

New Paddler Perspectives

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What were your first impressions of dragon boating?

J: Thinking Geeze, let me out before I die (after one lap of the lake, first ever training). Then not being able to lift my arms above my shoulders on the drive home afterwards. I remember thinking bugger this for a joke at the end of the first training, but then thought I'd better come back and give it a shot for another week after Shari said she couldn't come back because of her heart palpitations. Kinda made me think my excuse of sore arms was a bit weak in comparison. Plus I'd heard rumors of the legendary drinking and social side of the dragon boat team so thought it was worth the effort.

Timing?



Where's Martin? *JD*

I have none, and have a bad habit of dropping my head so I can't see what's going on anyway. *SO*
An ex always told me I had no rhythm and bad timing, now I believe her! *MH*

Was there physical pain?



Yep, got the scar to prove it, although I did get asked if it was ringworm the other day so round gunnel rash scars aren't the best really. *MH*

I never thought paddling a waka could involve so many muscles, leave such a feeling of sheer exhaustion and pains in such odd places. My right butt cheek suffered the most. *JD*

Yes saw back, arms, knee rubbed raw before I knew that I should wear a kneepad, Gunnel rash. *SO*

J: Nah, more emotional. I still have nightmares about the trainings, lol.

The first training I noticed that most people were wearing boat shoes and wondered why. I found out pretty quickly at the second training. I went to put my foot under the seat and took my big toe nail off. It was so painful and I really didn't want anyone to know so I sat in silence for the whole training in fear of a bad word flying out of my mouth. *KD*

What about the Lingo?

Word	What I thought it meant	What I think now
Gunnel	Something to do with the paddle	The uppermost edge of the hull surrounding the boat. <i>SO</i>
Top hand pressure	Is there a massage?	B hard work <i>JD</i>
	Top hand What? I've got a left and a right hand?	Gotcha, the hand that's highest. Drive it hard
Locked out	It happens when you're late home	Bum to the OUTside <i>JD</i>
REACH!	For the????	Person in front's armpit <i>JD</i>
Twist	A dance old folks did	Inside shoulder back <i>JD</i>
POWER	Where's the switch	Paddle deep <i>JD</i>
Paddles on the water	A pretty sight	Important if you don't want to tip out <i>JD</i>
Heads Up	Divine intervention	Divine guidance to glimpse the stroke <i>JD</i>
Gunnel Rash	Something I'm not sexually experienced enough to know about.	Bloody sore <i>MH</i>
Lengthen your stroke	Haha, don't ask what I thought that meant	Reach further <i>JD</i>
6 10 20	Police programme	Police programme (nah jokes) <i>MB</i>

"We're taking this Dragonboat to Invercargill" *Pork Pie*