

Dragon Boat Forza Club Inc.

<http://forzadbc.org.au>



History

Forza have been involved in dragon boating since 1990 and have been involved in many State, National and International events since then.

What is Dragon Boating?

Is a 2000-year-old tradition and sport that originated in China.

With a participation rate of 60 million worldwide, Dragon boating is widely acknowledged as one of the fastest

growing sports in the world.

Dragon boating is a sport that allows participation of people of all ages and body builds.

Our boats are twelve metres long and can carry up to 22 people at a time. Paddlers sit side by side in pairs, there is a sweep (steerer) and a drummer. In China there are boats that can carry up to 100 people at a time involved in racing at their festivals.

What we believe

Forza promotes a sporting and social environment that is friendly, competitive and enjoyable for people of all ages, fitness levels and abilities.

Training

Training for the 2010/11 season commences Friday, 10th September 2010.

We train twice per week on Tuesday and Friday afternoons, starting at 5:30pm and finishing about 7:00pm.

Bring

It is recommended that you bring drinking water, a towel, dry shoes and a change of clothes.

On Friday nights we usually socialize in the Bunbury Rowing Club bar and facilities area after training.

Also, bring as many friends, as you can to share your new sport!

Paddling Wear

Wear clothes that can get wet.

Men generally wear Board shorts and tee shirt tops whilst women tend to wear the same with bathers under.

Some paddlers wear “wadding” or paddling shoes and paddling gloves.

On colder nights some paddlers wear “rashy” or wetsuit tops.

Venue

We are based at the Bunbury Rowing Club, Cobblestone Drive, Bunbury.

Forza is affiliated with the Bunbury Rowing Club (Inc.). They have modern facilities incorporating gymnasium, boat shed, change rooms, boat compound, with a bar and function room overlooking the inlet and city centre.

The Bunbury Rowing Club is a fantastic group of people who share similar interests to those of our club members and therefore we share a great

association with them. Some of our members also row during winter



Serious And Social

Forza is keen to provide opportunities for members who want to race competitively (sport paddling) and also for those who would prefer to have a less intense focus (paddle for Fitness and fun).

We also offer opportunities for Corporate organizations or schools to undertake team building and bonding days.

Fitness

The focus of our coaching staff is to improve the baseline fitness and strengths of all members. The club believes in quality time on the water with an emphasis on replication of racing situations.

Paddling is a great way

- to improve core body strength, muscle size and definition whilst enjoying our wonderful waterways during our warmer months.
- of improving aerobic and anaerobic fitness.
- for those people who play a “running” winter sport, or have leg injuries that do not allow playing of a running sport, it allows them to maintain and improve their fitness without the stress and duress upon their legs.

Racing

Categories of racing are Women, Men and Mixed (both) in several different age divisions –

- Juniors (under 18 years)
- Masters (over 40 years)
- Grand Masters (over 50 years)
- Premier (any age).

Races are usually over 200 and 500 metres with a 2000 metre turn race at end of the day. State racing is once per month and is held at Champion Lakes in Armadale.

There are usually other non-State racing at venues such as Boddington, Mandurah and Bunbury.

Costs

Full membership is \$180 per season

and covers social affiliation with the Bunbury Rowing Club for use of showers, toilet, bar etc, membership of the State and National Associations. .

There are reduced rates for non-paddlers, unemployed and junior paddlers. Fees can be paid in three installments if need be.

Contacts

Mark Kusin, Manager
Phone 0408 927 646
Email - umfkin@dodo.com.au

Merinda Fenn

Mobile 0414 668 471
merindafenn@bigpond.com

Neville McNeill, Secretary
Phone 9721 2211 (work)

Website

www.forzadbc.org.au

