



Words from the Coach and sidekick

What a season...we certainly started off with a hiss and a roar. Edub has come a long way since I was first involved in coaching the team. Long gone are the days of just being a "social team". We are now a very strong and established dragonboat team, that other crews go out and try to beat. Those other teams are aware of our passion and determination to do the best on the water, which makes us a threat... "well done" I say.

All this is made possible through the commitment that you guys give both on and off the water. Through the many fundraising ventures, water practices and even the odd beer and wine together helps build a close knit unit such as Edub. The old hands that have been around since the mid to late 90's, through to the 'newbies'. You have all made this a fantastic season with very highly commended results.

I think one of the most notable reasons for this team doing so well this year was due to the fact that many of you put in that extra effort throughout the off season, paddling in the waka and going to the Nationals and experiencing top competition at a high level. To you guys and gals, I take my hat off.

To our committee, what a wonderful job you do. I enjoy having only one responsibility and not having to worry about you guys getting there to practices and to regattas. You guys are absolutely awesome. To Ric, my assistant coach, thanks for being there and I hope you enjoyed your role. To the new paddlers that we picked up this year, we were lucky to have your added enthusiasm and passion. It certainly rubbed off on the team.

Last of all, to my family; I know paddling is a huge commitment but, it is something I love doing and will continue doing, so thank you for allowing me to do the thing I am passionate about. You guys are the BEST! [Note: Ed shows great restraint in **not** inserting 'that' Tuna Turner song at this point]



Jimmy



Coach Jim Bob in action: Rounding the first marker t the Matahi Spit W6 trials



Ric(k): I'm saying it because it's true. Inside of EW, we both know you belong with the team. You're part of our sport, the thing that keeps us paddling. If that dragonboat leaves the wharf and you're not with us, you'll regret it. Maybe not today. Maybe not tomorrow, but soon and for the rest of your life.

This has been a big year for the EW Dragon Boat and Waka Ama Club. Even the fact that we are now firmly involved in both codes has been major. On the Dragon Boat side, where I have an official role as Assistant Coach, we started the season with a core of committed, relatively fit paddlers who had been regularly paddling all through winter. This was something of a mixed blessing! The usual slow start to the training sessions was somewhat accelerated and I suspect this may have been instrumental in discouraging some of the new-comers. Torn muscles are not the gentlest way to introduce people to the joys of dragon boating.

Once we got over the early jitters though, those of us with a few miles of waka paddling under our belts discovered that it was a bit more difficult to scare off the others than we had expected. Paddler numbers at training continued to rise, the accurate timing and extra reach Jimmy was after got better and better and, barring a minor lapse or two at the elder end of the crew, even the toughest training sessions ended on a high note.

When over half the crew escaped to warmer weather just to avoid helping at the Hamilton Super 12, the rest stepped up and did us proud. I promise that all of us at Muri Lagoon were thinking nostalgic thoughts of paddling at the lake the whole time.

Considering the Assistant Coach's role is a very simple one, I got off very lightly this year. Jimmy made sure the entire crew knew what was expected in terms of commitment. He made sure that we all understood the ideal stroke and there was a strong team approach from all involved. Probably the only thing we didn't address specifically was our traditional warm-up sessions. Gee, that was one of the Assistant Coach's jobs. We need Derek back!

On the Waka Ama side we have had another amazing year. EW club members now make up a significant and growing part of the WDBAWAA and we are not just making use of the wakas. We now have 5 qualified steerers from our ranks and we are holding our heads up in both sprints and distance events. We have Open, Master and Senior Master paddlers across a large number of crews and the levels of enthusiasm are immense.

For me, this has been the stand-out aspect of the year. I think the next step up for the EW Dragon Boat and Waka Ama Club will come with a combination of Waka Ama training for technique and endurance and dragon boat training to hone the crew alignment skills. All we need now is to see 20 - 30 EW members paddling waka through the winter and next season we will be unstoppable in a dragon boat!

Ric

Coming soon 2010-2011

June 19 th	Mt Maunganui	Mauao Ocean Series	Waka
July 17 th	Mt Maunganui	Mauao Ocean Series	Waka
August 28 th	Mt Maunganui	Mauao Ocean Series	Waka
September 11 th	Rotovegas	Mokoia Challenge	Waka
September 25 th	Mt Maunganui	Mauao Ocean Series	Waka
October 16 th	Mt Maunganui	Mauao Ocean Series	Waka
November 19 th	Cook Islands	Vaka Eiva	Waka
Late Nov / Early Dec (TBC)	Hamilton	Super 12's	Dragon Boats
December 13 th	Auckland	Super 12's	Dragon Boats
January (TBC)	Rotovegas	Super 12's	Dragon Boats
January 17 th (TBC)	Karapiro	Nationals	Waka
February (TBC)	Tauranga	Super 12's	Dragon Boats
March 13 th	Auckland	Regionals	Dragon Boats
March 13 th	Wellington	Festival	Dragon Boats
March 26 th	Rotovegas	Nationals	Dragon Boats

Tragedy... the ultra cool but somewhat naff racing at Wellygate scheduled on the same day as the rather dreary Regatta with the important racing at Lake Pupuke. If only Wellygate was 500m.