

Training

WARNING: If you are a new dragonboater planning to join the team next season, it may be in your best interest to ignore this page and move on to the next.

Trainings started before the Super 12 regatta but were a whole new experience after the Super 12. It was bloody hard work!!! Credit to the coaches though, there was method in their madness. Here's a few things I remember from training this year:

Typical training started with an odd warm up lead by Derek. The boat was loaded and we headed out doing a warm up with an easy pace followed by a stretch. Then the real work began and the training sequence for the day depended on...well I dunno...maybe how insane the coach was that day!! The length of the training session depended on us apparently as we constantly heard from Keith **"IT'S YOUR CHOICE NOT MINE"** whenever instructions were given. At (what was suppose to be) the end of training we commonly heard "If you do this right then we head to the shore and go home but if you do it wrong then we do it again. It's your choice not mine."

Technique training was one of the best moves that the coaches made this season. It helps when you know what you are suppose to be doing! In my experience, when you've got your technique right (well as close to right as you can) it makes it easier to keep up.

The tyres...dum da dum dum. Then tyres thrown off the back of the boat. We thought we were going to die pulling those things along! But when you train like that for awhile then pull those tyres out of the water it feels like you are flying! Credit to the coaches again.



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Race starts. These were well practiced and one of the key advantages we had over many other teams. We could bolt out of the stocks from the beginning putting us ahead right at the beginning of the race. Credit to the coaches once again.

Paddling double time. We tried this only once. Obviously the coaches decided this really was not going to work for this team this season (well it certainly wasn't working for me!) because we only did that once. Good choice made by the coaches.

We were pushed at trainings more and more as time went on and even though sometimes it didn't feel like it at the time, it was all to our benefit in the end. We had a great season and did well at regattas. (Hey coach did that get me bonus points? Will you be extra nice to me next season?)

~ Erin



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