

Introducing: Tim Ostiguy

Tim is our 2020 Program Leader/Club Administrator. His position is funded by the Canada Summer Jobs Grant and his responsibilities include: coaching High Performance with KC, ZOOM workouts, and program development. Welcome, Tim!

Where are you from?

Tim: I grew up about 20 minutes outside of Kingston, Ontario in a quiet little area called Perth Road Village. I briefly paddled for a club in Sydenham for two summers.

How did you get your start in paddling sports?

Tim: I got my start in paddling at the age of 10 in Sydenham, Ontario. My sister wanted to do a sport of her own to get away from her two younger brothers so my parents enrolled her in paddling. She had one whole practice to herself before my brother and I made the case to our parents to let us join too.

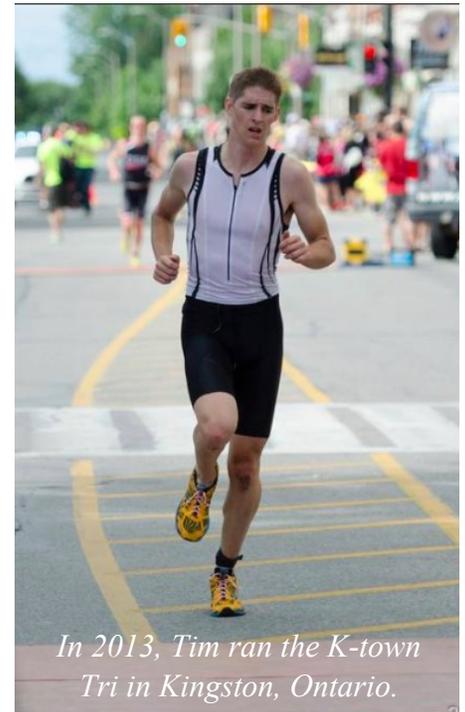
We would bike down to the club twice a day in the summer, for a grand total of 32 km on the bike each day. The ride to practice was picturesque, we lived near an old railway line converted to a trail that took us directly to the club. I never would have thought that I would be doing the same thing over a decade later just on another trail (Welland Canal Trail).

I decided to stop by the Olympic Basin in Montreal while I was living there to watch a National Teams Trials. It was at that point in 2018 that I knew I wanted to take up the sport for a second time.

Can you share a memorable paddling experience and what you learned from that experience?

Tim: In the two short years that I paddled I was fortunate enough to compete at the Cloverleaf competition in Lac-Sergent [Québec] and experience the Ontario Summer Games. I made countless memories both at the regattas and with the friends I made along the way. Racing in team boats at a young age I learned a lot about how important it is to work as a team. Before knowing the term I learned the idea of synergy.

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In 2013, Tim ran the K-town Tri in Kingston, Ontario.

Photo supplied by Tim.

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

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What is it like being with SNCC?

Tim: I absolutely love how close the paddling community is over here (even when they have to stand at least 6 feet apart)! Coaching with KC has been an incredible opportunity to learn from one of Canada's best kayakers (and coaches). Everyone I've met to date has been incredibly welcoming and I feel lucky to be part of such a great group of people!

What do you hope to accomplish in your position at SNCC?

Tim: My goal is for everyone to enjoy their time at the club, whether they are in the developmental, para, or a high performance group. As a former exercise science student (before transferring) I see an immense value in teaching youth the skills required to be active and healthy for life. While not everyone I coach will continue to paddle for life I want them to have a foundation and understanding of fitness that provides them with the confidence and know-how to be fit for life.

I think the sport of paddling has the potential to increase participation across the province. The Welland Canal is a beautiful spot to paddle and I think that it would be amazing if more people were introduced to a sport that is so richly connected to Canada's past.

What else should the SNCC membership know about you?

Tim: They should know that I enjoy learning. I try to read a bit of everything, so if any members want to make book suggestions I would love that!



Photo supplied by Tim.

Welcome to SNCC, Tim!

Happy Birthday to those Celebrating in August!



From Hope Floats:

Cathy Belic

Lana Karadzic

Ann Marotta

Sheila Roach

From Canal Dragons:

Margaret Battista

Claire Caron

Sherry Simo

Mark Swan

From Masters Canoe/Kayak:

Richard Dalton

Fariya Doctor

From Canoe/Kayak:

Jonathan Barrett

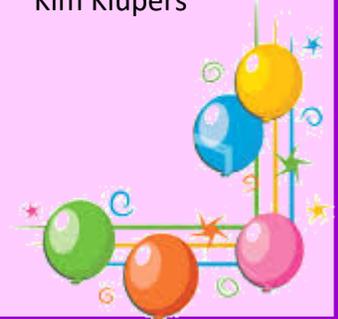
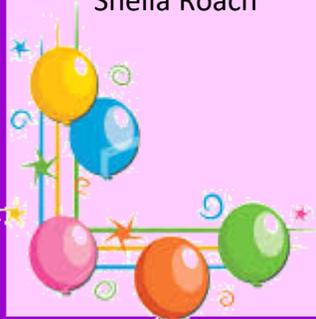
Kaelyn Davis

Aimee Pigeon

From the Warlocks:

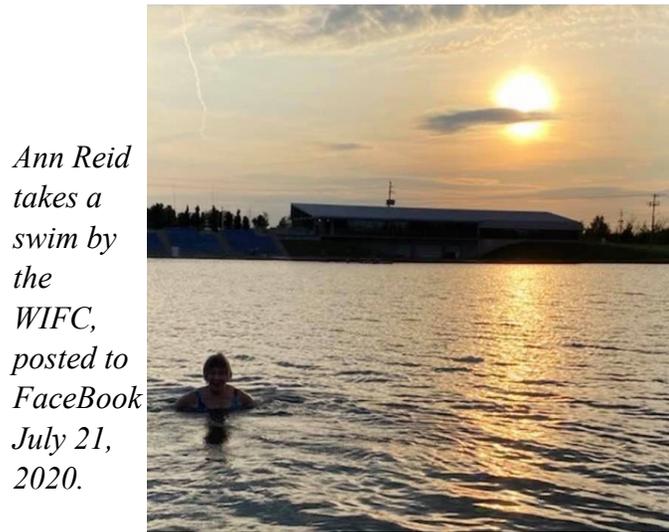
Robert Crawford

Kim Kiupers



Recreational Kayaking

Here are some photos from SNCC members who have paddled around the Region. Stay active and stay safe everyone! Anyone wishing to join the paddling fun can contact Lesley (Canal Dragons) at Lseaborne@cogeco.ca.



SNCC Trivia Night 2: Canadian Paddling, Then and Now

On July 23, 2020 Al "Paddler" Wright hosted another fun evening of trivia with help from tech guru Brenda Arndt. SNCC members and friends were invited to put on their thinking caps, don their crew colours, and gather around the computer screen for a ZOOM of a good time! Joan Crawford had the highest score of the evening. Looking forward to other events where we can keep in touch and stay safe!



News from the Board of the Directors

The Board of Directors have been meeting on a weekly basis to closely monitor our programs and the covid-19 numbers in the region. We have been pleased by the progress made by our coaches and high performance canoe/kayak athletes. Everyone has been 100% respectful of the safety rules and as a result, the Board has moved to meeting every two weeks, and will return to monthly meetings at the end of September. By Ontario State of Emergency (SAE) law, SNCC will hold an in person Annual General Meeting (AGM) three months after the Ontario SAE ends. The SAE is currently scheduled to end on July 29 and so the SNCC AGM is tentatively scheduled for **October 29, 2020**. Further details to follow.

The safety of SNCC members, coaches, and the community remains our number one priority. As Niagara Region has entered stage 3 of reopening, SNCC will increase participation in phase 3 of our own Return to Play Plan beginning in August to include Developmental and Masters athletes that meet the criteria laid out in the SNCC covid-19 Return to Play process. Refer to <https://southniagaracanoecub.wildapricot.org/resources/Documents/Policies/SNCC%20Covid-19%20to%20play%20process.pdf>.



Also, here is a link to the proposed weekly programming for August 2020:

<https://southniagaracanoecub.wildapricot.org/resources/Documents/Canoe%20Kayak%20Docs/SNCC%20Weekly%20Programming%20August%202020%20Covid-19.pdf>



Despite our safety measures, there remains a potential risk of a covid-19 outbreak at our club. Thus SNCC will be charging athletes per session. Attendance will be tracked and each athlete will be invoiced at the end of the week. The Board will do everything possible to keep the price low while balancing the cost of running excellent programs during covid-19. A final decision on pricing is expected on Thursday July 30. Each session will be no more than \$10 and possibly as low as \$6 depending on the number of athletes that attend and the length of each session.

And in other news...

ZOOM Workouts with the Warlocks are every Saturday morning from 10:00-10:45 consisting of 12 stations and 4 circuits. Contact Marilyn Bellows to be on the email list at mjbellows@gmail.com.

ZOOM Workouts with Canal Dragons/Masters are every Wednesday evening from 6:30-7:15 led by Tim. Contact Brenda at brenda_arndt@hotmail.com if you aren't on the distribution list.



A Club Social via ZOOM is scheduled for the evening of **August 20, 2020**. No trivia. Details to follow.

*Nothing in life is to be feared; it is only to be understood.
Now is the time to understand more, so that we may fear less.*

— Marie Curie, Nobel Prize Winner Physics 1903, Nobel Prize Winner Chemistry 1911

Next issue: September 2020

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



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