, Table Tennis, social welfare and more.

CYL Dragon Boat was established in 1984, the club is all about good fun, fitness and friends. CYLDB welcomes people of all ages, cultural backgrounds, and fitness levels! We provide a social yet competitive team environment that aims to support your individual needs - whether you wish to paddle socially or competitively is entirely up to you. Every year we have members who compete at the State, National and International levels. Even so, dragon boat racing is just one great aspect of being part of CYLDB as there are many opportunities to participate in other social events .

Along with paddling the team often, promote Chinese culture and partake in activities

- Dragon performances
- Sydney's Chinese New Year Parade
- Social Events (eg. Season Launch, Dinners and more)
- Trips away (eg. Team bonding camp, inter-state races)
- Team Bonding Sessions
- Fundraising Activities

## Contents

Enclosed is all you need to know to get started at C.Y.L Dragon Boat Team. If there is anything more that you need to know, don't hesitate to ask any of the club members.

- **Contacts, Coaching Team and Committee**
- **How do you join? How much does it cost? What do you get for your membership?**
- **Training Guide**
- **What should you bring?**
- **Race and Events Calendar**
- **2013/2014 Achievements**
- **Basic Technique**
- **Simple Stretches**
- **Guide to correct way of lifting objects**



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## Contacts, Coaching Team and Committee

Role	Name
Coaching Team	Anita Lau, Kevin Wong , Daniel Foo
Land Trainer/Dragon Dance	John Vuong
President	Tan Chan
Secretary	Rita Muscat
Uniform	Minnie Chin
Treasurer	Adrian Chew
Webmaster	Mario Gonzalez
Team Manager	Richard Nolan
Memberships	Michelle Ryan
Corporate Training Co-ordinator	Alicia Tham
MPIO	Susan Hussain
Social Events	Benjamin Ng

All members receive dragon boat and social information through a group email list. Your name will be added once you've paid your membership.

To send a group email, address your email to, [dbsquad@cyl.org.au](mailto:dbsquad@cyl.org.au)

C.Y.L. Dragon Boat website [www.dragonboat.cyl.org.au](http://www.dragonboat.cyl.org.au) or visit us on Face Book

Chinese Youth League Dragon Boat

### How do you join? How much does it cost?

### What do you get for your membership?

Simply fill in the C.Y.L. Dragon Boat form & go online to the Dragon Boat NSW (DBNSW) and register online as you will need to fill out the membership information along with the Child Protection Form and hand them to your president with the appropriate fee and email a passport size photo (or the president will follow up).

Please note, you **WILL NOT** be able to compete until you have returned all of the items mentioned above, and have been issued with your DBNSW ID competitor card.

### Membership Pricing 2014/2015

Type	DNSW	CYL	Total
New Member	\$100.00	\$290.00	\$390.00
Full Time Student	\$100.00	\$240.00	\$340.00
Renewing Member	\$100.00	\$260.00	\$360.00

### What do you get for your membership

Membership of CYL, Cost of all DBNSW races, sports insurance, leisure top, all equipment hire & use. Valid from 30th June 2013 to 30 June 2015



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## Training Guide

C.Y.L. Dragon Boat has both land and water based training sessions. The land training sessions generally consists of cardio and weight exercises. The water sessions focus on timing and technique



### Land and Erg Training

#### Location – 10 Dixon Street, Chinatown (upstairs)

Monday Nights: 6.30pm to 7.30pm (Land)

Wednesday Nights: 6.30pm to 8.30pm (coaching crew TBC)

#### What to Bring - For the land training session:

Wear loose fitting gym clothing comfortable and non-restrictive

Wear running shoes comfortable and closed toed for protection

Water in a water bottle. Keep yourself hydrated during training

A Towel to wipe your sweat away

### Water Training

#### Location – 1 Bank Street, Pyrmont

Water training is held at Blackwattle Bay, near the Fish Markets. Training times vary during the year

Saturday Mornings: 09:45am to 12:00pm

Tuesday Nights: 18:30 to 20:30 \*

Thursday Nights: 18:30 to 20:30 \*

\*Evening sessions start during day light savings

The water training sessions are held under the ANZAC bridge at:

**1 Bank Street, Pyrmont** (see map → )





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## What to Bring - For the water training session:

When paddling you will be out in the water and you will get wet.

Wear T-shirt / rashies / singlet etc Comfortable and non-restrictive

Wear shorts / Padded bike pants Comfortable and non-restrictive

Wear thermals / reflector Keep yourself warm in cold weather

Wear water shoes, reef shoes, covered shoes, scuba shoes etc (No Bare Feet or thongs!)

Keep your feet protected from rocks

Water in a water bottle to keep yourself hydrated during training

Sunscreen (either sunny / cloudy days) Protect yourself from the UV rays

Sun glasses & Hat (optional) More protection from the sun

### Swimming

If you cannot swim more than 50metres you will be required to wear a life jacket. CYL will supply the life jacket

### After the training sessions:-

A towel Dry yourself off and change of clothing & change into before heading off to lunch /dinner afterwards

### Parking at Bank Street

Parking at Bank St is limited, please park in the following bays only: BAY 2 - Tues, Thurs Bay 2 and Saturday. As there is limited space, we encourage to car pool, walk, cycle or public transport and street parking is available.





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## 2014/2015 Calendar of Events and Racing

DATE	EVENT	LOCATION	NOTES
October 2014			
Sun 12 October	DBNSW Race 1 (sanctioned) (200m)	SIRC, Penrith	Attending - Team Manager Rich
Nov 2014			
Sun 9 November	DBNSW Race 2 (sanctioned)	Manly Dam	Attending - Team Manager Rich
Sat 1 November	CYL Dragon Boat Introductory Session	Bank Street	Attending : Social Ben
Sat 1 November	CYL Social - Drinks	Darlinghurst	Attending : Social Ben
Dec 2014			
Sun 14 December	DBNSW Race 3 (sanctioned) (500m)	SIRC, Penrith	Attending - Team Manager Rich
Sat 20 December	CYL DB Christmas Party	Sydney	Attending : Social Ben
Jan 2015			
Sat 10 January	DBNSW Race 4 (sanctioned) and Getaway Accommodation from 9 Jan to 11 January	Greys Beach, Nowra	Attending - Team Manager Rich
<b>Sun 18 January</b>	Bunnings BBQ Fundraiser	Ashfield, Sydney	Volunteers Required – Tan
Sat 31 January	Bunnings BBQ Fundraiser	Mascot, Sydney	Volunteers Required - Tan
Feb 2015			
Sun 22 February	Chinese New Year Parade	Sydney CBD	Volunteers Required - Tan Chan
Sat 28 February	Chinese New Year Dragon Boat Fest (sanctioned)	Darling Harbour	Attending - Team Manager Rich
March 2015			
Sun 22 March	Bunnings BBQ Fundraiser	Mascot	Volunteers Required – Tan
Apr 2015			
Sun 4 April (Easter)	NSW State Championships (sanctioned)	SIRC, Penrith	Attending - Team Manager Rich
Tues 16 April - .Saturday 18 April	AusDBF Nats (CYL Racing on Fri 17- Sat 18 only)	Champion Lakes, Perth	CYL attending- \$\$Prices, Races, Accommodation TBC with survey
May 2015			
TBC	EOS Dinner	TBC	TBC

**Note: This calendar is only indicative as races/events may be subject to change at any time under the discretion of DBNSW Inc or AUSDBF or CYL Dragon Boat**

**\*\*DBNSW will advise on NSW State paddlers dates for Nationals**

**\*\* \*\*Nationals charges will be advised from March 2014 (Races, Accommodation, Transport)**

Volunteer Required/Events

Club Racing

Social Events



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## Season 2013/2014 Achievements

- 2<sup>nd</sup> and 3<sup>rd</sup> Fastest crew in Australia. Nationals success with our Opens Crew 2<sup>nd</sup> (200m) and 3<sup>rd</sup> (500m) in AusDBF Dragon Boat Races in Sunshine Coast
- CYL represented both the club at an international level at Ravenna, Italy (to represent you must qualify top 3 teams in Australia)
- Chinese New Year Parade we won the best parade entry and awarded by the City of Sydney, Lord Mayor Clover Moore
- CYL is in the media for their presence in both English and Chinese media (Sing Tao Newspaper, Daily Telegraph, Chinese Herald, ABC Radio, Chinese 2ac Radio,
- Celebrated 30<sup>th</sup> Anniversary Fundraising for the team for Italy
- Opens Crew has retained the Perpetual Trophy 2014

We are proud of our achievements and we would like to thank all our members, partners, family and friends for their support.

### 2014 Newspaper articles from media publications:

Sunshine Coast Daily

Sing Tao Newspaper

Daily Telegraph



## Coach: Coast paddlers could dominate teams

By JOE FENN

**“It's one of those rare sports where you can travel internationally and compete at that level.”**

— Sunshine Coast coach Deb Matthews

The premier men's team was the 500m crew on Saturday and headed up with a commanding win over the rest of the field at Lake Kawana yesterday. “They were all over it,” she said. “There was no doubt that they were the best team out there, or should I say.” Matthews said. “They're all got the ability to do it, it's just a matter of them making the choice of trying out.”

Dragon boats: The Sunshine Coast's national representative dragon boat team could have strong representation in the Australian side at next year's world championships in Brazil.

Coast head coach Deb Matthews has been appointed by the national side about the eligibility guidelines and believe it could be looking with enthusiasm. “I reckon any of them could get in that team if they had had and worked it,” Matthews said. “They're all got the ability to do it, it's just a matter of them making the choice of trying out.”

The Coast qualified with wins in the men's races and in mixed age group races. It was a successful preparation for the home, who established themselves as one of the strongest of the 11 teams at the five-day carnival.

More than 300 paddlers plus hundreds of supporters from across Australia and also New Zealand were on the Coast to contest the men's, 500m and 200m events.

The Coast fielded a team of about 50 paddlers competing in the men's, women's and mixed categories.

The women's team was heavily favored, adding to a successful haul for the club.

Earlier in the week, they blitzed the state championships with the mixed 500m taking out the men's, 500m and the 200m races.

Matthews said the week-long series established Sunshine Coast as one of the clubs to watch on the international scene.

“They hope to build on that reputation with a trip to China later this year followed by a possible trip to New Zealand in 2015.

“It's one of those rare sports where you can travel internationally and compete at that level,” she said. “And in China it is about body size.”

“It's such a big sport even there — we are looking to come up against plenty of competitors.”





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## 2013/2014 CYL Dragon Boat Results

### **Dobroyd Race 10's Race 1 September**

Opens 2nd  
Mixed 4th

### **DBNSW Race 1 Sydney International Regatta Centre 13 October**

Race is cancelled due to weather

### **DBNSW Race 2 Manly Dam 10 November**

Opens 4th – 2.12.773  
Mixed – 2.18.665 (Black)

### **DBNSW Race 3 – Sydney International Regatta Centre 15 December**

Opens 2nd – 1.59.129  
Mixed 6th – 2.07.18 (Black)

### **DBNSW Race 4 - Nowra 11 January**

Opens 1st – 1.04.039  
Mixed 2nd – 1.08.57 (Black)  
Women 5th – 1.18.332

### **Chinese New Year Dragon Boat Festival Darling Harbour 8 February**

Opens 2nd – 54.882  
Mixed Final – 5th – 59.000 (Black)

### **Dragon Boat ACT Invitational Regatta (ACT State Titles) 22 March**

Opens 1st – 47.57  
Mixed Major Final – Black 2nd 200m – 50.35 and Yellow 5th 54.35  
Womens 6th (1st in Minor Womens Final)  
Opens 3rd 2KM – 10.51.38

### **NSW State Championships**

Opens 2nd – 1.59.386  
Mixed Final - 6th – 2.08.384 (Black)

### **AusDBF Nationals – Sunshine Coast**

Opens 2nd – 200m  
Opens 3rd – 500m

**CYL Opens were the highest points for Races 1 to 4 with the Perpetual Trophy**





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## Basic Technique

There are times in the race where you forget to twist, keeping your outer elbow straight. Here is a list of things that you should be looking out for in your technique.

Things to look out for at all times:-

- Head: Facing forward, keep head movement (especially head shaking) as a minimal
- Chest: Open chest to get maximum oxygen
- Paddle: Paddle blade always in a positive angle, no dragging in the water
- Rating: The rating is driven by your paddles recovery (return). Your paddle should travel through the water fast. A slower rating means slower recovery, use the recovery to adjust the timing and rating.

Here are the different stages of the stroke, each stage has a few things to look out for.

### Setup [Paddles Up Position]:-

- Upper body: Twist from the waist / hips, straight spine, no hunching
- Chest: Chest facing partner
- Shoulder: Outside shoulder pointing forward, inside shoulder pointing backward
- Fist: Inside fist should be around the height of your forehead or slightly above, but never on top of your head, and it should be slightly towards the outside of the boat
- Elbow: Inside elbow slightly bent, outside elbow should be level with or slightly higher than inside shoulder
- Leg: Put your weight on your front leg and lean slightly forward
- Paddle: Aim for the water about mid-thigh of the paddlers in front of you. Paddle blade hovering just above the water, ready for the Catch



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## Basic Technique (cont)

### Catch [Getting ready for the Rip]:

-Paddle: Placing the paddle blade into water in a smooth motion, don't stab into the water. **Don't** initiate any power yet, concentrate on putting the full blade into the water. All paddles should catch the water at the same time

### Execution [The Rip]:-

- Fist: Inside fist should push down, but not punching forward
- Elbow: Outside arm straight, but not lock at the elbow (hyper-extended)
- Abs: Feel the crunch
- Leg: Push off using your front leg
- Paddle: Keep paddle parallel, close to the boat and perpendicular to the water. Apply power through the water, pulling paddle back as hard and quickly as possible. The Rip should finish around your mid-thigh area

### Exit & Recovery [The Return]:-

**Fist:** Relax grip

**Elbow & Wrist (Funky elbow):** Relax outside elbow and outside wrist, twist inside fist, use elbow to guide paddle back to the front

**Paddle:** Keep it close to the water, feather the paddle blade and cut through the air and bring paddle back to the Setup

**Please note:-** Feel free to consult your trainer if you are unsure about any of the points mentioned above. They can provide you with a demonstration. It is not easy to learn the stroke and technique through reading. It is about physically experiencing the stroke at training.



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## Simple Stretches

Before and after you exercise it is important that you stretch your muscles to prevent injury and enhance recovery.

Here are examples of some typical stretches you will need to do. It is important that you hold your stretches for 20-30 seconds, and that you don't bounce over stretch when stretching. Stretching should never hurt. Hold the stretch where you can feel a stretch, but no pain.

### Triceps / upper arm and pectoral / chest Stretch



1. Cross one arm horizontally over your chest, grasping it either your hand or forearm, just above the elbow joint.
2. Exhale, slowly pulling your upper arm in toward your chest.
3. Aim to keep the hips and shoulders facing forward throughout the stretch.
4. Hold for 20-30 seconds.

### Triceps and lat stretch



1. Standing up straight, extend one hand down the centre of your back, fingers pointing downward.
2. Use the other hand to grasp to bent elbow.
3. Exhale gently, pushing gently downward on your elbow, aiming to take your fingers along your spine.
4. Hold for 20-30 seconds.



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## Simple Stretches (cont)

### Bicep and chest stretch



1. Place the palm, inner elbow, and shoulder of one arm against the wall.
2. Keeping the arm in contact with the wall, exhale and slowly turn your body around, to feel the stretch in your biceps and chest.
3. Adjust the hand position either higher or lower and repeat to stretch the multiple biceps and chest muscles.
4. Hold for 20-30 seconds.

### Quadriceps thigh stretch



1. Stand holding onto a secure object, or have one hand raised out to the side for balance.
2. Raise one heel up toward your buttocks, and grasp hold of your foot, with one hand.
3. Inhale, slowly pulling your heel to your buttock while gradually pushing your pelvis forward.

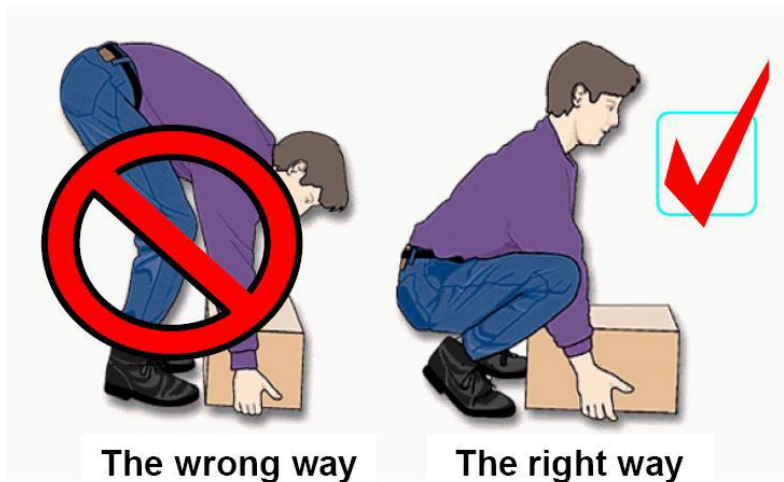


4. Aim to keep both knees together, having a slight bend in the supporting leg.

## *Guide to correct way of lifting objects*

Whenever lifting, picking up or moving any objects, it is important to always do so with a straight back. Follow the simple guidelines below, and if you have any questions ask any of the coaches or captains.

- Squat down to lift and lower the object. Do not bend at the waist
- Keep your back straight at all times
- Keep the object as close to you as possible
- When lifting, bow your back in and raise up using only your legs
- If you must turn, turn with your feet, not your body
- Never jerk or twist your back whilst lifting



If you have further enquiries please contact Tan Chan [dbpresident@cyl.org.au](mailto:dbpresident@cyl.org.au)