

THE CATCH

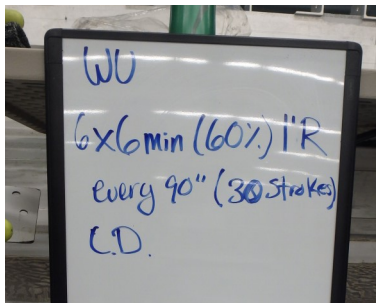


South Niagara Canoe Club Newsletter Volume 9 Issue 1

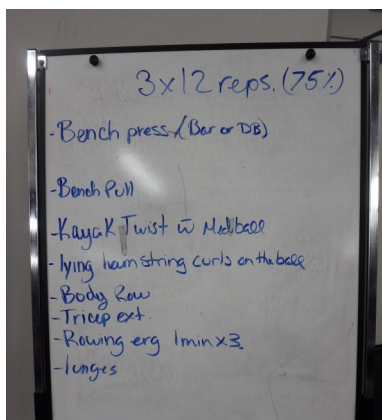
February 2019

Winter Training: Recreational Dragon Boat Crews

Time to shake off the Winter Blues and get fit for paddling season! Here is a sample workout in the paddle tank and in the weight room for the Rec Dragon Boat Crews at SNCC. In the tank we have a Warm Up, six 6-minute pieces at 60% power with a 1-minute rest with 30 power strokes every 90 seconds, and finally a cool down. In the weight room we have a variety of activities. Thank you KC and Evan for always pushing us to do our best! Pictures from the Competitive Dragon Boat Crew and from Canoe-Kayak winter training sessions are also welcome at the Catch!



Pictures by Kathleen Reardon



Claire spots Ann.



Row Joan, Row!



Liz works her hamstrings.



Kim has great form!

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

Community Care

19 Albert Street West
Thorold, Ontario
L2V 2G2

phone: (905) 227.9240

fax: (905) 227.1290

web: communitycaresca.ca



December 20, 2018

South Niagara Canoe Club

The Recreational Dragon Boat crews collected various food items at their 2018 Christmas party and donated them to Community Care.

Thank you for thinking of others and spreading good will and good cheer!

Dear Friends of Community Care

Christmas is filled with thrilling wonders and exchanges of lovely gifts. The joy of the season is awesome and we pray it remains with us through the New Year. Our hearts swell with deepest gratitude for the spirit of sharing. Thank you for your generous food donations for our Christmas Program.

With your help we are able to assist all those who reach out and ask for assistance to overcome a difficult situation. Thank you for giving us the ability to do so. It truly is the most wonderful time of the year!

We thank you for your tremendous dedication and compassion for the needs of those in the community. Your generosity changes the landscape one dear person and one precious family at a time.

We thank you wholeheartedly and wish you and your entire family health, peace and joy throughout this splendid season and throughout the new year,

Maxine Hutchings
Branch Manager



Clothing sales

SNCC Clothing is available to purchase through our website SNCC.CA or in person from Kathleen Reardon, Recreational Dragon Boat paddler.



Cotton T-shirts, \$15

Grey 10th Anniversary shirt and White Classic Logo shirt.

Available for immediate purchase.



Long sleeve or short sleeve dry-fit shirt, \$20.

Available to order.



Canal Dragons Racing Shirt, \$25.

Available to order.



Baseball Cap, \$25.

Available to order.

Thank you to those who have already placed clothing orders. Orders will be accepted until February 8. People will be notified when their order has arrived.

Another order can be placed in Spring/Summer or depending on demand.

Upcoming Events

Winter Training, see SNCC.CA for details and to register:

- High Performance Sprint Canoe/Kayak: currently running 6 days/wk.
- Competitive Dragon Boat: Saturdays, 9:30am-11:00am, WIFC.
- Recreational Dragon Boat: Mondays and/or Wednesdays, 6:30pm-8:00pm, WIFC.

SNCC Board Meeting: February 21, 6:30pm, Welland City Hall, Room 108.



Family Day at the Meridian Community Centre, Pelham: see <https://www.pelham.ca/en/experience/Family-Day-Events.aspx#>

On February 18, from 12:00-2:00 our very own Annie Eckhardt, Anne Braithwaite, and Audi Johnston from the Recreational Dragon Boat crews will represent SNCC at the Community Expo. This is an opportunity to promote SNCC to the residents of Pelham. Other volunteers are welcome to join.

Annual General Meeting: March 21, 2019

Next issue: March 2019

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



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SNCC.CA