



龍舟 LONGZHOU

THE OFFICIAL NEWSLETTER OF
THE INTERNATIONAL DRAGON BOAT FEDERATION



Cover photo: New Dragons Racing Club (Toronto, Canada) - Premier Open 200m Grand Final winners at the 2018 CCWC.

2019 WRAP UP FROM MIKE

As Christmas and the year of 2020 draws nearer it is a good opportunity to reflect on the past year of dragon boating. Here are some of IDBF President Mike Thomas's memories of the major events from this year.

PAGES 3 - 4

CCWC 2020 - FEATURED CLUBS

- New Dragons Racing Club (Canada) - the story behind their success.
- Tampa Bay Dragon Boat Club (USA) - commitment to excellence in paddling whilst giving back to their local community.

PAGES 6 - 7

FOR THE ATHLETES, BY THE ATHLETES

Athlete representation is critical to the success of any sport. IDBF has established an Athletes' Commission to serve as a link between athletes and the federation to ensure athletes remain at the heart of dragon boat sport.

PAGE 5

MEET THE EXEC TEAM

Meet the Executive Committee behind IDBF and some interesting facts about their dragon boat backgrounds. They are talented on and off the water!

PAGE 9 - 11



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IDBF 30TH ANNIVERSARY - 2021

HELP US CELEBRATE IDBF'S 30 YEARS OF DRAGON BOATING!



Mike Thomas helping a traditional teak dragon boat in Hong Kong (1988).

IDBF's 30th anniversary will be in 2021. A special limited edition anniversary book will be available as a part of the celebrations.

If you have any interesting dragon boat stories, photos and memorabilia for the book, we would love to hear from you! Please contact us at: idbfnews@dragonboat.sport

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2019 WRAP UP FROM MIKE

BY MIKE THOMAS, PRESIDENT OF IDBF



As Christmas and the year of 2020 draws nearer it is a good opportunity to reflect on the past year of dragon boating with the IDBF. Here are some of my memories of the major events this year.

In February the **International Ice dragon Boat Federation** held their Club Crew World Championship in Ottawa. The night racing was a spectacular opening to the Championships and the Canadians truly love and embrace this aspect of dragon boat racing in what was a closely contended championship.

Following the sub-zero temperatures and ice of Ottawa, the next Championship, only a month later, moved to the sunny Caribbean where the **Pan American Championship** took place in Pigeon Point, Tobago. The Championship kicked off with a wonderfully typically Caribbean carnival atmosphere, setting the scene for some friendly but highly competitive races in the following days.

Another hugely successful Championship where a **new ocean boat** had been designed by the manufacturer Champion which enabled racing to take place on the open sea in safety. The new boat was tremendously successful and despite our best efforts in controlled conditions we were unable to capsize it.

The Championship was attended by 1,084 people from 40 clubs from the region. The next Championship has been awarded to Panama who are highly excited about the opportunity to host the next race in 2023.



Europe came next, in July, with the **EDBF Club Crews Championships in Seville**. Fortunately, the weather was kind and did not reach the high temperatures sometimes possible in southern Spain. The EDBF Championships was well organised and was the largest to date with over 2,139 attending from 66 clubs. Another record in the extremely successful championships for clubs under the IDBF umbrella. The EDBF made another first by the introduction of the Paradrone racing class. It is wonderful that people, whatever their impairment, are now able to take part in our Championships in their own racing division.

The world then moved on to Pattaya, Thailand. Massive problems needed to be overcome by the Rowing and Canoeing Association of Thailand due to the lack of rain and the need to construct a temporary facility at short notice at a different location. Our **sincere thanks to Admiral Chainarong and his team** for the incredible job constructing a site to accommodate the 3,345 athletes from 30 countries and suitable for a World Championship. The site had to be good because on the 200m race day we did 136 races, the highest ever recorded in a single day at an IDBF Championship.

The programme would never have been achieved without the competitors and race officials working together in the true spirit of the dragon and teamwork. The racing was intense with many world's fastest times recorded over the 5 days of racing. **Congratulations to Thailand the overall nations champion.**



IDBF race officials at the 14th IDBF World Dragon Boat Championships, Pattaya Thailand.



Mike Thomas thanks Stephen Fox for his keynote speech.

After a week of intensive racing it was back to the meeting room for the IDBF biennial Congress. We were delighted that **Stephan Fox, Vice President of Global Association of International Federations (GAISF) and President of Alliance of Independent recognised Members of Sport (AIMS)** was able to join us to provide the keynote address. During the Congress, changes were made to the Competition Regulations and Racing Rules, which will come into force from 1st January 2020. Applications were made for future championships and it was agreed that in 2022 we will be in Sarasota, Florida for the Club Crew World Championships (CCWC) and in 2023 in Seville, Spain for the next World Nations Championships.

We are all looking forward to the future and 2020 where the CCWC will take place in Aix les Bains from 24th to 30th August, the registration site is now open for teams to submit their entry by January 17th 2020.

Next year is also the year of the Olympics and the International Canoe Federation (ICF) are still determined to have their 8-person dragon boat on the water in some type of display in Tokyo. The IDBF as the recognised World Governing Body of the sport of dragon boating is **totally opposed to the attempts of the ICF to take over our sport in the Olympics** and we have complained to the IOC Ethics Committee and GAISF about their increased activity in our sport. We are not the only sport that the ICF is attempting to control as there are also problems in the organisation of stand-up paddling and rafting which the ICF is trying to claim. Let us all stand together united as the world family of dragon boaters to oppose the ICF in the attempt to steal our sport.

In closing, I offer the very best seasonal greetings to all our members and I look forward to working with you all in 2020.

Mike Thomas

President IDBF



FOR THE ATHLETES, BY THE ATHLETES

BY BELINDA CHUNG, IDBF

Athlete representation is critical to the success of any sport. IDBF has established an Athletes' Commission (AC) to serve as a link between athletes and the federation to ensure athletes remain at the heart of dragon boat sport.

The AC's mission is to:

- Represent the views and opinions of the athletes and ensure their voice is heard within the IDBF,
- Inform athletes about IDBF activities (i.e. educational tools, rules and regulations), and
- Work with and support the IDBF in its mission to develop and promote the sport.

The AC's objectives are:

- To consider issues related to athletes and provide advice to the IDBF,
- To engage actively with initiatives and projects that protect and support clean athletes on and off the field of play,
- To represent the rights and interests of athletes and to make related recommendations,
- To consult with athletes in the evaluation of the rules and regulations of the sport and provide feedback to the IDBF, and
- To assist with the establishment of Athlete Commissions within National Dragon Boat Federations.

The AC will also be preparing position papers based on the survey results as well as an athletes' forum at the next CCWC in France, 2020. Elections for the first AC will be held in Hong Kong (WDBRC) in 2021.

Commission Members

The Athletes' Commission is chaired by Sue Holloway with three provisional members from across the globe.



Sue Holloway
(Canada)
Chair
Athletes Commission



Stéphanie Meister
(Switzerland)
Provisional
Member



Aldo Snik
(Netherlands)
Provisional
Member



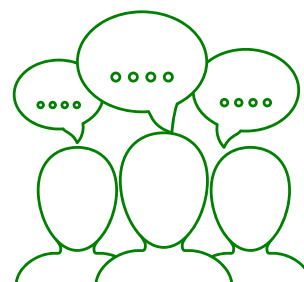
Christopher Alexandrou
(Australia)
Provisional
Member

Athletes Survey - make your voice count

In the coming weeks the AC will be conducting an online survey to gather thoughts, ideas or concerns that dragon boat athletes may have. Subscribe to IDBF News (www.dragonboatsport/subscribe) or check out IDBF's Facebook page for updates on the survey launch.

Contact the Athletes' Commission

Email: athletes-commission@dragonboat.sport



NEW DRAGONS RACING CLUB

TORONTO, CANADA

Founded in 2011 by alumni of the University of Toronto New College crew, the New Dragons Racing Club (NDRC) competes in the premier and under-24 Divisions and is based in Toronto, Canada. The club instills in its athletes the values of hard work and accountability, but equally important are a sense of family, respect, and mutual support.

In its inaugural season, NDRC had the goal of winning a premier berth at their National Championships to allow them to compete at the 2012 Club Crew World Championships (CCWC) in Hong Kong. After a number of tight races against a plethora of well-established crews, the team succeeded.

To prepare for the CCWC venue's notoriously rough waters, training the following season included paddling behind motor boats that generated ice-cold waves, and training at a high-traffic fishing wharf on the south side of Hong Kong Island in the days leading up to the competition.

Through these efforts, NDRC became world champions in the premier mixed 500m in its first international appearance and were also the only Canadian men's crew to reach the podium.



(NDRC Premier Open): NDRC Orcas at the Pickering Dragon Boat Festival.

In subsequent years, NDRC has grown to a club of over 100 members and remains one of the top premier clubs in the world. The club has stepped onto the CCWC podium in the premier division 12 times, twice as world champions. The club has also earned 9 golds in the under-24 division. The team's training is led by former Olympian Gavin Maxwell, and three assistant coaches who are not only paddlers on the team but also helped manage and coach the 2019 premier Canadian national team for Thailand. Despite being a high-performance team, NDRC athletes are as fun-loving and light-hearted as they are hardworking.



(NDRC Premier Women): NDRC Koa Kai at the Canadian National Championships.

“

We certainly take the sport seriously and know when to focus, but we recognize that the countless evenings, weekends, and sometimes mornings of training are more bearable if we enjoy the company of our teammates.

”

NDRC will be competing in both the U24 and Premier divisions at the 2020 CCWC in Aix le Bains. Good luck to the crews!

As a part of the lead up to CCWC in 2020, Long Zhou will be regularly featuring clubs in each issue. If you would like your club to be featured, please email us your club's story and photos to: idbfnews@dragonboat.sport

TEAM PREPS FOR CCWC – OFFERS A FIRST TO VISUALLY IMPAIRED TEENS

BY SUZANNE JONES - TAMPA BAY DRAGON BOAT CLUB, USA

I don't want to leave—I'm having too much fun! Expressed by a young paddler, that statement seemed to sum up the morning's experience for a group of visually impaired (VI) teens paddling for the very first time this past November. The hosts, Tampa Bay Dragon Boat Club (TBDBC) out of Tampa, FL, felt much the same way. Said the club's head coach, Jonathan Rivera, "It's always fun to host events and introduce new paddlers to the sport, but our November 2nd session with Lighthouse of Pinellas was a one-of-a-kind chance to work with a group of young people who taught us as much or more than we taught them."

“Our club strives to balance its commitment to excellence in paddling with giving back to our community”

The VI teens are part of a larger group who get together regularly at Lighthouse of Pinellas for the Blind and Visually Impaired (LHP). “The teens meet together weekly during the school year and also participate in community outings, but this was our first experience getting these young adults out on the water,” offered Kim Church, President & CEO of the organization. “They loved it!” Understanding that introducing the group of teens to paddling would require some adjustments to the typical new paddler orientation, Rivera and Rick Fairweather (TBDBC club member initiating the event) reached out to a friend, former TBDBC paddler and Canadian VI coach Lonnie Homenuk for a little advice. Wintering locally, Homenuk quickly offered to do more than advise; he lent a helping hand during event itself.

TBDBC and LHP representatives plan to meet in the next month or so to discuss future on-water sessions. The Club is excited to work more with LHP clients, and possibly expand the offering to include other visually impaired organizations, as well as a broader age range of paddlers down the line. “Our club strives to balance its commitment to excellence in paddling with giving back to our community,” commented Than Tenn, TBDBC Board of Directors President. “Tampa is such a terrific place to live—we can paddle year around! Doing something good that benefits the area and the residents is our way of showing appreciation.”

Tampa Bay Dragon Boat Club was founded in 2005. The club is gradually building a reputation as a competitive team in the Southeast and nationally. This year 15 of the club's 60 members were selected for the U.S. National Team, which competed at the 2019 IDBF World Nations Championships in Thailand. TBDBC will be sending two crews to IDBF Club Crew World Championships in August 2020. For more information on TBDBC, contact Jonathan Rivera at jrivera9711@gmail.com.



NLHP paddlers (sporting full PFDs) take break from paddling prep at Tampa's River Center for a quick group photo with TBDBC volunteers.

2019 CONGRESS HIGHLIGHTS

BY JANINE LETTE, IDBF



L to R: Peter Jarosi, Fan Guangsheng, Matt Smith, Peter Tang, Mike Thomas, Raymond Ma, Alan van Caubergh, Loretta Lewis and Julie Doyle.

Members of the IDBF met in August for their biennial Congress at the end of the 14th World Nations Championship in Pattaya.

Keynote speaker **Stephen Fox, Vice President GAISF and President of AIMS**, acknowledged the hard work of IDBF in the development of dragon boating and the success of its recent world championships. Mr Fox's presentation also reflected on the journey that IDBF has taken and recognises the federation as the world governing body for dragon boat sport.

Elections were also held during Congress and the federation welcomes the following:

- President – Mike Thomas (re-elected)
- Finance – Alan van Caubergh (re-elected)
- Competition and Technical Commission – Melanie Cantwell (re-elected)
- Medical Commission- Bridget Walter
- Marketing and Media Commission – Belinda Chung
- Cultural Committee – He Yi

Congress members also adopted some of the **amendments proposed to the IDBF Statutes, By-Laws and Competition Regulations and Rules of Racing**. All approved amendments will take effect from 1 January 2020 and will be available on the IDBF website.

Finally, the following venues have been agreed for upcoming **World Nations and World Club Crew Championships**:

- 2021 World Nations – Hong Kong, China
- 2022 World Club Crew Championships – Sarasota Florida, USA
- 2023 World Nations – Seville, Spain

For a full list of IDBF members go to: <https://www.dragonboat.sport/members>

MEET THE TEAM

BY JULIE DOYLE, IDBF

Meet the Executive Committee behind IDBF and some interesting facts about their dragon boat backgrounds. They are talented on and off the water!



Name: Mike Thomas
Position: President of IDBF
Country of Residence: Great Britain
Profession: Retired
Started Dragon Boating: 1982
Skill Set: Helm/Paddler/Official/Coach/Event Organiser
Most Prestigious Dragon Boat Award: Chief Official at the 1st World Dragon Boat Championship
Interesting Fact: Coached and developed the first all women dragon boat team in the UK, including steerer, in 1988. Mike also holds coaching awards in Canoeing, Climbing, Powerboating and Sailing



Name: Raymond Ma
Position: Senior Vice President of IDBF
Country of Residence: Hong Kong
Profession: Dental Surgeon
Started Dragon Boating: 1988
Skill Set: Paddler/Helm/Coach/Official
Interesting Fact: Helped turn around the sport of dragon boating in the Hong Kong community into an everyday sport. Dragon boat paddling is a daily affair and races are almost a weekly event in Hong Kong today



Name: Matthew Smith
Position: 2nd Vice President of IDBF
Country of Residence: Canada
Profession: Entrepreneur and Coach
Started Dragon Boating: 1996
Skill Set: Paddler/Helm/Coach/Official/Event Organiser
Most Prestigious Dragon Boat Award: Inducted to Canada's dragon boat hall of fame (2019). Overall CCWC world champion in 2017 with 22Dragons, winner of women's cup since 2011 as team Canada's Premier Coach.
Interesting Fact: A former electrical engineer in telecommunications, transitioned to dragon boat full time since 2003 and hasn't looked back!



Name: Julie Doyle
Position: 3rd Vice President of IDBF
Country of Residence: Ireland
Profession: Quantity Surveyor and Event Organiser
Started Dragon Boating: 1991
Skill Set: Paddler/Helm/Drummer/Coach/Official/Event Organiser
Most Prestigious Dragon Boat Award: 1 x Gold, 2 x Silver Medals at the 5th World Nations Championships in Shanghai, China in 2004 .To beat China on home turf was significant!
Interesting Fact: Has drummed, helmed, paddled left and paddled right at a World Nations Championships



Name: Peter Jarosi
Position: 4th Vice President of IDBF
Country of Residence: Hungary
Profession: Physical Education Teacher, Coach
Started Dragon Boating: 1999
Skill Set: Helm/Paddler/Official/Coach/Championship Organiser
Most Prestigious Dragon Boat Award: Silver medal at 3rd IDBF CCWC in Rome, Italy in 2002



Name: Fan Guangsheng
Position: 5th Vice President of IDBF
Country of Residence: China
Profession: Sport Official
Started Dragon Boating: 2014
Skill Set: Official/Leader
Interesting Fact: Worked with many dragon boat professionals all over the world to help promote the development of the sport



Name: Alan van Caubergh
Position: IDBF Treasurer and EDBF Honorary President
Country of Residence: Netherlands
Profession: Tax Lawyer and Accountant
Started Dragon Boating: 1989
Skill Set: Paddler/Helm/Coach/Race Official
Most Prestigious Dragon Boat Award: Winner of the 1996 EuroCup as member of the Dutch National Team



Name: Loretta Lewis
Position: IDBF Deputy Treasurer (since 2013)
Country of Residence: Australia
Profession: Accountant (Masters of Professional Accounting) and qualified teacher in Vocational Business Education & Training for 34 years
Started Dragon Boating: 1997 and raced in IDBF World Club Crew and IDBF World Championships
Skill Set: Australian National Team Manager 2007 and 2013 and past AusDBF Finance Director
Most Prestigious Dragon Boat Award: Australian Dragon Boat Federation - John Taylor Award



Name: Peter Tang
Position: IDBF General Secretary, Competition & Technical Member, ADBF Executive Member, Technical Commission Chair
Country of Residence: Macau, China
Profession: Retired
Started Dragon Boating: 2005
Skill Set: Race Official/Competition Coordinator
Most Prestigious Dragon Boat Award: IDBF Long Service Recognition
Interesting Fact: Attended every IDBF Dragon Boat World Championships and ADBF Asian Championships



Name: Melanie Cantwell
Position: Chair of IDBF Competition & Technical Committee
Country of Residence: Australia
Profession: Sports Administrator
Started Dragon Boating: 1994
Skill Set: Paddler/Official/Administration/Event Organiser
Most Prestigious Dragon Boat Award: Life Member of Australian Dragon Boat Federation, Life Member of Dragon Boats New South Wales (NSW), NSW Sports Official of the Year (2013), NSW Sports Administrator of the Year (2007), Life Member of Pacific Dragons
Interesting Fact: Attended every IDBF World Championship since 1999 and officiated at every IDBF World Championship since 2008



Name: Sue Holloway
Position: Chair of IDBF Athletes' Commission
Country of Residence: Canada
Profession: Event Manager
Started Dragon Boating: 2003
Skill Set: Paddler/Coach
Most Prestigious Dragon Boat Award: Gold at 2018 IDBF Club Crew World Championships in Szeged
Interesting Fact: Olympic Silver and Bronze medalist in Sprint Kayak/Olympian Cross Country Skiing. First woman ever to compete at both the Summer and Winter Olympic Games in 1976, before the games were split.

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