

How to Dress when Paddling in Cold Water

From the Richmond Hill Canoe Club website, <http://www.rhcc.on.ca/links/paddling-gear>

In the early spring and late fall, paddling can still be lots of fun but cold! There are several items that can make paddling more comfortable. First, everyone wears a Personal Flotation Device until the water is 8 °C.

Clothing: Whatever clothing you choose, be sure to stay away from cotton as once it is wet, it takes a long time to dry and it has no insulating value. Remember the old Scout saying “cotton is rotten”!

Generally speaking, any synthetic training gear used for running or other fitness activities will work for paddling as well. Many paddlers recommend compression clothing, at least as a base layer. Several lightweight layers are more effective in cold weather than 1 or 2 heavy layers.

Good choices for bottoms are running tights, but in the spring and fall thermal tights work well.



Pogies: Pogies are special mitts designed to Velcro onto a paddle that allow the user to slip their hands inside and be able to still grip the paddle directly, unlike gloves that create a layer of fabric between the user and the paddler and decrease the effectiveness of the grip. These are usually neoprene as well which when wet, can still keep the hands warm.



Hats & Sunglasses: Finally, don't forget to protect your head and your eyes. In the spring and fall, a lightweight synthetic running tuque or other similar hat work well to keep you warm. And most important are high-quality sunglasses that provide UVB and UVA protection. The sun's rays are amplified while on the water and can damage your eyes very quickly. A safety strap is an option as well, to help keep your sunglasses on in the event that you tip.



If you have more questions, ask your coach!

You can also look on our website SNCC.CA for past editions of **The Catch** for similar information on dressing for Cold Weather and Cold Water Paddling.

*Check out: April 2018, April 2017,
and May 2016*



THE CATCH
shares news about
SNCC and its
members so you can
stay connected
with SNCC and its
members.

Training Camp

A quick Congrats and Welcome Back to the SNCC Athletes that accomplished the two week Ontario Florida Training Camp and hope you are as excited as I am to return on the water for the racing season.



Left to Right: Josh, Austin, KC, and Aiden.

GO SNCC GO!

KC



From our Instagram account



Your 2019 Board of Directors



Richard



Brenda



Tracey



Annie



Sue



Kathleen



Liz



Steve



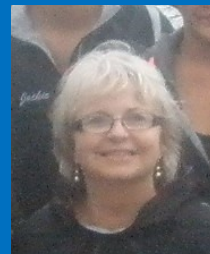
Lindsay



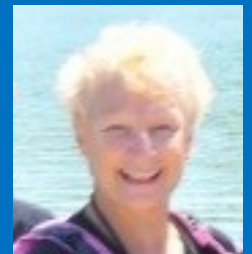
Janet



Marilyn



Carolyn



Introducing
Heather

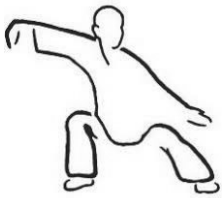
The Board has room for 15 directors. We now have 14, a record for SNCC! Keep bringing your ideas and feedback to Board members so we can work to keep the club growing and successful. Thank you to outgoing Board members Lynda Bridgeman, Emily Johnson, and Ian Tate for your dedication and your hard work.

Dragon Boat and Qigong

At a recent Warlocks Winter training camp/paddling practice at the Welland International Flatwater Centre, Jennifer Arndt, Qigong instructor, lead the afternoon gym sessions in the movements of Qigong. According to the website, qigonginstitute.org, Qigong is a mind and body wellness practice integrating movement, posture, breathing, and awareness that can be called "moving or dynamic meditation". Qigong, Tai Chi, and yoga are endorsed by the American College of Sports Medicine as being beneficial components of a comprehensive exercise program that can improve balance, agility, and muscle strength. One of our dragon boat paddlers, Marilyn Bellows, practices qigong regularly and in particular, before each dragon boat race for mental focus and preparation. Marilyn has graciously volunteered to introduce recreational dragon boat paddlers to this form of "moving meditation" in April. Thanks, Marilyn!



QIGONG
INSTITUTE



Pictures by Marilyn Bellows



Upcoming Events

Register for Spring and Summer paddling: coming soon to our website, SNCC.CA

The 47th Annual Welland Sports Award Banquet: April 5, 6:30pm, Casa Dante Lodge, 34 Lincoln Street, Welland. Tickets are \$20 each, available at Welland Community Wellness Centre. See <https://www.welland.ca/Leisure/eventsinfo/sportsAwards.asp> for more details.

- Doug Jones, coach of the Warlocks Competitive Dragon Boat Team, has been nominated in three coaching categories. Come out and support Doug and represent SNCC.

Paint our Club Containers: April 13, rain date April 27.

- Register to volunteer on our website, SNCC.CA.
- Volunteers will also be needed to put the dragon boats in the water once the city of Welland installs the docks. Stay tuned for more details.



SNCC Board Meeting Wednesday, April 17, 6:30pm, Welland City Hall, Community Room.

On Water Training:

Weather permitting, our paddling programs start on the following dates.


Wednesday May 1—High Performance Canoe/Kayak, Rec Dragon Boat

Thursday May 2—Competitive Dragon Boat

Saturday May 18—Para and Masters Canoe/Kayak

Monday May 20—Developmental and Developmental Plus Canoe/Kayak



**14th Annual Rankin Cancer Run:** May 25, 10:00am, St. Catharines, Niagara Street at Parnell. Our Captains are Audi Johnston and Sharon Oates from the Recreational Dragon Boat Crew. See <http://www.rankincancerrun.com/> for more details and join our team for a run, walk, or the night paddle!

Canoe Kids Camp: first week, July 2. Registration is now open. Please share!

Canoe Kids Summer Camp

Fun....Fit.....Friendship!

Come on down to South Niagara Canoe Club for our Canoe Kids Summer Camp, where you get to have outdoor fun. Our program will teach kids the fundamentals of Sprint Canoe/Kayak all while promoting water safety on our local Welland Canal. A week filled with on and off water activities by qualified instructors.



- Ages 8 - 13
- Full or half week programs
- Kids will try boats from different sports (Sprint Canoe/Kayak, Dragon Boat, Canoe Polo)
- We offer Early/Late drop off/pick ups

Try something new register today online!



Next issue: May 2019

Pictures and story ideas for **The Catch** can be emailed to Kathleen: kat_reardon@hotmail.com



SNCC.CA