



### **BRISBANE CITY COBRAS TOUCH FOOTBALL TEAM**

Dragon Boating can be an excellent team building activity for other sports as the Brisbane City Cobras Touch Team found out.

In February 2009, the women's and men's premier teams turned up at Colmslie Recreation Reserve to be put through their paces by Te Waka Dragons.

The idea was to get the team bonding and also have some fun before training started in earnest for their national competition.

They started with a warm-up and stretch and then went onto a safety briefing and paddling instruction. What followed was an endurance paddle to the Gateway Bridge and back, a distance of about 6 klm. For most of the team it was their first time on the Brisbane River in a small craft, and they found the size of the river and the bridge awesome from that perspective.

Neressa Johnston said that they had hoped that the experience would be challenging and good mental preparation, and it was all that. "The team had to keep going when it got tough, and they were out of their comfort zone. It instilled discipline, and everyone had a sense of having to keep going and keep pulling for each other."

She said she would definitely recommend it to other sporting clubs as a way of bringing teams together.