

DRAGON SPORT NEWS

the Emagazine for Dragon Boaters world-wide

"The Independent Voice of Dragon Boat Sport"

June 2017 –
Summer EDITION

Japan Dragons Boat Club, Singapore
'Having Fun in the Sun'



In this edition news and views from the paddlers and information on the 2017 World Nations & European Clubs Championships



2-4 June 2017

HONG KONG
DRAGON BOAT
CARNIVAL

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2017 THE YEAR OF CHANGE ? by Mike MacKeddie-Haslam.

WELCOME to this Edition of Dragon Sport News, the E-magazine with news and views on all aspects of Dragon Boating and what people think and feel about it !

Many emails cross my desk from people around the world who participate, in one way or another in our Sport and who ask questions about the many different aspects of it. Lately, I sense that there is concern and some dissatisfaction with a lack of information about what is going on in the Sport as a whole and where the IDBF and ADBF in particular, stand.



During my time as IDBF Executive President and then President, I tried to keep people at all levels informed about what the IDBF was doing and discussed all aspects of the Sport and its development, in person, by email and through many phone calls. From the emails I am now getting, it seems that this may no longer be the case and that there are many issues of the day that people need to know about and discuss at all levels within our Sport.

So with these thoughts in mind, in this edition of DSN, you will find articles covering those issues which have been brought to my attention and on which your views are important – see the 'Talking Point' pages. The development of Seniors' Racing is one such topic, which is covered on the 'Drum Beat' page.

As the IDBF Honorary Life President and the Founder of the EDBF, I am free from the 'constraints of past office' and able to represent the views of the 'paddlers' to the people that you have elected to represent and serve you. Let DSN be the conduit for you to bring to the notice of the IDBF, ADBF and EDBF etc, those issues that concern us all.

On a lighter note DSN also brings you news, pictures and articles from the Sport at large, which I hope you will enjoy. The IBCPC news page – the 'Pink Paddlers' for example, is a great advertisement for the way in which our Sport can be much more than just 'sport' and shows the breadth and depth of Dragon Boating and its appeal to people of all ages and abilities.



THE ALLIANCE OF INDEPENDENT RECOGNISED MEMBERS OF SPORT (AIMS)

Congratulation to all AIMS Member International Federations, today – 19 April 2017, marks one year since AIMS was officially recognised by the IOC. Hopefully this time next year, we will be celebrating full recognition of AIMS as an IOC recognised multi-sports organisation. Let us continue work together for the overall development of sport. **Stephan Fox President, AIMS**



JOINT MEETING WITH IOC

History was made in Lausanne on 19th April 2016, when the IOC invited 23 international recognised sporting federations member of AIMS to the IOC headquarters for a joint meeting to remember the day the AIMS executive board and all 23 AIMS federations took a group photo shot together as a reminder on a historical day and to continue to cooperate for one common goal, which is to use the immense power of sport and to continue on their mission to build a better world through sport.

(See also separate article on AIMS and the Message from the AIMS President – a philosophy for us all emulate in our sport at all levels)



(The Alliance of Independent Recognised Members of Sport (AIMS) was founded in 2009 by the 23 non- IOC recognised members of SportAccord (the Global Association of International Sports Federations). The IDBF is a Founder Member of AIMS and IDBF Hon President, Mike MacKeddie-Haslam is an elected Director of the AIMS Executive Board)

Comment, articles and pictures for *Dragon Sport News* should be sent to the Editor:

Tel: + 44 (0) 1633 256796. Fax: + 44 (0) 1633 666796. Email: mikehaslam@dragonboat.org.uk or mikehaslam@aol.com

Articles etc for the IDBF Newsletter, should be sent to the DBI Editor, Email leanedqe@sinnnet.com.sq. Tel: + 65 9663 8966

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2017 EUROPEAN CLUB CREWS & IDBF JUNIOR & U24s WORLD CHAMPS



The 17th EDBF ECCC and 13th IDBF World Nations Championships for the Junior and U24s Divisions, will be held from the 27th July to 30th July 2017, in Divonne-Les-Bains, France, about 15 minutes by car from Geneva International Airport. Competing crews are advised to arrive in Divonne-Les-Bains no later than Thursday, 27th July 2016.

RACING CLASSES AND DISTANCES:

Races will be held for the following Racing Classes in both the **Standard Boat (22 Racers)** and **Small Boat (12 Racers)** categories. **Please Note**, there will be **NO Junior or Under 24 Racing classes in the EDBF ECCC**, these classes will only run in the IDBF Junior & U24 WNC.

EDBF EUROPEAN CLUB CREW CHAMPIONSHIPS

Division = Racing Class	Premier Division Comp Classes	Senior A Comp Classes	Senior B Comp Classes	Senior C Comp Classes	BCP
Open	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	N/A
Women	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m
Mixed	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	N/A

Age Restrictions: **Senior A** – 40th or later birthday falls in the year of the competition. **Senior B** – 50th or later birthday falls in the year of the competition. **Senior C** – 60th or later birthday falls in the year of the competition

IDBF JUNIOR & U24 WORLD NATIONS CHAMPIONSHIPS

Division = Racing Class	U24s Division Comp Classes	Junior A Comp Classes	Junior B Comp Classes	Junior C Comp Classes
Open	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m
Women	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m
Mixed	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m

Junior A --- Competitors under the age of 18, but at least 12 years old. **Junior B** --- under the age of 16, but at least 12 years old. **Junior C** --- Competitors under the age of 14, but at least 12 years old. All ages are at the **1st June 2017**.

Should there be insufficient entries in the Junior Racing Classes then the races will be combined.

Under 24 - For competitors aged 12 to 23 inclusive, as at the 1st June in a given year. Up to two (2) Racers in a Standard Boat Competition and one (1) over 23 but under 26 as at the 1st June. **Note:** By definition Drummers and Steerers are 'Racers'.

ON-LINE REGISTRATION: **ECCC** - The on-line registration is open at the official EDBF Club Crew Championship website https://idbfchamps.org/login_edbf.php. Passwords to this system have now been issued directly by your Governing Federation. **WNC** - The on-line registration is open at the official IDBF Junior and Under 24 World Nations Championships website https://idbfchamps.org/login_idbf.php. Passwords to this system have now been issued directly by your Governing Federation.



IRISH SENIOR WOMEN'S TEAM GIVEN MAYOR'S AWARD FOR THEIR OUTSTANDING ACHIEVEMENT IN 2016

We are delighted to announce that the Irish Senior Women's Dragon Boat Team have been awarded the Carlow Mayor's Award for Outstanding Achievements in 2016. Following the team's success in winning silver and bronze medals at the 12th EDBF European Nations Championships in Rome, Italy in July 2016.

This award has left the team on an absolute high at year end. The Irish team's training ground is the scenic River Barrow in Carlow Town, plus 16 women from the team has 16 are based in the Carlow area and are part of the Carlow Dragon Boat Club.

Councillor Fintan Phelan, Mayor of the Carlow Municipal District presented the award to the team at a special Mayor's Awards Reception in Carlow Town Hall in early December 2016.

IDBA Chairman, Julie Doyle said "On behalf of the team, we are absolutely delighted to be accepting this award. Dragon boating is at last getting the recognition it deserves".

Picture: Irish Senior Women's Team & Mayor Fintan Phelan - Photo courtesy of Anthony Farrell.
www.dragonboat.ie



CAPSIZED BOAT PROVIDES LESSON IN SAFETY – New Zealand. *A reminder to us all.* A dragon boat capsized and 22 people spilled into the water at Tauranga Harbour on the North Island of New Zealand early in February.

"We had checked the marine forecast and there didn't appear to be white caps but when we got into the channel we got hit with a couple of big gusts of wind, which created a sizable swell and water flowed into the dragon boat and it filled up reported **Colleen Harris**, Bay of Plenty Dragon Boat President.

She went on to say *"The moment we got further out in the channel I made the decision to turn back, but the swell came over the top of the boat and swamped us". All the crew were wearing life jackets.*

They followed procedure where everybody partnered up before leaving the boat (*IDBF Buddy, Buddy system*) and everybody then hung onto the dragon boat. *"We were in the water about five minutes before a fishing boat and another wonderful vessel came and picked us all up."*

The tide had taken the paddlers clinging to their boat about 100 meters. Once the paddlers were safely on the rescue boats one of the boats went after the dragon boat which had floated a good 300 meters by the time it was secured.

Meri Gibson, IBCPC Vice President from Christchurch, New Zealand commented when she heard the story that New Zealand maritime law does not require life jackets but the New Zealand Dragon Boat Federation makes the wearing of flotation devices mandatory for all dragon boat paddlers.

Sparta70 Dragon Boat Team

Seventy is only a number Our motto is "Just Do It"

<https://www.sparta70dragonboatteam.com>

Check out our web site, We believe we are the first fully manned over 70 dragon boat Team.. If you are interested please contact Bob Kane, coach of the Sparta70, FDNY343, Warriors. Email: Sparta70dragonboatteam.com

London Hong Kong Dragon Boat Festival celebrates 20th Anniversary of the Hong Kong Special Administrative Region at London's Regatta Centre on Sunday 25th June 2017



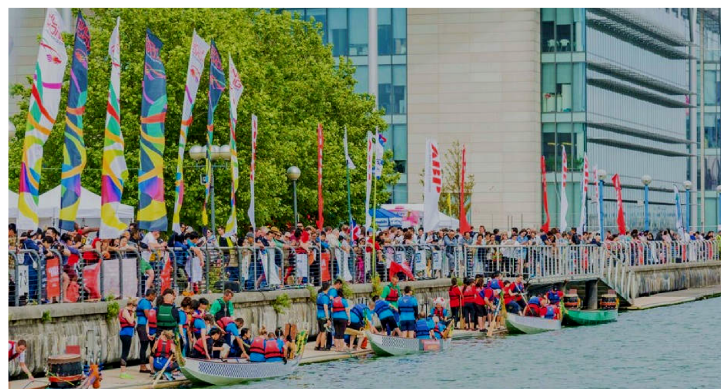
The Hong Kong Economic and Trade Office, London (HKETO, London) is the official representation of the Hong Kong Special Administrative Region Government in nine countries, namely Denmark, Estonia, Finland, Latvia, Lithuania, Norway, Sweden, Russia and the United Kingdom.

Its mission is to promote and strengthen Hong Kong's economic, trade and cultural links with these countries. Priscilla To, Director General of the HKETO said: "Hong Kong held the first international dragon boat festival three decades ago,

and since then it has developed into a truly global event. We at the Hong Kong Economic and Trade Office in London are delighted to be supporting the 2017 London Hong Kong Dragon Boat Festival, especially as this year is the 20th anniversary of the establishment of the Hong Kong Special Administrative Region".

"Celebrating this traditional festival is part of Hong Kong's lifestyle, and in taking part in this festival we join with many other dragon boat festivals taking place around the world, wherever there is a Hong Kong community".

The London Hong Kong Dragon Boat Festival is a huge event for the Chinese Community, see <http://www.lhkdbf.co.uk/> and it provides an excellent opportunity to experience Chinese culture. Organised by the London Chinatown Lions Club with support from The Hong Kong Executives Club, The London Chinatown Chinese Community Centre and the Hong Kong Economic & Trade Office, this free, family-friendly event is now a significant date in London's cultural calendar, attracting visitors from across the UK and overseas, so be sure to put this in your diaries and for entry details email: office@cityshowcase.co.uk



CONTACT: To get involved, make a donation, volunteer, sponsor the festival or form a race team, contact office@cityshowcase.co.uk
For all media enquiries please use matt@alchemy lifestyle.co.uk or james@alchemy lifestyle.co.uk or call 020 3198 7233



The Alliance of Independent recognised Members of Sport (AIMS) was founded in 2009 by the non-IOC recognised members of SportAccord and is the fifth group in SportAccord along side ARISF, ASOIF, AIOWF and the Associate Members.

Picture: AIMS Board Members

AIMS achieved IOC recognition with the signing of an MoU with the International Olympic Committee (IOC) on April 19th, 2016 in Lausanne, Switzerland. In granting recognition to AIMS, the IOC acknowledged the role of AIMS and its valuable contribution to support the Olympic Movement in the achievement of its missions and goals; in the fields of the development of sport, promotion of sport in support of athletes.

The aims of AIMS is to strengthen each individual sport, combine expertise, share knowledge and maintain close cooperation with the International Olympic Committee (IOC), so that the individual sport will achieve official recognition from the IOC.

AIMS works very closely with all IOC recognised federations and umbrella groups and with IOC recognised games such as the World Games, the Universiade, the TAFISA Games; while on a continental level with bodies like the Olympic Council of Asia for the benefit of all.

The exchange of culture, education and sport, and sport for all is an important platform; along with it is protecting each other from splinter groups, cooperation with WADA and using sport as a powerful tool to contribute to society.

AIMS is in close cooperation with Peace and Sport, Generations for Peace and UN Women, UNESCO and UN Habitat.

AIMS is also an important partner of the SportAccord Convention and the Annual General Assembly is held during each year's convention. Important AIMS meetings, however, will be held and hosted by AIMS Members, for example, in 2015, a convention in Bangkok was hosted by the International Federation of Muaythai.



Speakers from the IOC, IWGA, FISU, TAFISA and many others shared knowledge and information on recognition and inclusion by the various organisations. AIMS is looking forward to a continued close cooperation with the IOC to promote physical and sporting activities to develop society and to provide support to athletes and sporting bodies.

On a grassroots level, development is key, therefore a key constituent of the AIMS conferences include a workshop to introduce sports that are not as popular in these countries to a wider range of sporting enthusiasts.

Currently, AIMS has 21 sporting international federations as full members. Stephan Fox, is the current President of AIMS and also the Vice President of SportAccord.

MESSAGE FROM THE AIMS PRESIDENT.



Sport plays an unrivalled role in human society. The enormous power of sport is one which can bring about great change for the better and this power can be harnessed to spread culture understanding, peace and well-being. The AIMS mission and vision is just that; to unite us as the one spirit we are.

Where there is unity and the spirit of teamwork and collaboration, wonderful things can be achieved. It is imperative we continue to work together under good governance fostering our responsibilities of respect, unity, fair play.

Sport can allow us to move towards a unified goal to guide, foster, promote and above all to learn from our most important asset; our athletes and our youth.

Sports' credibility has come into question in recent times but we must never forget the beauty that sport has given us and from where we all come. Sometimes we may appear to go backwards in going forwards to tackle challenges but sport is about doing ordinary things extraordinarily.

The campaign symbol of AIMS is a handshake; representing co-operation in our striving to continue to develop sport and education in particular for youth through the principles of the Olympic Movement and most importantly, the practice of sport must be a given human right.

Stephan Fox – AIMS President. AIMS Contact Information: www.aimsif.org. Email: admin@aimsif.org. Facebook: facebook.com/aimsif

Editors Note: Five AIMS member federations in recent years have achieved individual IOC Recognition. These are the International Climbing and Mountaineering Federation, World Flying Disk Federation and International Federation of American Football, International Cheer Union and the International Federation of Muaythai Amateur. The IDBF's application is still under consideration but made more difficult by the ICF's involvement in Dragon Boat Sport – see separate update article - hopefully the IDBF will be recognised in the not too distant future !



AIMS is a proud member of SportAccord, one of five umbrella groups working closely together.

AIMS has been given IOC recognition and will use the services provided by the IOC, SportAccord and the SportAccord Convention. This will in turn strengthen the position of each AIMS Member and benefits the overall development of sport globally.

The unity of the world sports family, both Olympic and Non-Olympic, is key to the development of our shared vision.

AIM's vision is to share that power of Unity for the benefit of our athletes and our youth, as they will be the future and carry the torch to a time we might not be a part of anymore.



The primary goal of the **International Breast Cancer Paddlers Commission (IBPCP)** is to ensure that **International Breast Cancer Survivors (BCS)** participation festivals and international competitive events are raising awareness about life after a diagnosis of and treatment for breast cancer. *The IBPCP is a Commission of the International Dragon Boat Federation (IDBF)*



NEW IBPCP TEAMS. 2017 has seen a flurry in the growth of teams joining the IBPCP.

Remama Dragao Rosa is the second team to come to us from Brazil and is located in Sao Paulo.

Dragons Abreast, Hong Kong is also the second team to join the IBPCP from Hong Kong.

Wild Atlantic Warriors becomes the fourth team from Cork, Ireland.

Rosa Fenix is the fifth team to join from Argentina, located in Neuquen.

Sunshine Coast Pink Sea Serpents, Queensland, Australia join thirty-three other Australian teams.

Breast Friends from Grapevine, Texas and **Dallas United Pink** from Dallas Texas are the newest teams to join the IBPCP from the USA where there are now forty-eight teams.

The Breast Buddies, Ontario, Canada have joined, bringing the Canadian team numbers to fifty-six.

There are currently 197 breast cancer survivor team members of the IBPCP located in twenty-one countries of the world. More are sure to come! **How will IBPCP celebrate when it reaches 200 in its membership total?**

ABREAST OF LIFE TAKES TOP SPOT AT NATIONAL DRAGON BOAT CHAMPS

A group of Christchurch breast cancer survivors, Abreast of Life, made up of 24 women who have **stared the beast in the face**, took away top honours at the New Zealand Dragon Boat Association National Championship in April 2017.

Meri Gibson, Team was thrilled as were the entire team to celebrate such a tremendous win.

"This is when all the sweat, aches and determination pays off! We know we are all 'winners' but it's always spectacular to be rewarded now and then by a medal or even better a trophy and title" she said.

<http://www.stuff.co.nz/the-press/christchurch-life/91394143/abreast-of-life-takes-top-spot-at-national-dragon-boating-championship>



IBPCP WEB LAUNCH IBPCP Steering Committee is thrilled to introduce our new web-site and the two key people responsible for it.

Michael Wong, who took the IBPCP vision and expertly transported it to a fresh, new and appealing design. Michael is an art director and designer and is described as "impeccable, geek, well-organized, creative..." These are just some of the words that characterize this industry veteran who has over two decades of experience in marketing and advertising.

Michael is passionate about all things creative and loves to share his passion with others. Along the way he has also developed an interest and expertise in photography, illustration, web design and social media. It's truly old school training meeting the digital age.

Nick Harrison, the creator of the original IBPCP website, continues to be the webmaster from afar, in the U.K. The IBPCP Steering Committee is so appreciative of his ongoing efforts to maintain the website and to offer his expertise, knowledge and advice. By profession, Nick is a retired primary teacher and still a governor of the local school where he used to work.

Nick worked closely with IBPCP and Michael as new design features were fine-tuned and later to transfer the appropriate content over to the new site and take care of the logistics required to prepare for launch time.

As for background on Nick, he became involved in dragon boat paddling for breast cancer survivors just as Paddlers for Life was in development and formation and when his wife, Carol, was diagnosed and treated for breast cancer ten years ago. Unfortunately, his wife had aggressive triple negative cancer and did not get to paddle. During this treatment she was friendly with one of the founders of Paddlers for Life and Nick became involved later with the dragon boat team. He was supporting the group in her memory and came to love paddling and being out on the water in the beautiful Lake District where he lives.



A huge thank you to Hamazaki Wong Marketing Group, Michael and Nick !



AS I SEE IT

you or if you have comments on this topic please respond to committee@ibcpc.com.

Jane Frost, IBCPC President, Vancouver, Canada

Reading an article on the motivation of dragon boat paddlers, I started asking myself what motivates our breast cancer paddlers?

The article explained there are two kinds of motivation: intrinsic, motivated by internal things and extrinsic, motivated by external things. The author went on to say that some paddlers are in it for the glory and the medals. Those are my words not hers and others are in it for themselves and their team mates; to make them stronger fitter paddlers and to contribute as a team member.

One of the challenges of being a breast cancer paddler is that generally we are older than the average paddler and many of us have had invasive upper body treatment that may have compromised our bodies.

Looking to Florence and the 2018 IBCPC Participatory Festival I am reminded it is a participatory festival and as such all different fitness levels are anticipated to attend. The winner will not be a world champion; it is not a world championship event. We each need to be conscious that everyone who participates is a winner.

Dr Don McKenzie, the doctor who initiated this movement, talks about the fact we are winners just making it to the start line and I think he is right. **Our race is against breast cancer.**

We all get medals because we are in that race, proudly spurred on by family and friends. If a team wants to compete in a world championship they have the opportunity to do so by participating in the International Dragon Boat Federation World Club Crew Championships the next one to be held in Szeged, Hungary in July 2018. (date to be confirmed).



SUIR DRAGON PADDLERS HEAD TO HENLEY

With a long winter ahead Suir Dragons Paddlers from Clonmel decided to attend one of the UK's Henley Winter Series races to try and keep motivation levels up after the last Irish race of the year.

The Henley Winter Series consists of four race dates held between October and February over a 7.5Km course on the River Thames. This stretch of the Thames is particularly scenic and boasts some of the best rowing clubs in the world, as part of the course runs over the famous Royal Henley Regatta course.

In preparation for the event the Suir Dragon Paddlers trained twice a week for six weeks clocking up 8km at a time on the water. 16 club members attended the regatta doing a quick weekend hop to the UK.

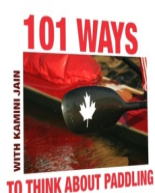
The team received a very warm welcome from Carolyn, Henley Dragons Chairperson when they arrived on the Saturday to carry out a recce of the course. Sunday morning proved to be a particularly nice winter's morning in the Berkshire countryside with blue skies and a crisp air temperature; good racing conditions for a long distance race.



Suir Dragon Paddlers at the Henley Dragon Boat Club HQ

Crews mustered a 09.00hrs where Suir Dragon Paddlers met up with Pink Champagne from Bournemouth, their competition in the breast cancer survivors category. By 10.15hrs all crews were assembled on the water and leading the charge were the Suir Dragon Paddlers. 19 crews in total were set off at intervals to cover the 7.5Km distance. Suir Dragon Paddlers completed the course in a time of 44 minutes and 6 seconds. The event was ended with the traditional BCS flower ceremony, which was a little challenging due to the now present strong wind. The team finished the day at the local pub enjoying local ale and the company of their hosts.

Constantino Fiuza-Castineira / Julie Doyle



[101 Ways to Think About Paddling on Vimeo.](https://vimeo.com/channels/rightangleperformance) vimeo.com

For most of my waking hours I'm either coaching, paddling or thinking about paddlesports; specifically dragon boat, outrigger or kayak. **Kamini Jain** + 01 604-787-1965. Vancouver, BC, Canada.

www.rightangleperformance.com. www.iwillbefast.com

Find RAP instructional paddling videos at <https://vimeo.com/channels/rightangleperformance>

SURFING AND CANOEING FEDERATIONS IN DISPUTE OVER CONTROL OF STANDUP PADDLE



Canoeing - 05 Apr 2017 by Jonathan Rest at SportAccord

A dispute between the International Surfing Association and the International Canoeing Federation over the governance of the StandUp Paddle discipline shows little signs of abating, despite the intervention of International Olympic Committee president Thomas Bach.

In an angry Instagram posting this week, ISA president Fernando Aguerre said that a **"federation that doesn't have a history with the sport, is claiming the sport."**

The issue dates back to 3 August, 2016 when surfing was accepted as one of five additional sports for the Tokyo 2020 Olympic Games. The ISA then applied to Buenos Aires 2018, the organising committee of next year's Youth Olympics, to fast-track SUP on to the sports programme, only to be denied, it claims, by the

ICF. A two-hour meeting between the ISA and ICF, hosted by Bach in January, failed to yield an agreement, and no more talks mediated by the IOC are planned, Sportcal understands.

Aguerre, who maintains the relationship with the ICF is "cordial", **said the canoe federation had shown "no interest" in SUP before surfing became an Olympic sport.**

He explained: "The ISA started running SUP in 2009. It was invented by surfers on the north shore of Hawaii as a training exercise when the waves were flat. SUP racers deem themselves to be surfers. We run world championships every year.

"We fast-tracked the process to Buenos Aires... but the ICF said 'no, we have an issue, it's a paddle sport, we believe it should be part of our organisation'. It's not a part of their organisation. If you look at their website or list of disciplines, it was not included at the time. There was no activity from the ICF. It's not like we are competing against each other like you see in a lot of sports. All these years, SUP world championships have been unchallenged."

The ICF, on the other hand, claims ISA announced SUP as its discipline without consultation, and disputes allegations it blocked SUP's place on the Youth Olympics programme. It maintains it offered to organise SUP at Buenos Aires 2018 in partnership with ISA, but that is not permitted by the IOC.

Aguerre had a "productive" 45-minute meeting with ICF president Jose Perurena yesterday on the sidelines of the Association of Summer Olympic International Federations meeting in Aarhus, Denmark, but did not divulge details. "We have an obligation to hear each other and see if there are any benefits to working together. We are very clear about the history of our sport. When there is a conflict, both parties believe they have merit. That is why we are talking."

Sportcal

CANOE FEDERATION UNDETERRED BY SURFING CLAIMS OVER STANDUP PADDLE.

Canoeing - 05 May 2017 by Jonathan Rest

The International Canoe Federation today vowed to continue the fight for control of the growing Stand Up Paddle discipline, despite the International Surfing Association's claims that it is now the sole governing body for SUP.

The ISA announced a "historic partnership and sanctioning agreement" with the Association of Paddlesurf Professionals. Fernando Aguerre, president of the ISA, said in a statement: "Through this partnering with the APP, we have solidified our role and leadership as the world's sole governing body for SUP in all its forms."

However, the ICF disputes that, arguing that as a paddle sport, SUP should fall under its jurisdiction. The issue is said to be of such importance to the ICF that its President Jose Perurena is personally leading the fight. Simon Toulson, Secretary-General of the ICF, told Sportcal: "The ICF continues to contest that SUP is a paddling activity particularly on calm waters and inland waterways where our members use SUP regularly in their clubs and at competitions.

"There can be more than one federation in a sport and in this case there clearly are two involved with SUP. We don't agree that ISA is the sole world governing body." A two-hour meeting between the ISA and ICF, hosted by International Olympic Committee president Thomas Bach in January, failed to yield an agreement.

In their joint statement, the ISA and APP said: "Both the ISA and APP share an ambitious vision in the global development, growth and sustainability of SUP, including the objective of seeing SUP included in future editions of the Olympic Games under the ISA's leadership and authority." **Sportcal**

DSN COMMENT: Well the words 'De Jure Vu' spring to mind, as the arguments put by the ISA and ICF closely mirror those between the IDBF and ICF since 2000, during which time the ICF changed its Constitution to claim all Paddle Sports, whether they practised them or not.

The result is that the ICF's claim on our Sport, has always held up the IDBF's application for IOC Recognition.

The main difference with the ISA dispute is that ISA received IOC Recognition before the ICF realized what was going on and the ICF missed the boat, so to speak.

In the latest twist in the ISA/ICF dispute, DSN understands that the ICF are now taking ISA to the CAS (Court of Arbitration for Sport). Another case of De Jure Vu for the IDBF !

The decision of the CAS could have a far reaching affect on the IDBF and the future of our Sport because if the CAS finds in favour of the ICF, then the chances of the IDBF gaining IOC Recognition will be even slimmer but the chance for the ICF to push for Dragon Boating as an Olympic Sport under them, will be high. If the CAS finds in favour of ISA then the reverse will be true for both the IDBF and Dragon Boat Sport.

So, where would you cast your vote !???



SPORTS SCIENCE CORNER

Dr. Leila Ataei is a lecturer and researcher in Sports Medicine & Physiology and is a Member of the IDBF Medicine & Sports Science Commission.

E-mail: Leila.Ataei1983@gmail.com



8 EASY WAYS TO BOOST YOUR METABOLISM

1. EAT PLENTY OF PROTEIN AT EVERY MEAL: There is a mis-placed thought that if you want to loose weigh, you've got to eat less. Well, if you take in too few calories, it can cause your body to lose muscle mass, which will decrease the rate of your metabolism. **The fact is "Under-fueling is just as risky as over-fueling,"**

Eating food can increase your metabolism for a few hours. This is called the thermic effect of food (TEF). It's caused by the extra calories required to digest, absorb and process the nutrients in your meal. Protein causes the largest rise in TEF.

It increases your metabolic rate by 15–30%, compared to 5–10% for carbs and 0–3% for fats. Protein also help you feel full and stop you to overeating. **Have a simple but high protein diet and exercise to help you slim down quickly and safely without screwing up your metabolism.**

2. DRINK MORE COLD WATER: Studies have shown that drinking 17 oz (0.5 liters) of water increases resting metabolism by 10–30% for about an hour. Water can help fill you up even greater if you drink cold water, as your body uses energy to heat it up to body temperature.

One study of overweight adults found that those who drank half a liter of water before their meals lost 44% more weight than those who didn't.

3. DRINK GREEN TEA OR OOLONG TEA: Time to have more herbal tea! If you always opt for coffee over tea, you could be missing out on a major metabolism boost. Drinking green tea or oolong tea can increase your metabolism. These teas may also help you lose weight and keep it off.

These teas help convert some of the fat stored in your body into free fatty acids, which may increase fat burning by 10–17% (56). **Have 3 cups per day to feel the change!**

4. DRINK FULL-FAT MILK: Studies conducted at The Nutrition Institute at the University of Tennessee suggest that consuming calcium — which milk has plenty of — may help your body metabolize fat more efficiently.

5. DO A HIGH-INTENSITY WORKOUTS: High-intensity interval training (HIIT) involves quick and very intense bursts of activity. Now you can stop running for hours to loose weight. **Studies show that 3-10 minutes of high intense interval work, can be better than 45 minutes of aerobics.**

Mixing up your exercise routine, and adding in a few high-intensity workouts, can boost your metabolism and help you burn fat.

It can help you burn more fat by increasing your metabolic rate, even after your workout has finished.

6. REPLACE COOKING FATS WITH COCONUT OIL: Replacing other cooking fats with coconut oil may help boost your metabolism slightly. Unlike other saturated fats, coconut oil contains a lot of medium-chain fats.

Medium-chain fats can increase your metabolism more than the long-chain fats found in foods like butter.

7. HAVE AN EGG YOLK OR TWO: Egg whites are low in calories, fat free and contain most of the protein found in an egg but whole eggs have a lot going for them nutritionally speaking and is beneficial to your metabolism.

The yolk contains many metabolism-stoking nutrients, including fat-soluble vitamins, essential fatty acids and most significantly choline, a powerful compound that attacks the gene mechanism that triggers your body to store fat around your liver.

Worried about cholesterol? A recent study published in The Journal Of Nutrition, Dr. Robert Nicolosi at the University of Massachusetts said, **"Our data show that eating an egg a day is not a factor for raising cholesterol."**

8. STAND UP MORE: Sitting for a long time burns few calories and is bad for your health. Try to stand up regularly or invest in a standing desk.

Ideally, we sleep about eight hours out of every 24. Most people spend another seven to ten hours sitting at their desk. That means most of us spend the overwhelming majority of our time sedentary.

Nutritionists suggest to stand at work at least 3 hrs in afternoon will help you to burn 50 more calories per hour, than sitting.

That may not sound like a lot, but if you consider this over a one year period, then you would expend more than 30,000 extra calories, which amounts to about 8 lbs of fat !

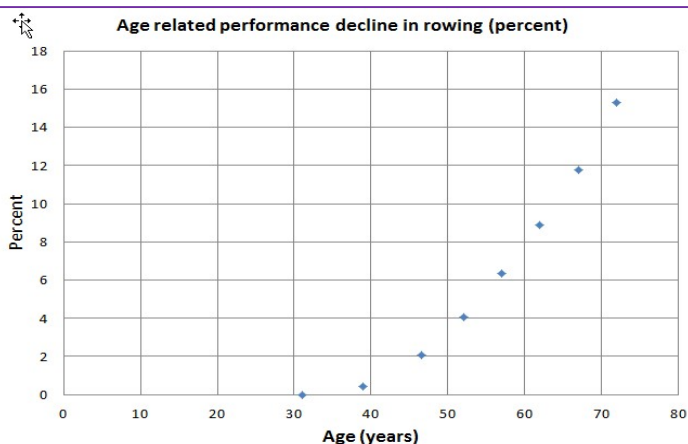
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Diagram (left) supports the 'Drum Beat' article on page 17.

AGENCE
MONDIALE
ANTIDOPAGE



WORLD
ANTI-DOPING
AGENCY



MOTIVATION, SUNSHINE, HEALTH & EXERCISE – Have you got your life in balance !



packed full of fruits, vegetables, protein and healthy fat, suitable to drink 30 minute before your race or training sessions.

* SMOOTHIE RECIPES FOR THE BUSY, BUSY, PADDLER ON THE GO

Sitting down for a meal is not always an option for those who have just finished work and then have to go jump on a dragon boat for a nice afternoons training or during an event when you do not have enough time for a proper meal.

Either way your tummy needs at least 45 minutes to an hour to digest your food before any serious exercise.

If you are looking for an alternative then a smoothie is the best alternative but not all smoothies of course. Here are some of the easy to make, nutritious, and delicious recipes for meal replacement smoothies. They are jam

Nut Butter Smoothie Recipe

- .. ¾ cup (6 oz.) Reduced Fat Milk Soy Milk, or Almond Milk (Plain, Vanilla, or Chocolate)
- .. ½ cup (4 oz.) Greek Yogurt
- .. 2 Tbsp. Nut Butter (Peanut, Almond, or Sun Butter)
- .. 1 Tbsp. Honey
- .. ¾ cup (6 oz.) Ice

Avocado Smoothie Recipe

- .. 1-2 handful of Spinach or Kale
- .. ½ cup (4 oz.) Apple Juice
- .. ½ cup (about 3-4 berries) Frozen Mango
- .. *For PROTEIN add either ½ cup (4 oz.) Greek Yogurt (10 gm) or 20 grams protein powder
- .. ½ Small Avocado
- .. Spices to taste: Ginger, Cinnamon
- .. 1 Tbsp. Honey
- .. ½ cup (4 oz.) Ice

Nutty Strawberry Banana Smoothie Recipe

- .. ¾ cup (6 oz.) Reduced Fat Milk Soy Milk, or Almond Milk (Plain, Vanilla, or Chocolate)
- .. ½ cup (4 oz.) Frozen Mixed Berries
- .. 1 Peeled Banana
- .. 2 Tbsp. Nut Butter (Peanut, Almond, or Sun Butter)
- .. 1 Tbsp. Honey
- .. ¾ cup (6 oz.) Ice

Spicy Veggie Smoothie Recipe

- .. 1 to 2 handful of Spinach or Kale
- .. ½ cup (4 oz.) Apple Juice
- .. ½ Peeled Banana
- .. ½ cup (4 oz.) Frozen Mixed Berries
- .. Spices to taste: Ginger, Cinnamon, Cumin, Turmeric
- .. 1-2 Tbsp. Nut Butter (Peanut, Almond or, Sun Butter)
- .. *For PROTEIN add either ½ cup (4 oz.) Greek Yogurt (for 10 grams) or 20 grams protein powder
- .. ½ cup (4 oz.) Ice

Strawberry Mint Basil Smoothie Recipe

- .. ¼ cup Fresh Mint and Basil, or to taste
- .. ½ cup (4 oz.) Apple Juice, Pineapple Juice, or Lemonade
- .. 1 cup (about 20-24 slices) Frozen Strawberries
- .. ½ Small Avocado
- .. 1 Tbsp. honey
- .. *For PROTEIN add either ½ cup (4 oz.) Greek Yogurt (for 10 grams) or 20 grams protein powder
- .. ½ cup (4 oz.) Ice

For an after paddle smoothie, try one of these lower fat options rich in protein, and antioxidant packed fruits and vegetables. You will get more effect if you have it within half an hour after your race or training session:

Strawberry Mango Smoothie Recipe

- .. ¾ cup (6 oz.) Apple Juice
- .. ½ cup (about 10-12 slices) Frozen Strawberries
- .. ½ cup (about 5-6 pieces) Frozen Mango
- .. *For PROTEIN add either ½ cup (4 oz.) Greek Yogurt (for 10 gm) or 20 grams protein powder

Strawberry Banana Smoothie Recipe

- .. ¾ cup (6 oz.) Apple Juice
- .. 1 peeled Banana
- .. 1 cup (about 20-24 slices) Frozen Strawberries
- .. *For PROTEIN add either ½ cup (4 oz.) Greek Yogurt (for 10 gm) or 20 grams protein powder
- .. ½ cup (4 oz.) Ice

Greens Smoothie Recipe

- .. 1 to 2 handful of Spinach or Kale
- .. ½ cup (4 oz.) Apple Juice
- .. ½ peeled Banana
- .. ½ cup (about 3-4 berries) Frozen Mixed Berries
- .. *For PROTEIN add either ½ cup (4 oz) Greek Yogurt (for 10 grams) or 20 grams protein powder
- .. ½ cup (4 oz.) Ice

Strawberry Smoothie Recipe

- .. ¾ cup (6 oz.) Apple Juice
- .. 1 cup (about 20-24 slices) Frozen Strawberries
- .. *For PROTEIN add either ½ cup (4 oz) Greek Yogurt (for 10 grams) or 20 grams protein powder
- .. ½ cup (4 oz.) Ice

*The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss & Smoothies for Good Health Paperback – 20 Mar 2013 by Mendocino Press (Author)

NEWS FROM DRAGON BOAT SPORT



UK - BRADFORD DRAGON BOAT FESTIVAL 2017 DECLARED A 'ROARING' SUCCESS - *Telegraph & Argus*

BRADFORD should be roaring with pride after thousands of people turned up to support its 2017 Dragonboat Festival, according to the city's Lord Mayor. Bumper crowds descended on Roberts Park in Saltaire over the weekend to enjoy the spectacle.

The Army, Saltaire Brewery and Red Phoenix were all strong contenders in the competition which by Saturday afternoon had drawn in an estimated 15,000 spectators. The Council's event manager John Galt said: "Last year was busy but this is bigger. It's fantastic."

Although the sun did not quite make it for the first races on Saturday, spectators certainly put in the effort in cheering on more than 40 teams from across Yorkshire, including one from the Telegraph & Argus, who took to the River Aire to battle it out in the second day of the three-day festival.

On Saturday, teams were raising money for the Lord Mayor of Bradford, Councillor Geoff Reid's chosen charity YoungMinds which helps children, young people and their parents to find out about the mental health and wellbeing services that are available to them. Cllr Reid said there would be a wait to see just how much the event had made but it will be thousands."

Provi Duck from the Bradford-based loans firm Provident Financial were the winners of Saturday's race. Cllr Reid said: "What a wonderful weekend it's been. Even though Saturday's weather wasn't as good as the day before, the crowds still turned up in their thousands". "They came from all over the district. People from every community, different cultures and different faiths showing This Is Bradford, this is what Bradford looks like. "Bradford should be very proud

As well as the racing on the water, other entertainment in the park included live music, an Army inflatable assault course, a climbing wall and Zumba classes.



Members of Bradford Magic Circle were also out and about mingling with the crowds doing tricks.

On Saturday, a team from Bradford-based Dreams project, which runs accommodation for care leavers in the city, was competing for the second year.

Project director Celiyah Russell said they had a fantastic time.

"It's not about winning its just taken part that's important. It was vibey, lovely and family-orientated." Bradford Council put out an all-women's team with chief executive Kersten England on board. Ms England said: "This is the best of Bradford everybody together and everybody enjoying themselves." Scull-arly Activity from Bradford College raised £500 for the charity. Jane George, head of faculty said: "It's wonderful, it's great fun. It's brilliant spending time off duty with colleagues having a good time and raising lots of money



WELCOME NEW IDBF RACE OFFICIALS FROM PUERTO RICA

A WARM WELCOME to the new IDBF Grade 1 Officials who successfully took a training Course, run by IDBF President, Mike Thomas, in Puerto Rico, earlier this year.

Wonderfully enthusiastic people and glad to see that Dragon Boating continues to develop in Latin America.



EDBF EXECUTIVE COMMITTEE NOMINATIONS.

In accordance with Article 9.4 of the European Dragon Boat Federation's Statutes and Bye-Laws, we hereby request nominations for the following positions on the EDBF Executive Committee. The period of office for both positions will be for a four year period:

EDBF President - Post presently held by Alan Van Caubergh (Netherlands)

EDBF Treasurer - Post presently held by Natalia Kravtsova (Ukraine)

All nominations are to be made in writing and be with the Secretary General no later than **09.00hrs BST on Monday, 19th June 2017**. Each nomination must be proposed and seconded by any two EDBF Members. *Julie Doyle, EDBF Secretary General. 10th May 2017*



UGANDA – Dragons on the Lake !(Victoria)

The Jinja Dragon Boat Festival has given birth to strong dragon boat crews in Uganda, following a great days racing, in which the winning team saw a dragon boat for the first time just two hours before the start of the first race !

Two boats were raced at a time as the other racing boats broke into pieces the night before the races.

Despite this set back, the Chinese Ambassador, with representatives from Wuhan City in China and the Vice-President of Uganda, graced the occasion, which attracted thousands of people both Africans and Chinese.

Now the goal of

the paddlers is to be able to compete in the IDBF World Championships but that will take a lot of money and hard training to achieve that ambition. *Robert Kanusu.*

11TH CANADIAN BOAT RACING CHAMPIONSHIPS AUGUST 4-6, 2017

Welland International Flatwater Centre, Ontario

Practice times will be available on Thursday 3rd August 2017

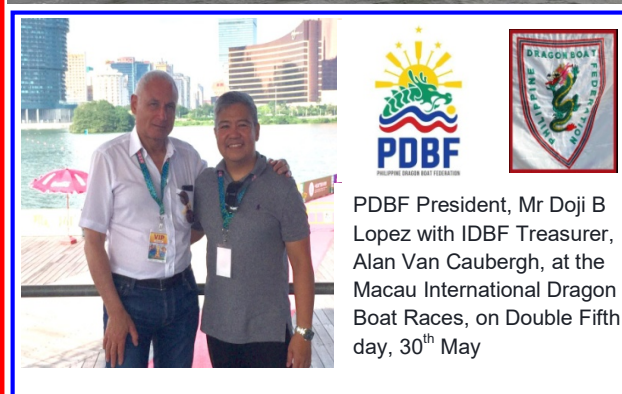
[wwwDragonboat.ca](http://www.Dragonboat.ca)

The Canadian Dragon Boat Championship is the most exciting and competitive event in Canada. This marquee event features age categories Junior through Senior C (60+) and includes divisions for University, Breast Cancer Survivors and the Blind and Partially Sighted.

The Canadian Dragon Boat Championship's primary goal is to create the best and fairest racing experience for all, in the battle to name the Canadian Champions.

Dragon Boat Canada is thrilled to be able to invite Community and Recreational Crews to get a taste of the experience of racing at the Canadian Dragon Boat Championships this year.

This division will be referred to in the Rules of Racing and other communications as Division III. DBC Membership is NOT required to participate; all crews are welcome!



PDBF President, Mr Doji B Lopez with IDBF Treasurer, Alan Van Caubergh, at the Macau International Dragon Boat Races, on Double Fifth day, 30th May



BUSHEHR DRAGON BOAT FESTIVAL - IRAN

The Bushehr Dragon Boat Festival, organized this year with the cooperation of Sokkan, Doulab and Meydaf Dragon Boat Clubs, took place from 22 to 24 February 2017, in Bushehr City, Southern Iran,

31 Iranian teams (14 Women, 17 Men) and 1 Spanish team participated in the event, the most entries ever. The racing was a great success and of high quality, from the presence of the Pinatar Dragon Boat Club from Spain, who were competing for the first time.

On the first day, the weather was windy and as most of the steerers were unaccustomed to the new boats, it was decided to remove the Drummers' in order to increase the stability of the boats and to prevent capsizes. *Mohammadreza Dorkhah*



Iran Dragon Boat Association (Iran DBA) has an extensive reputation for organizing several national and domestic Dragon Boat Championships in Iran for both men and women. In summer of 2016, the first Paddle Pool National Championships were organized in the capital of Iran with more than 70 teams in different groups of men and women.

The Association is happy to announce that we are also ready to organize the west, east and central Asia paddle pool competitions in the biggest water park in the capital of Iran, Tehran, in the summer of 2017.

Arash Nankeli. International Affairs Manager. Iran DBA Tel : + 98 21 44 73 90 50

DRAGON BOAT TRAINING CAMP SPAIN 2017

EXPLORE YOUR LIMITS

Location: Marina Internacional of Torrevieja (Alicante)

Date: From 5th to 11th November 2017



30 AUG – 3 SEPT 2017 – BUSAN, KOREA

The Organizing Committee of the 7th Korea Open Busan International Dragon Boat Festival in conjunction with the Busan Metropolitan City, the second largest city in South Korea, cordially invite your team to participate in this festival which will be held from Wednesday the 30th of Aug to Sunday the 3rd of Sep 2017, at the beautiful Suyeong River, APEC Naru Park in Haeundae, Busan, South Korea



12-15 OCT 17 - INCHEON KOREA

We cordially would like to invite your dragon boat team to participate in the 4th Minister of Oceans and Fisheries' Cup ARA Waterway International Dragon Boat Festival. It will be hosted by K-Water Gyeongin ARA Waterway, organized by the Korean Dragon Boat Association and Waterway Plus Corporation and supported by Ministry of Oceans and Fisheries, Sea Explorers of Korea and Aquatic Leisure Sports Council. We are excited to have you in the 4th Minister of Oceans and Fisheries' Cup ARA Waterway International Dragon Boat Festival.

DRAGON BOATS AT THE HEART OF BUDAPEST. The Hungarian Dragon Boat Federation organized a Dragon Boat competition on 6th of May 2017 as part of the 5th Danube Regatta of Budapest.

19 universities sent crews to the exciting dragon boat race, on the fast-flowing Danube, in the heart of Budapest. The novice crews went through a few weeks training to be prepared for the great university festival and fight for the cup. The race, despite the high-water was safe and the smile and enthusiasm of the young paddlers remained even after the long race in difficult conditions.

Spectators from the shore enjoyed 2 close heats and a spectacular grand final race. The popularity of the dragon boat race was even more visible during the ceremony, when it was hardly possible to get close to the stage for the medal presentation due to the large crowd cheering the crews. Medals and the trophy were presented by the IDBF President Mike Thomas and Peter Jarosi President of Hungarian Dragon Boat Federation to:

1st Place: Testnevelési Egyetem (University of Physical Education, Budapest)

2nd Place: Széchenyi István Egyetem (Széchenyi István University, Győr)

3rd Place: Budapesti Gazdasági Egyetem (Budapest Business School)



IDBF WORLD NATIONS CHAMPIONSHIPS – 18th to 22nd October 2017

The 13th IDBF World Nations Championships (Premier & Senior Divisions) will be held from the 18th to 22nd October 2017 in Kunming, Yunnan, China.

(The IDBF World Juniors & U24s Champs will be held in Divonne, France from 27th-30th July 2017).

Racing will take place on the Dianchi Lake, which located in Xishan District of Kunming city. It takes about 50 minutes from Kunming Changshui International Airport by car, and about 40 minutes from Kunming High-Speed Rail Station to Dianchi Lake by car. Competing teams are advised to arrive in Kunming no later than Tuesday, 17th October 2017.

REGATTA COURSE : The regatta course and technical facilities will be to IDBF standards for World Championships. The number of racing lanes will be six over 200m, 500m, 1000m and 2000m, with a width of 13.5m and a depth of 3.5m.

BOATS AND EQUIPMENT: IDBF licensed boats will be provided by the Championship Organizers. Competing teams will be expected to bring their own paddles that conform to the IDBF Paddle Specification 202a.

A limited number of IDBF Spec 202a paddles will be provided by the Organizing Committee.

COMPETITION FORMAT: The Championships will be conducted according to the IDBF Competition Regulations and IDBF Rules of Racing, **Edition 7 effective from 1st January 2016**, under the direction of an IDBF Chief Official, with a Championship Jury nominated by the IDBF Executive Committee.

The IDBF Race plans will be used to determine the racing programme.

CHINA INVITATION LETTER: Teams requiring visas to enter China should send an email directly to the Organizing Committee no later than 30th June 2017, requesting a letter of invitation to the 13th IDBF World Nations Championships and enclosing a list of those participants who have been selected for the Team, including any Officials and Supporters who are attending the Championships.

Contact:- He Lixian—Event Coordinator - 149526787@qq.com or CDBA at zqlzxh@126.com

DIVISIONS, RACING CLASSES & ENTRY CONDITIONS

The Championship Divisions, Racing and Competition Classes that will be contested are listed below. Both Standard and Small Boat Championships are on offer with the Small Boat Races primarily aimed at new Countries on the international stage, but also at Countries with only a small number of paddler available for a particular Racing Class or Classes. Classes may be combined in the early rounds of competition, but the Grand Finals will usually be separate.

A Country can enter Standard or Small Boat Crews or both in all Racing Classes but for a Country to enter both a Standard and Small Boat crew in the same Divisional Racing Class or competition, the racers (paddlers, helms and drummers) in the small boat crew must be completely different racers from those used in the standard boat crew including reserves.

MIXED CREWS EXCEPTION. A Country may enter an Open Standard Boat and also a Women's Small Boat Crews or vice versa, in any Racing Class. These crews can combine and also race in a Standard Boat Mixed Crew but **NOT** in a Small Boat Mixed Crew. Teams who enter both a Small Boat Open and Small Boat Women's Crews will be required to enter a Standard Boat Mixed Crew and **NOT** a Small Boat Mixed Crew.

CLASSES AND DISTANCES: Races will be held for the following Racing Classes in both the Standard Boat and Small Boat categories. In order for a competition class to qualify for the World Championship Status no less than **SIX** entries from different countries are required. Classes with **THREE** to **FIVE** entries will be given IDBF Championship status and less than **THREE** will be held as Demonstration Races.

STANDARD BOAT (22 Racers)

(Mixed Crews = min of 8 and max of 10 paddlers of either gender)

Division = Racing Class	Premier Division Comp Classes	Senior A Comp Classes	Senior B (GDs) Comp Classes	Senior C (GGDs) Comp Classes
Open	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 2000m
Women	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 2000m
Mixed	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 1000m, 2000m	200m, 500m, 2000m

SMALL BOAT (12 Racers)

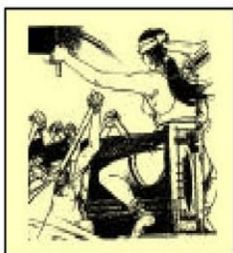
(Mixed Crews = min of 4 and max of 6 paddlers of either gender)

Division	Premier	Senior A	Senior B (GDs)	Senior C (GGDs)
Open	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m
Women	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m.
Mixed	200m, 500m, 200m	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m.

Age requirements: Premier Racers must be over 12 on 01/06/2017: Senior A Racers must be over 40 on 01/06/2017 Senior B Racers must be over 50 on 01/06/2017 and Senior C Racers must be over 60 on 01/06/2017

ON-LINE REGISTRATION: On-line registration will be open at the official IDBF Championship website <https://idbfchamps.org/idbf> from 26th May 2017. Passwords for Team managers to this system will now be issued directly to IDBF Member Governing Federations. Slawek Borucki will be issuing full details to each Governing Federation before this date.

ENTRIES CLOSING DATES: Provisional; 10 June 17: Numerative; 16 July 17: Final Named; 1 Sept 17.



'DRUM BEAT'

WHERE YOU HAVE YOUR SAY ON DRAGON BOAT SPORT

WHAT'S THE FUTURE FOR SENIOR RACING IN OUR SPORT

A question from Joe Gomory.



One of the topics in Dragon Sport at the moment is the Senior Division, which is probably the biggest racing class at IDBF World Championships.

Rumour control in Australia had it that the IDBF was about to change the age limits of the Senior Racing classes which prompted the following email from Joe Gomory to IDBF President, Mike Thomas and his reply.

"I hope you don't mind me asking but could you please let me know why IDBF has decided to delete Senior C from the world championships? Who and what was driving this decision? What effect will this have on the 2018 Club Crew Championships?"

Is the IDBF planning to change senior age categories? If so to what? The IDBF decision will affect national championships and will reduce overall membership. Was this considered as part of the decision process?"

"Hi Joe, The IDBF Council has not discussed the issue to which you refer regarding Senior C and certainly no decision has yet been made."

What is taking place is a review of the senior age classes and the discussion currently centres around the possibility of combining age ranges to create two senior classes at 40+ and 55+. A consultation process will take place with National Federations before any changes are proposed.

There will be no change for the Championships in 2017 or 2018 and before such a change could be made would need to be approved by the IDBF Congress, if any change was agreed it could not be implemented before 2020. I trust that this clarifies the current position". Kind regards, Mike.

So there you have it, the ball is rolling and it would seem to have been started by discussions in the IDBF Competition Commission, which can be taken forward to the IDBF Council in October 2017, with a consultation process taking place with National Federations before that, one would assume.

(Actually under the present Statutes such a change could be made as early as 2018, if the IDBF Council were so inclined).

So why not start the consultant now with Joe's views here on Drum Beat, especially as there is now pressure on the IDBF from some sources, to start the Senior D class (70+), to make four senior classes, not cut the number down from the present three to just two.

In reply to the IDBF President's email, Joe said, "Your quick clear response is greatly appreciated, it clarifies the situation."

However when people in authority say that it is going to happen, someone must be pushing it very hard.

If the proposal was to be adopted then people aged 50 to 55 will be disadvantaged and those aged over 60 are likely to be driven out of the sport.

What are the advantages of the new age group proposal? Is there a position paper that puts the case for and against the proposal? Similarly is there a position paper for the status quo?

Age groups in well-established sports have age group steps all the way up to 80+ years of age.

These age steps aim to keep participants in their sport for as long as possible by creating a level playing field based on the known decline in physical performance as a function of age.

Rowing is a well researched sport and much is known about high level performance as a function of age.

Rowing and Dragon Boat Racing have a lot in common. Both are high intensity aerobic activities with similar race distances.

A published rowing handicap report provides a great deal of useful information which I think the IDBF ought to consider with respect to the new age group proposal.

From it I have constructed a chart showing the decline in elite level performance as a function of age – Ed see pg 11.

From the age of 40 to 50 years performance decreases by 2.7 percent. From age 50 to 55 performance decreases a further 2.1 percent.

Thus in a 40 to 55 age group people in the 50 to 55 age segment would be disadvantaged and unlikely to qualify for a high performance seniors team.

The 40 to 55 age group appears to be too wide. From the rowing data and performance decline chart a better argument can be made for the current age groups than for the proposed 15 year interval.

In fact if one wanted a more even playing field then the 5 year age gap as used by rowing is what is needed.

In a further email to DSN, Joe had the following to say "I worked hard to help introduce Senior B and Senior C competition into the Australian Championships against a lot of official opposition and to promote dragon boating as a highly beneficial community sport for all ages with considerable medical, social and psychological benefits."

In our club we have people who were never involved in sports but are now highly competitive paddlers, fitter and healthier than they have been ever before.

At our recent Australian championships our Senior C men won all their races and many of them are in the current Australian team.

I have been continually promoting the sport at all opportunities. Now I have little incentive to continue to do that. Dragon Boat Racing is the only sport that depends on skill and fitness. Standardisation of equipment removes cost and technology from the performance equation. **This is great aid to recruiting people to the sport.**

In Australia the majority of paddlers are in the seniors category. Having the A, B, C categories helps retain overall membership.

An IDBF decision to change the status quo would be a kick in the teeth for them and for the sport as a whole and could have a significant effect on the number of people participating in the sport world-wide".

Editor: Well folks what are your views on this 'hot topic' and what hope for a Senior D class ? (my own age group !!)

PICTURE BOOK OF DRAGON BOATING

Dragon Boats
By Night



TALKING POINT ! – a Look At The Issues Of The Day

HAS THE ADBF GONE MISSING !?

The Asian Dragon Boat Federation (ADBF) appears to have gone missing or so it seems. No active website for a number of years now or information on ADBF activities and no increase in the number of ADBF Members.

Information on Dragon Boat activity in its heartland China, rarely comes from the Chinese Dragon Boat Association (CDBA) either, which is effectively the ADBF, as the CDBA hold the ADBF's President, Secretary-General and Treasurer's positions.

And now there is a big, big silence from the ADBF over who is running Dragon Boating at the 2018 Asian Games in Jakarta, Indonesia.

This 'running hare' was started in January 2017. An email from the Iran Dragon Boat Association, said that the Iran Canoe Federation had stated that it would be responsible for sending Iranian dragon boat teams to the 2018 Asian Games, as Dragon Boating would come under International Canoe Federation (ICF) rules for this event.

In practice if this were true, it would be the Asian Canoe Confederation (ACC) not the ICF, with responsibility, as they are the federation that represents Canoe/Kayak within the Olympic Council of Asia (OCA).

The Iran DBA raised this query with the IDBF and got the following reply:-

"The reply to this query should come from the Asian Dragon Boat Federation. The Asian Dragon Boat Federation is recognised by the OCA and organised the previous Dragon Boat event in the Asian Games. They would, therefore, be the organisers and not the IDBF."

The IDBF has not been asked to organise the 2018 Games but the OCA website states that dragon boating is organised internationally by the IDBF."

The IDBF is quite right about this as the OCA website clearly shows the IDBF as the world body for the Sport and the ADBF as the OCA Continental Federation with responsibility for organising Dragon Boating at an Asian Games.

So the Iran DBA wrote to the ADBF on this matter but as far as DSN know, has yet to receive a reply.

Meanwhile other ADBF Members have been raising the same issue and the ACC have been pushing their claim to control Dragon Boating in Asia, instead of the ADBF.

IDBF OUT OF TOUCH ?

Many an email comes DSNs way, some funny others informative and many asking questions, especially over the last few months. Maybe I am reading the tea leaves wrong but it seems that the rule change made by the IDBF for Mixed crews to follow a mainly 10/10 ratio between the sexes has not been universally adopted, certainly in Europe and elsewhere too.

The leaked proposal to cut the Senior Division down by broadening the age group categories also seems to have started a protest movement from Senior Paddlers.

Moving the dates of the 2017 World Nations Champs in China, to October, resulting in the Juniors and U24s Worlds being moved to Divonne, France to run alongside the EDBF Club Crews Champs in July, has also raised an eyebrow or two amongst the IDBF Membership.

So is the IDBF Council out of touch with the paddlers' views or are some folk just being over sensitive to changes in the Sport.

Let DSN air your views through Talking Point for general views or Drum Beat if you have a particular axe to grind – keep the language clean please !!

Rumours are circulating in China too that the Chinese Olympic Committee (COC) is thinking of dividing Dragon Boating along Sport Racing and Festival Racing lines, with Sport Racing coming under the control of the Chinese Canoe Fed and Festival Racing remaining with the Dragon Boat Association. A decision it seems is likely later in 2017.

Maybe this is why there is silence from the ADBF (CDBA) over the Asian Games issue. If this division of the Sport in China were to happen, then any Chinese DB Team at an Asian Games would come under the CCF and therefore go via the ACC and not the ADBF. **So what is the truth?**

The latest press notice from the OCA shows only Rowing and Canoe & Kayak on the final list of sports for the 2018 Games but not Dragon Boating. **The 2018 Asian Games official Website**, under Canoe & Kayak, says that events will be held in Sprint Racing (Flat water) and Slalom but no mention of Dragon Boat Racing. **However, under the Rowing events for the Games, it states:-**

"Traditional Boat Race (TBR), also known as the dragon boat race is a branch of paddle race with a long wood boat and 10 to 20 rowers. First competed at the Asian Games Guangzhou 2010, there are number of competitions for men and women in the distance of 250 meters, 500 meters and 1000 meters."

Confused or is politics at work here ! The Indonesian Canoe & Kayak Federation (PODSI) also looks after Dragon Boating in Indonesia and is a member of both the IDBF and ICF dealing with both federations for the respective sports. Indonesian Teams regularly compete in IDBF competitions and PODSI was a founder member of the IDBF. It is likely that PODSI would actually be responsible for any Dragon Boating, on the ground, at the 2018 Asian Games.

So where does Dragon Boating stand. Are PODSI just happy to organise the races irrespective of which international federation rules they use, as they belong to both or has the ADBF just handed things over to the ACC for the Asian Games ?

Or even worse, are the ADBF giving up the governance of our Sport in Asia in favour of the ACC. After all the ADBF have never raised the issue of the ACC claiming jurisdiction over our Sport in Asia with the OCA, even though they have been aware of this situation for many years and the IDBF have constantly asked them to write to the OCA about it.

Stand up the ADBF and let the paddlers know what is going on. It is their Sport not yours. They deserve to know the truth !

TALKING POINT ! – a Look At The Issues Of The Day

IDBF & ICF IN TALKS

As reported in the last DSN the IDBF and ICF have re-opened talks about the governance of the Sport, at the ICF's request, some 14 years after they last formally met to discuss this topic, following the signing of a Joint Agreement of Understanding (JA) between the two federations.

The ICF President has now asked the IDBF to sign a new 'agreement' between the two federations but the question is Why ? The 2003 JA, accepted by both sides, was quite clear on the governance of the Sport; the status of World Championships; IOC recognition of the IDBF etc, etc and there has been very few problems in the Sport since.

So what is behind the ICF's keenness to sign another agreement with the IDBF and have a joint working group to discuss the future of Dragon Boating.

Pure conjecture of course but is there a clue in the IOC Sports Department continuing to ask the IDBF for more information to complete the IOC Recognition process and about the ICF's continuing involvement in the Sport.

Could that be linked to the present ongoing argument between the ISA and ICF over the governance of Standup Paddling (see separate article.)

Curiously, earlier this year the organising committee of the 2017 ICF Dragon Boat Champs in Vienna, sent an email to all IDBF Members in which they said:-

"We have learned from a document entitled "A project to develop the potentials of Paddle Sports and amateur/touristic canoe kayak" prepared by Mr. Claudio Schermi - President for the FICK Sport for All sector (Ed: also the Senior IDBF Vice President) - and approved by the Board of the Italian Canoe Kayak Federation, that there will soon be a meeting between the leaders of the ICF and IDBF for a protocol agreement.

The IOC, SportAccord and AIMS have delegated to both international Federations the task of finding an agreement. And in this sense there have been joint meetings between the leaders of both International Federations who, in the last meeting in November in Lausanne, have mutually committed to reach an agreement by 2017.

In the meantime deadlines for ICF world championships nominations for 2018 and beyond have been suspended."

(Ed: That was news to the IDBF at the time and certainly neither Sportaccord or AIMS have ever delegated any such task to the IDBF, that DSN is aware of.)

ELECTION TIME FOR THE IDBF VICE-PRESIDENTS'

At the 2017 IDBF Congress, to be held in China after the Premier & Seniors World Nations Champs, it will be election time for the IDBF Vice-Presidents'. Four of the VPs are elected in open competition, whilst the 5th VP is always Chinese nominated by the Chinese Dragon Boat Association (CDBA).

All serve for a period of 4 years, with a three term maximum. The four VPs can be nominated by any IDBF Member, not necessarily their own and together with the IDBF President, Secretary-General and Treasurer, the VPs make up the IDBF Executive Committee and are also members of the IDBF Council.

So now is the time for the paddlers to make it known to their respective IDBF Member federations who they feel can do the best job for the Sport as IDBF VPs over the next 4 years. **How do you decide that ?**

Well DSN would suggest that if the present VPs have not made themselves known to you or what they have done for the Sport over the past 4 years (if anything) then perhaps they should hand over the baton to a new face or two.

The present non-CDBA VPs are Claudio SCHERMI (Italy), Matt SMITH (Canada) Raymond MA (Hong Kong) and Ginny PERRIN (Usa). Whether or not you know them, make sure that your IDBF Member makes an informed choice and nomination on your behalf. **The VPs are there to serve you. It is your Sport, so make sure they do.**

The ICF have proposed before that they take on the Small Boat as a 'Sport Racing' Federation and that the IDBF keep the Standard Boat as a Festival Racing Federation with its World Championships open to all.

If the IDBF were to go down that road in any agreement with the ICF, then it would likely be that any Dragon Boat Racing in a future Olympic Games would come under the ICF and not the IDBF and would most certainly be in the Small Boat. The IDBF would be left with only its World Championships.

Of course that proposal could not have remained on the ICF table if the IOC had recognised the IDBF last year instead of delaying recognition, yet again, for an unspecified period.

After all, as an AIMS Member, the IDBF already has 'recognition' from the IOC, as part of a multi-sports organisation. The IOC wants to avoid another ISA/ICF situation, which recognizing the IDBF as an IOC Federation could lead to.

An ICF/IDBF 'agreement' would avoid that. Could this be another or even the real reason why the IOC and ICF are anxious for the IDBF to sign a new agreement and have bi-lateral discussions on the future of the Sport

China is the historical and cultural home of Dragon Boating and here and in Asia in general, the influence of the ICF in the organization of Dragon Boat Sport is non-existent,

The IDBF on the other-hand is acknowledged in Asia, as the federation that has developed the Sport world-wide and as the IDBF is the leading light in Dragon Boating, it makes sound sense to the ICF to talk with the IDBF as a way of gaining influence and being active in Asia, particularly China.

The ambition of the Chinese OC has always been to see 'Dragons in the Olympics' and they will take the fastest route to achieve that but they don't want to create discord within the Sport in the process of doing this.

Above all they, as with the IOC, certainly don't want to see a situation developing over the inclusion of Dragon Boating, in a future Olympic Games, once the IDBF becomes an IOC Recognised Federation, like there is now over Standup Paddling. (see *Surfing and Canoeing article*).

Either way 'sport politics' is now entering our Sport in a big way and that surely is a matter of concern to us all !

We can only hope that those on the IDBF Council elected to serve the Sport, ensure that the best interests of the paddlers are met in any negotiations.

CULTURE CORNER

HISTORY OF THE DRAGON BOAT FESTIVAL/ DUANWU FESTIVAL – 30th MAY 2017

The Dragon Boat Festival is one of the most important Chinese festivals. The other two are the Autumn Festival and Chinese New Year. The Dragon Boat Festival is on the 5th day of the 5th month of the Chinese lunar calendar. The date this year was the 30th May 2017.

To mark the occasion and celebrate Chinese culture, the Price's School of Traditional Arts, in London, England, will be holding a series of cultural activities on 30th May, followed by an exhibition of artefacts from Dunhuang's Buddhist Cave Temples, until 15th June 2017 – hosted by the Dunhuang Culture Promotion Foundation, at 19-22 Charlotte Road, London, EC2A 3SG.

THE HISTORY. Several thousand years ago, poisonous snakes and insects characterized the South of China around this season. The folk customs involved the dragon boat festival which had developed from old customs aiming at driving away evil-spirits and the elimination of natural diseases.

The celebration of the festival is a time for protection from evil and disease for the rest of the year. People would do so by different practices such as cleaning their family house; hanging healthy herbs such as calamus or moxa on the front door; drinking realgar alcohol(known as Hsiung Huang Wine); nearly everyone would eat sticky rice wrapped in bamboo leaves or corn leaves, known as Zongzi; some would wear Chinese herbs Fragrant sachet tied with 5 colours of Threads, symbolizing long life.

DRAGON BOAT RACING AND STICKY RICE DUMPLING



The origin of this festival centres around a Patriotic Poet, Chu Yuan, a respected scholarly government officer in the Kingdom of Chu more than 2000 years ago.

Unfortunately because of the misdeeds of jealous rivals, he eventually fell into disfavour in the Emperor's court. Unable to regain the respect of the Emperor, Chu Yuan threw himself into the Mi Lo River with deep sorrow, on the fifth day of the fifth lunar month in 277 B.C.

Because of their admiration for Chu Yuan, the local people living adjacent to the Mi Lo River rushed into their boats to search for him. They beat on drums and splashed their oars in the water, trying to keep the fish away from his body and they threw rice into the waters to appease the river dragons.

Although they were unable to find Chu Yuan, their efforts are still commemorated today during the Dragon Boat Festival. Chinese people throw bamboo leaves dumpling filled with cooked sticky rice, dates, beans, and meat (it now has filled with many different varieties) into the rivers, symbolically so that the fish could eat the rice rather than the hero poet. This later turned into the custom of eating rice dumplings.

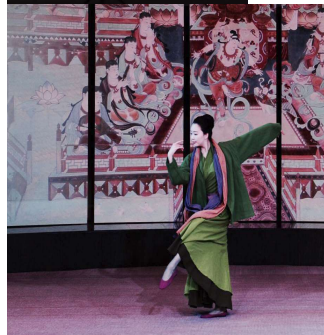
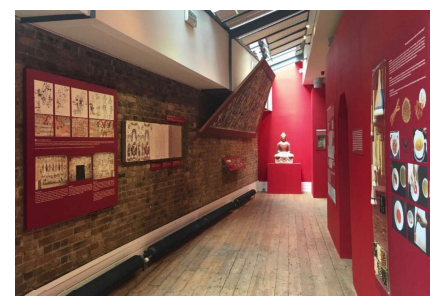
The Dragon boat races during the Dragon Boat Festival therefore commemorate the attempts to rescue Chu Yuan but as mentioned above the traditional custom of Racing was to avert misfortune and encourage the rains needed for prosperity - and the object of their worship was the dragon.



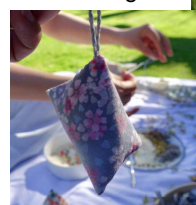
The dragon of Asia is traditionally a symbol of water. It is said to rule the rivers and seas and dominate the clouds and rains. It is an important symbolic event which allows ordinary Chinese people to commune with nature and the universe and has become an indispensable part of the Chinese folk calendar.

Blessing, Music and Dancing Young disciples sing together to give blessings to the ceremony. Music: Famous Pipa player, Jia Pei Hao Dunhuang Ancient Tune. Dancing: Cheng Fang Yuan, Dunhuang Culture Promotion Foundation, Dance Director. Music by Jia Pei Hao

Sacred Art of the Silk Road: Dunhuang's Buddhist Cave Temples. Guided tour of the exhibition by Lv Ai,



Experiencing Culture. Appreciation of Sticky Rice Dumplings made by Wu Guan Tang, the Chinese Fusion vegetarian restaurant, in Staines, using special yellow rice from the Silk Road together with the sticky rice from Jiangsu and Zhejiang.



DSN CALENDAR OF DRAGON BOAT SPORT & FESTIVAL RACING

JUNE - DECEMBER 2017

	Championships - International & National	All Races shown use IDBF Racing Rules or rules adapted from them. Championships are held under IDBF Competition Regs. (P) = Provisional Date or Venue		
	Local Races & Events			
	Festival Races			
	International Regattas & Races			
	Multi Sports Games & Boating Events			
All events and dates shown as at 1 June 2017. (P) = Provisional. TBN = To Be Notified				
June 2017	Event Details	Venue	Country	Contact Details
02-04 Jun 2017	Hong Kong Int DB Fest, Victoria Harbour	Hong Kong SAR	China	www.hkcdba.org
03 Jun 2017	Suncoast Int Fest & SE Regional DBA Champs	Sarasota, Florida	USA	www.panamdragonboat.com
9-11 Jun 2017	15 th Hungarian Standard Boat National Champs	Fadd-Dombori	Hungary	Email. office@dragonboat.hu.
10 Jun 2017	British National League. Race 4.	Crosby, Liverpool	England	www.dragonboat.org.uk
10 Jun 2017	Peterborough DB Festival, Thorpe Meadows	Peterborough	England	www.dragonboatfestivals.co.uk
10 Jun 2017	Lachine Canoe Club Knockout	Montreal	Canada	www.dragonboatmtl.com
10 Jun 2017	Grand Prairie DB Festival, Lloyd Pk,Joe Pool Lake	Grand Prairie TX	USA	www.highfivedragonboat.com/events
11 Jun 2017 (P)	Barrow DB Regatta, River Barrow, Carlow Town	Craigecullen	Ireland	www.dragonboat.ie
17 Jun 2017	Buffalo, Dragon Boat Festival	Buffalo NY	USA	www.panamdragonboat.com
17 -18 Jun 2017	Bucharest Corporate Games, Herastrau Lake	Bucharest	Romania	Email: radu@strategicsmi.ro
17 Jun 2017	Madison, Dragon Boat Festival	Madison WI	USA	www.panamdragonboat.com
17-18 Jun 2017	28 th Toronto Int DB Fest Toronto Centre Island	Toronto	Canada	www.gwndragonboat.com
18 Jun 2017	Dragon Boat Challenge & Charity Races 200/500m	Limassol	Cyprus	www.cyprusdba@gmail.com
22 Jun 2017	London Construction Industry DB, West Reservoir	London	England	www.dragonboatfestivals.co.uk
24 Jun 2017	3rd Hungarian Small Boat National Champs	Fadd-Dombori	Hungary	Email. office@dragonboat.hu.
23-25 Jun 2017	Eglisau Dragon Boat Club Races	Eglisau	Switzerland	www.dragonboatcup.ch
24 Jun 2017	Beaufort, Dragon Boat Festival	Beaufort SC	USA	www.panamdragonboat.com
24 Jun 2017	British National League. Race 5.	Milton Keynes	England	www.dragonboat.org.uk
24 Jun 2017	10 th Gateway DB Festival, Sailboat Cove, Lake Pk	Crewe Coeur MO	USA	www.highfivedragonboat.com/events
22-25 Jun 2017	30 th Tim Hortons DB Fest, Mooney's Bay Park	Ottawa	Canada	www.dragonboat.net
25 Jun 2017	Milton Keynes DB Festival, Willen Lake	Milton Keynes	England	www.dragonboatfestivals.co.uk
July 2017	Event Details	Venue	Country	Contact Details
01 Jul 2017	DDRA (OPS) Canada Dry DB Regatta	Toronto ON	Canada	www.gwndragonboat.com
01 Jul 2017	Paddle West, Vancouver Lake Park	Vancouver WA	USA	www.paddleforlife.org
08-09 Jul 2017	International DB Festival, Olympic Basin	Montreal	Canada	www.dragonboatmtl.com
09 Jul 2017	British National League. Race 6.	Nottingham, R.Trent	England	www.dragonboat.org.uk
15 Jul 2017	Lacrosse, Dragon Boat Festival	Lacrosse WI	USA	www.panamdragonboat.com
15 Jul 2017	5 th Szombathely Dragon Boat Festival	Szombathely	Hungary	Email. office@dragonboat.hu.
15 Jul 2017	GWN Sport Regatta, Marilyn Bell Park	Toronto ON	Canada	www.gwndragonboat.com
15 Jul 2017	Sudbury DB Festival, Bell Park	Sudbury ON	Canada	www.gwndragonboat.com
15 Jul 2017	Grand Rivers DB Festival, Kentucky Lake	Grand Rivers KY	USA	www.highfivedragonboat.com/events
16 Jul 2017	2017 Singapore DB Festival, Bedok Reservoir	Singapore	Singapore	www.sdba.org.sg
29 Jul 2017	Chicago Int DB Festival, Lake Arlington	Chicago, Illinois	USA	www.gwndragonboat.com
29 Jul 2017	13th Seattle DB Festival,Lake Union Park	Seattle WA	USA	www.pdbausa.org
29 Jul 2017	Richmond Int DB Festiva, Rocketts Landing	Richmond, Virginia	USA	www.gwndragonboat.com
29-30 Jul 2017	Long Beach DB Festival, Marine Stadium	Long Beach CA	USA	www.lbdragonboat.com
26-30 Jul 2017	17th European Club Crews Championship & IDBF Jnr/ U24s World Nations Championships	Divonne les Bains	France	www.edbf.org

August 2017	Event Details	Venue	Country	Contact Details
04 Aug 2017	BCS Dragon Boat Miami, Miami Marine Stadium	Key Biscayne FL	USA	www.panamdragonboat.com
04-06 Aug 2017	2017 Canadian National Championships	Welland Int Centre	Canada	www.dragonboat.ca
05 Aug 2017	Eau Claire, Dragon Boat Festival	Eau Claire WI	USA	www.panamdragonboat.com
06 Aug 2017	Nottingham Riverside Fest Victoria Embankment	Nottingham	England	www.dragonboatfestivals.co.uk
13 Aug 2017	Chautauqua, Dragon Boat Festival	Chautauqua NY	USA	www.panamdragonboat.com
13 Aug 2017	British National League. Race 7.	London, Surrey Docks	England	www.dragonboat.org.uk
13 Aug 2017	Milwaukee, Dragon Boat Festival	Milwaukee WI	USA	www.panamdragonboat.com
19 Aug 2017	Minocqua, Dragon Boat Festival	Minocqua WI	USA	www.panamdragonboat.com
19 Aug 2017	Northern Nevada Int DB Festival	Nevada	USA	www.gwndragonboat.com
19 Aug 2017	River Front DB & Asian Festival, Mortensen Plaza	Hartford CT	USA	www.gwndragonboat.com
26 Aug 2017	Walgreens Colorado Springs Int DB Festival	Colorado	USA	www.gwndragonboat.com
26 Aug 2017	Lachine Canal 14 & 28km Challenge	Montreal	Canada	www.dragonboatmtl.com
26 Aug 2017	Conway DB Festival, Beaverfork Lake Park	Conway AR	USA	www.highfivedragonboat.com/events
September 2017	Event Details	Venue	Country	Contact Details
01 -03 Sep 17	7th Dublin Int DB Regatta, Grand Canal Dock	Dublin	Ireland	www.dragonboat.ie
02 Sep 2017	8 th Szeged Dragon Boat Festival	Szeged	Hungary	Email: office@dragonboat.hu.
08 Sep 2017	Louisville, Dragon Boat Festival	Louisville KY	USA	www.panamdragonboat.com
09 Sep 2017	Cambridge DB Festival, Fen Ditton Meadows	Cambridge	England	www.dragonboatfestivals.co.uk
09 Sep 2017	Pensacola DB Festival, Bayview Park	Pensacola FL	USA	www.highfivedragonboat.com/events
09-10 Sep 2017	6th Montana DB Festival, Volunteer PK, Lakeside	Montana	USA	www.MontanaDragonBoat.com
09 -10 Sep 17 (P)	7th Busan Int DB Regatta, Suyong River	Busan	South Korea	Email: kdba.or.kr
09-10 Sep 2017	GWN Dragon Boat Challenge presented by CIBC	Toronto, Western Beach	Canada	www.gwndragonboat.com
16 Sep 2017	Raleigh, Dragon Boat Festival	Raleigh NC	USA	www.panamdragonboat.com
16 Sep 2017	Walgreens Mercer County, Dragon Boat Festival	Mercer County	USA	www.gwndragonboat.com
16 Sep 2017	Port Jefferson DB Festival, Harbourfront	Port Jefferson NY	USA	www.highfivedragonboat.com/events
16 Sep 2017	Carolina DB Festival, Gibby's Dock Restaurant	Carolina Beach NC	USA	www.highfivedragonboat.com/events
16 -17 Sep 2017	Quebec Cup, Olympic Basin	Montreal	Canada	www.dragonboatmtl.com
17 Sep 2017	Stratford Dragon Boat Festival	Stratford Ont	Canada	www.gwndragonboat.com
16-17 Sep 2017	USDBF National Championships, Mercer Park	West Windsor NY	USA	www.usdbf.org
23 Sep 2017	Norfolk, Dragon Boat Festival	Norfolk VA	USA	www.panamdragonboat.com
23 Sept 2017	22 nd Northern California DB Festival	San Francisco	USA	www.pdbausa.org
23-24 Sep 2017	Istanbul Dragon Boat Festival	Istanbul	Turkey	www.dragonfestivali.com
23-24 Sep 2017	British National Cup Championship Finals	Nottingham NWSC	England	www.dragonboat.org.uk
30 Sep 2017	Bucharest International DBR, Herastrau Lake	Bucharest	Romania	Email: radu@strategicsmi.ro
30 Sep 2017	San Diego DB Race, Mission Bay Park	San Diego. CA	USA	www.pdbausa.org
30 Sep 2017	2 nd Lake James DB Festival, Paddy's Creak	Nebo. North Carolina	USA	www.pdbausa.org
October 2017	Event Details	Venue	Country	Contact Details
07 Oct 2017	Philadelphia, Dragon Boat Festival	Philadelphia PA	USA	www.panamdragonboat.com
12 -15 Oct 17	4th Int Minister of Oceans & Fisheries DB Cup	Incheon	South Korea	Email: kdba.or.kr
14 Oct 2017	Walgreens Orlando Int DB Festival	Orlando	USA	www.gwndragonboat.com
18-22 Oct 2017	World Nations Championships, Dianchi Lake	Kunming City, Yunnan	China	www.idbf.org
28 Oct 2017	War on the Peace DB Festival, Laishley Park	Gorda FL	USA	www.highfivedragonboat.com/events
November 2017	Event Details	Venue	Country	Contact Details
04 Nov 2017	10th Int Limassol DB Festival	Limassol	Cyprus	www.cyprusdba@gmail.com
04-05 Nov 2017	35 th Singapore River Regatta, Singapore River	Singapore	Singapore	www.sdba.org.sg
December 2017	Event Details	Venue	Country	Contact Details
02 Dec 2017	Lake Hernando DB Festival, Lake Hernando Park	Hernando FL	USA	www.highfivedragonboat.com/events

WHERE THERE'S A WILL, THERE'S A WAY !!!



EARLY MORNING PADDLE WITH THE DRAGON !!

cred @patrickjbdizon #dragonboat #paddling #manila #philippines <http://bit.ly/2oqAXXe>

VIDEOS' FROM THE WORLD OF IDBF DRAGON BOATING

Link to nzdba video from 2016 Nationals https://www.youtube.com/watch?v=Q1MH0N_9qjc&sns=em

<https://www.youtube.com/watch?v=n7vDRYDJM9Q>

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