



**EXECUTIVE & COMMITTEES**

**2016/17**

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**CLUB CONTACT DETAILS**

<b>email</b>	<a href="mailto:info@tweeddragons.com.au">info@tweeddragons.com.au</a>
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<b>Public facebook</b>	<a href="https://www.facebook.com/Tweed-Dragons-Inc-410791968979810/">https://www.facebook.com/Tweed-Dragons-Inc-410791968979810/</a>
<b>Private facebook</b>	<a href="https://www.facebook.com/groups/TWDragons/?ref=group_browse_new">https://www.facebook.com/groups/TWDragons/?ref=group_browse_new</a>

## **TRAINING**

### **When:**

Tweed Dragons train on the water up to 4 times per week. Paddlers are encouraged to attend as many sessions as they can, however, feel free to adapt the schedule to suit your commitments, but leading up to major events full commitment is required by all paddlers that are participating.

Sunday is usually introduced leading up to major events i.e. State Titles, National Titles, International competition.

### **Winter training (May - September)**

Tuesday: 5.00 pm on the water by 5.30 pm and finish around 6:45 pm

Thursday training runs during daylight saving, the times are the same as Tuesday

Tuesday and Thursday times are **QUEENSLAND** time.

Saturday: 7.30 am on the water 8.00 am

Sunday: during daylight saving same time as Saturday QLD members 6.30 am on the water 7.00 am

### **here:**

Birds Bay, Gollan Drive, Tweed Heads (behind Seagulls Club)



## **Bring**

### Summer

Drinking water, hat, sunnies, sunscreen, foot covering (no bare feet or thongs), towel, suitable sports clothing.

### Winter

Drinking water, hat, sunnies, sunscreen, foot covering (no bare feet or thongs), suitable sports clothing, towel and warm 'skins' or 'thermals' if you prefer.

Remember to be sun-safe, water, rashies, a cap, sunnies, and sunscreen are a must and yes, you will get wet.

## **Communication**

### Email

To keep you posted on all events, dates and news, please ensure the club secretary has your current contact details including email address. If you do not have access to email, make a buddy of someone so that you can have them let you know of any new details or changes.

### Website

[www.tweeddragons.com.au](http://www.tweeddragons.com.au) – for posting of events, dates and special details.

## **Face book**

Public facebook page:

Tweed Dragons Inc. - <https://www.facebook.com/Tweed-Dragons-Inc-410791968979810/>

Members facebook page –

Tweed Dragons - [https://www.facebook.com/groups/TWDragons/?ref=group\\_browse\\_new](https://www.facebook.com/groups/TWDragons/?ref=group_browse_new)

you will be invited to join this private page once you become a financial member.

## **Website**

[www.tweeddragons.com.au](http://www.tweeddragons.com.au)

## **Fees**

2017-18 financial year Fees (June 30, 2017 – June 30, 2018):

Adult - \$130.00;

Juniors – (under 18) - \$85.00

\$10.00 per month, members fund fee, by direct deposit to club bank account. All funds collected are returned to members each year in the form of travel and/or registration subsidy, some social events or trips etc.

## **Bank details:**

Account Name: Tweed Dragons Inc

Bank: Commonwealth Bank

BSB: 064-410

Account no: 10275159

Please include a reference name on your deposit and email Tweed Dragons Treasurer and Registrar to advise of deposit being made

If paying cash or by cheque please give to club treasurer.

## **Uniforms**

TWEED DRAGONS take great pride in their appearance at regatta and club days. All members are encouraged to wear full uniform when travelling to and from regattas or TWEED DRAGONS events.

Full race uniform must be worn when competing at ALL regattas.

Travelling uniform:

Club Polo shirt with black shorts, pants or skirt.

Race Uniform:

Club Race singlet (optional black long sleeve or short sleeve skins underneath) with black shorts, and TWEED DRAGONS cap.

Check with Tweed Dragons merchandise co-ordinator for availability of items listed below.

**Stocked Uniform items:**

Club Race singlets

TWEED DRAGONS caps

Club polo shirts

TWEED DRAGONS paddle and car stickers

Other uniform items are available but may need to be ordered:

Windproof TWEED DRAGONS jacket

TWEED DRAGONS sports bag

Paddles:

The club provides paddles for new members to use at training.

There are several internet outlets that provide paddles to your specification. They range from \$60 for wooden paddles to \$300+ for carbon fibre paddles.

Paddles, and other equipment, can also be purchased from suppliers at most regattas

**Volunteering**

As a non-profit club everything that is achieved for the club is done on a voluntary basis. As you can imagine a lot of hard work is required to give you all the pleasure of a well-organized, successful club. From time to time, we need assistance from members to participate in helping the club, be it working bees at the compound, or in an official capacity at TWEED DRAGONS organised regattas or even representing TWEED DRAGONS at another regatta (Local, State, National or International level).

## **Local Regattas**

Official invitations seeking expressions of interest are sent to Clubs to participate in a regatta, these are usually received 2 months prior to the event. The TWEED DRAGONS regatta coordinator will advise all members the details of the event including date, location, race categories, starting times, cost per event and other relevant information.

Members are then requested to indicate participation by notifying the Event Co-ordinator/Team Manager and Head Coach and by signing up at training.

Registration of teams is usually required 3 weeks prior to an event. It is imperative that members advise intention to attend to the Event Co-ordinator and Head Coach at least 3 weeks prior to the event.

If signing up for State, National and International events, notification of intention, registration and accommodation fees **will need to be paid before** TWEED DRAGONS can confirm member attendance

## **Regatta Day Requirements**

\* For club regattas, arrive a minimum of one hour, or at the pre advised time, before the scheduled start time of the first race, this will enable sufficient time for setting up of the gazebos, warm up, event entry and instructions from coaches.

\* The Head Coach and support team will advise team lists, reserves and crew positions per race, per category.

\* Ensure the waiver sheet is signed where necessary and entry fees are paid to the club treasurer prior to the event.

\* You should bring a folding chair, a change of clothes, bag to store wet gear and plenty of healthy food to keep you going through the day.

Note: There is often food and coffee outlets available at events.

\* Full club uniform, as detailed above, is to be worn:

## **Race Day Behaviour**

\* Paddle by the rules;

\* Respect the Head Coach decisions. Approach the Head Coach if you have any problems.

\* Control your temper. Any abusive behaviour toward the officials, coaches, team mates, other teams or paddlers, is not acceptable, never argue with a regatta official. If you disagree with them, discuss your feelings/view with the Head Coach, it is his/her decision on what action, if any, should be taken;

\* Be a good sport. Applaud the efforts of the other teams, not just our own, and treat other paddlers as you would like to be treated.

\* Respect the rights, dignity and worth of all paddlers, regardless of their gender, ability, cultural background or religion.

## Code of Conduct

Every organisation has a code of conduct, the TWEED DRAGONS code is based on the AusDBF Code of Conduct, and has been developed in an attempt to minimise disagreement and conflict, so that all members get to enjoy being members of TWEED DRAGONS and the sport of dragon boating.

The CODE OF CONDUCT is displayed on the members page of the Tweed Dragons website

## Boat Behaviour

- \* The sweep is in charge of the boat on the water. Listen out for, and respond quickly to their instructions as your safety, and that of others, could be at risk.
- \* Listen carefully to instructions from the coach, and always follow them to the best of your ability. If in doubt, ask for the instructions to be repeated.
- \* Be courteous at all times, and support your team by supporting your team mates regardless of their experience.
- \* Respect all people that have taken on positions of responsibility in the club. This includes the Executive Committee and the coaches. They have volunteered to be elected, or appointed to the job and need the support of all members to build a winning team and culture within the club.
- \* Coaches are responsible for running training sessions. In the absence of a coach a member will be nominated to run training sessions.
- \* **Only the sweep or those paddlers nominated by the coaches should be calling instructions in the boat, otherwise after warmups silence is required in the boat.**
- \* In case of a capsize, stay with the boat at all times. We use the buddy system, paddlers are responsible for their own and their seat partner's safety, back seat paddlers are also to ensure the safety of the sweep.