

## Team Newbie (*Maelene Brake*)

I started work at EW mid January 2007 and joined the dragon boating team at the end of January after hearing about it from a fellow workmate.

The first training I must have been a tad late as everyone was doing these crazy warm up moves and jumping around – Bizarre, I thought, considering all I thought we did was sit in a boat and use our arms. We loaded the boat and I was shown how to hold the paddle and the basic action, and was placed at the left back of the boat. The first training I found horrible as due to my poor technique all the pressure was going on my left shoulder, but looking upon the boat I thought well, geez, I'm half the age of some of these people and if they can do it surely I can ;) – there was also this really rowdy man in the middle of the boat who kept shouting at us and I wasn't sure if he was the coach or captain or what – I later found out he was just Tama! A few trainings later and days of walking around the office with sore arms/legs/butt cheeks (yes that's why they did those crazy warm ups) I had it sussed and had discovered the correct technique so not to put pressure on the shoulder.



However, the trainings got harder and often I felt the back of the boat copped it more – with less recovery time during sets and Erin and I having to put up with the odd foot under our butts, but in the end I think we were thankful (foot aside) when it came to Nationals!



I enjoyed the trainings but more importantly competing at the regattas, meeting new people and winning pretty medals for my wall! For me there was only 1 low point of the season and that was losing to ARC in the Corporate Final in Auckland and discovering they got to race in the Main final and came third (with a bit of luck), after we'd beaten them in the previous 3 other races. High point for sure was being a part of the team and finally putting it together when it counted in Christchurch – meaning we got to sing the funny song that middle-of-the-boat-Tama made up; "EW Rocks EW Rolls" .... at the top of our lungs as we paddled back to shore.

### Memorable Moments #7



Turning up to a training at the business end of the season to have mainly newbie's there and Jimmy not going any easier on us.... but feeling immensely satisfied afterwards (as well as very sore) because we didn't disgrace ourselves at all.

*Emma Wright*

### Memorable Moments #8



For me the most memorable thing about the season was the care and commitment shown by the paddlers for each other.

*Jenny Davis*

### Memorable Moments #9



It would have to be my husband driving all the way from Hamilton to Christchurch to join me at the Nationals. I wonder if he would still do that in ten years time????

*Sarah Orchard*