



CLUB INFORMATION

About the Club

Qld Sonic Dragons was formed to cater for juniors aged 8 to 24 years of age to train and compete in the Dragon Boating Sport. We welcome members from as far north as Cairns down to Tweed.

Our club promotes team work, good health, leadership skills, a positive social environment, sports development and fun.

Qld Sonic Dragons focuses on the development of junior members throughout Queensland. We train once a month at various locations from Sunshine Coast down to the Gold Coast. We also offer opportunities to race at regattas.

Parent Club and Qld Sonic Relationship

Juniors who are new to the sport and join Qld Sonic Dragons are encouraged to join another dragon boat club within their local area. This club would become their parent club where they train on a weekly basis and improve their technique, fitness and skills as a paddler.

For juniors who are already members of a parent club no extra charge is required to participate with the Sonics.

At local regattas within Queensland you can compete with both your parent club and Sonics should you wish to.

Costs

If a junior is not a member of a parent club the joining fee for the season is \$35 (DBQ insurance fee).

If a junior is already a member of a parent club no additional fee is required as the DBQ insurance fee is already incorporated into the parent club's membership fee.

A registration form needs to be completed for all juniors who participate with Sonics.

Other fees include regatta fees (usually \$5 per local regatta) and a race top if you wish to purchase one. Race tops are available on a loan basis at regattas for those who don't own one.

Events and Training

Please refer to the Event Calendar for our events and training schedule.

You will receive regular email correspondence about upcoming training sessions and events. Please RSVP your attendance so we can organise teams, equipment, sweeps etc as necessary.

Transport

Transport to training sessions and regattas is the responsibility of the parents. You may like to consider carpooling if there are other juniors who live in your area.

Queensland State Titles

If your parent club has a team to compete in the Junior division at Qld State Titles then you would be expected to compete with your parent club.

If you are not required to compete with your parent club in the Junior division at Qld State Titles and wish to compete with Qld Sonics then you will have a spot in the Sonics team.

Australian Championships

To compete at the Australian Championships you are expected to be fit enough to compete in a 500m and 2km races.

You would also have a good grasp of the paddling technique required to handle the fast rate of 200m racing and the power and endurance to handle 500m and 2km racing. This is why we encourage juniors to join a parent club so they can improve their skills as a paddler as well as attending the Qld Sonic training sessions and events.

Parents Responsibility

Medication - if a junior is on medication parents must let us know so that we're prepared if anything should happen at an event. They must also have that medication readily available eg. asthma puffer etc.

Safety - all juniors under the age of 12 must wear a life jacket. If a junior over the age of 12 is unable to swim 50m fully clothed then they must also wear a life jacket. If this is the case for your child/teenager please let us know so we can bring a life jacket to Sonics training/regattas.

Paddles - parents are expected to provide a paddle for their child/teenager to train and race. If they do not own a paddle and don't have access to one then we can provide one but need to know in advance.

Expectations of Juniors

We encourage all juniors to have fun however we expect them to be respectful to their team mates and coaching staff at all times. Juniors must also be open and willing to learn.

Please also refer to the DBQ website for our Code of Conduct.

Contact

For more information please contact gldsonicdragons@gmail.com