



Club Committee 2014-15

President: Angie Turner

Vice president: Alison Mourant

Secretary: Janine Atkins

Treasurer: Jenny Smith

Denise Phillips, Grady Koolhof, Jan Breen, Jane Lovibond, Jenny Willing, Martin Turner, Pamela Hunt



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Top vote for Gold Coast Pan Pacs

The Derwent Storms/North Esk Pan Pacs squad had a blast on the Gold Coast earlier this month - both on and off the water.

The rookie paddlers relished their introduction to interstate/Oceana regattas, the regulars just loved being in the mix and Peter and Kathryn Essex got to race against their former clubbies from Narooma.

Read Peter's account and see some fab pictures on the next pages.

New eating guide to lift our paddling performance, power and recovery



You won't find a recipe for pav or other sweetie treats but you will do your body a great favour by taking note of the advice and trying some of the recipes in the club's new publication, Eat Well Paddle with Power.

Kathy Evans and Ali Mourant have combined their knowledge to produce this information-rich, easy-to-read guide on fuelling our bodies for hard workouts and competition paddling.

Some members are already applying some of the great tips and there are sufficient recipe variations on fruit and nut bars to put Uncle Tobys out of business!

The book is just \$15 and available at the clubhouse at training sessions.

Canada here they come Stormers stake big claim in Auroras

Our heartiest of hearty congratulations to our five Stormer colleagues who have made it through the grueling Auroras selection process.

What an absolutely blast for five of the six paddlers who attended the selection camps to make the grade.

What can you say about the dedication of Ali, Jen, Jan, Ange and Martin? Amazing and inspiring work! Commiserations to Marilyn who put in so much grunt and just missed out on selection. We luv yuz all!

It's second time round for Ali, Martin, Jen and Jan, and a new experience for Ange. Such a great achievement for a small club in remote and regatta-less Tasmania.

The bonus for the rest us is that we get to train even harder right up to July to help them on their way to Canada!

Rest up over the Christmas break because we can all look forward to sharing the joy of the challenge of the lead up to the nationals. The accelerator will be flat to the floor after that as well! WhooWhoo! Mongrel!



Derwent Storms paddlers post a performance pearler at Pan Pacs

by Peter Essex

Anyone who thinks that men can't multi task should take note of Mike Percey's performance at the 2014 Pan Pacs. Mike was team manager, bus driver, tour guide, sweep and paddler. He (seemingly) calmly handled all these roles in the Queensland heat and still had a cool enough head to make the difficult decision to pull the Senior B Open team from the semi finals on day two. The decision was based on the number of back- to- back 500m races that the Senior B women and Senior C paddlers had faced on a very hot day. That level of concern for paddler welfare seems the norm at Derwent Storms and created a positive team spirit that we felt all weekend.

If the atmosphere both on and off the water was a highlight for Kathryn and me, the close racing was the icing on the cake.

The wind on both days provided a challenge for sweeps. The starter, who began day one in a pretty grumpy mood was apoplectic before very long and if anyone wondered why he was in the starter's boat on his own, maybe the organisers knew something we didn't. Fortunately the wind provided assistance for the paddlers and despite a few mishaps early on, the racing was well worth watching. Kathryn and I particularly enjoyed our Senior C 10s performance and also the battle between our Senior B Women and Southern Warriors (the team we used to paddle with in regattas).

Derwent Storms won

out over the weekend and topped it off with a win in the Final (a fact we will be reminding our old mates of). The time after paddling was great fun and gave us a chance to get to know our new team mates. Gerwyn has a future in party planning and nail art and Anne could join the stand- up comedy circuit.

A successful regatta is made well before the racing and the work from our coaches, Ali and Donna gave us what we needed to make us competitive.





The help from Jen, Martin and Kathy was invaluable. All this when Ali, Jen and Martin were preparing for Aurora trials.

Thanks also to Helen who organised the excellent accommodation, especially since Kathryn and I came in so late.

Our first Pan Pacs with Derwent Storms was memorable for Kathryn and me for all the reasons above but the way we've been welcomed by our teammates and made to feel a valued part of the club is the cherry on the icing on the cake.

Just don't tell me that men can't multi-task.



NEWS IN BRIEF

Donations for Club Raffle: If you have not done so already, please make a contribution to the box of goodies for our Christmas raffle. And don't forget to sell those raffle tickets!

Derwent Storms Christmas party: Please contact Denise Phillips phillipshobart@gmail.com to book your place at the club's Christmas event at the Tasmanian Hockey Centre on Saturday 13 December. Cost is \$50 a head. Remember the disco theme and over-the-top costumes are encouraged.

State Championships: Don't forget to send your registration form to Angie ASAP so the club can register a 'bulk interest'. Lake Barrington has excellent camping facilities. Alternatively you can stay in the bunk house at Barrington Lodge but remember your ear plugs as the walls are thin! If you prefer to stay off site, there are good motels at Sheffield and nice B&Bs in the area. You will need to book these soon.

Last paddle for 2014: We will hang up our paddles for a couple of weeks over the Christmas-New Year period. Our last paddle for 2014 will be on December 20, a week after the Christmas paddle with DATH and we'll resume on January 6.

Sandy Bay Regatta: This will be our first competition for 2015. It's on the Australia Day holiday so planning is required.

Dragon Boating Calendar

December 2014

6 Flowers on the water ceremony for Danielle 9:45am

6 DBTas BBQ Bunnings Rosny

13 Christmas paddle with DATH

13 Christmas disco party

20 Last club paddle for 2014

January

6 First paddle for 2015

26 Sandy Bay Regatta

February 2015

7-8 State Regatta, Lake Barrington

April 2015

13-19 National Championships, Champion Lakes, Perth WA

October 2015

Australian Masters, Adelaide