

Introducing Coach Anne Marie

One of SNCC's newest dragon boat coaches, Anne Marie, will be part of the Paddles Up! UNLIMITED program. Thank you, Anne Marie, for taking the time to answer some questions for the Catch.

- **How did you get involved with dragon boat?**
I became involved in the sport of dragon boat in 2016 after attending a Hope Floats event. I fit the criteria for team membership so I decided to give it a try.
- **Can you share a memorable paddling experience and what you learned from that experience?**
A paddling highlight for me was being a member of the Wonder Woman's Warriors team that participated in the International Breast Cancer Survivor Dragon Boat Festival in Florence, Italy in 2018.



Coach Anne Marie

Pictures supplied by Anne Marie Ciancio.

Above: Coach Anne Marie in Florence, Italy 2018 by the Arno River.

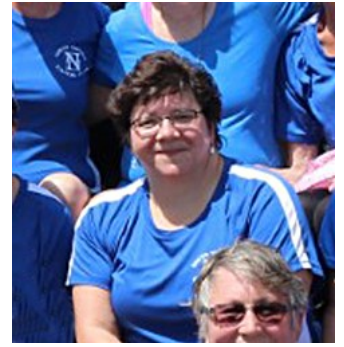
Left: Coach Anne Marie and the Wonder Woman's Warriors racing in Florence.

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The Catch shares news about SNCC and its members
So you can ***stay connected*** with SNCC and its members.

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- **How did you get involved with dragon boat coaching?**
- In 2019 when SNCC initiated the special needs pilot program, I became a volunteer paddler. I absolutely loved the participants and the joy they brought to my Friday nights.
- As a result of that experience and through the generosity of the Club, I took the Dragon Boat Coaching Course in May 2020. Being a retired teacher, I was familiar with Special Needs programming and had coached many school teams, so I thought I had some perspective and skills to offer.
- **What do you hope to accomplish as a dragon boat coach at SNCC?**
- One of my favourite sports to coach was European Handball. It was a sport new to the majority of students and it allowed everyone to learn and achieve together. There was a true sense of teamwork. This is what I hope to accomplish in the Paddles Up! UNLIMITED program.
- **What else should the membership know about you?**
- I am looking forward to being on the water and continuing to build a love of dragon boating, teamwork and acceptance for all of our participants. Their potential is UNLIMITED!
- I highly encourage any and all SNCC members to volunteer for this program as you will certainly get more out of it than you need to give.
- I hope to see everyone soon. Paddles up!



Coach Anne Marie with Canal Dragons at the 2019 Welland Dragon Boat Festival.

Congratulations KC!

KC Fraser has accepted the position of Full Time Head Coach for SNCC! She begins her new role on May 1, 2021. Thanks to the Ontario Coach Salary Grant from the Coaches Association of Ontario, KC's full time position will be subsidized for the next three years!

SNCC is poised for growth and with KC at the helm, our athletes will have the opportunities and the encouragement to reach their potential!



KC in 2019

Photo by Marilyn Abbs.

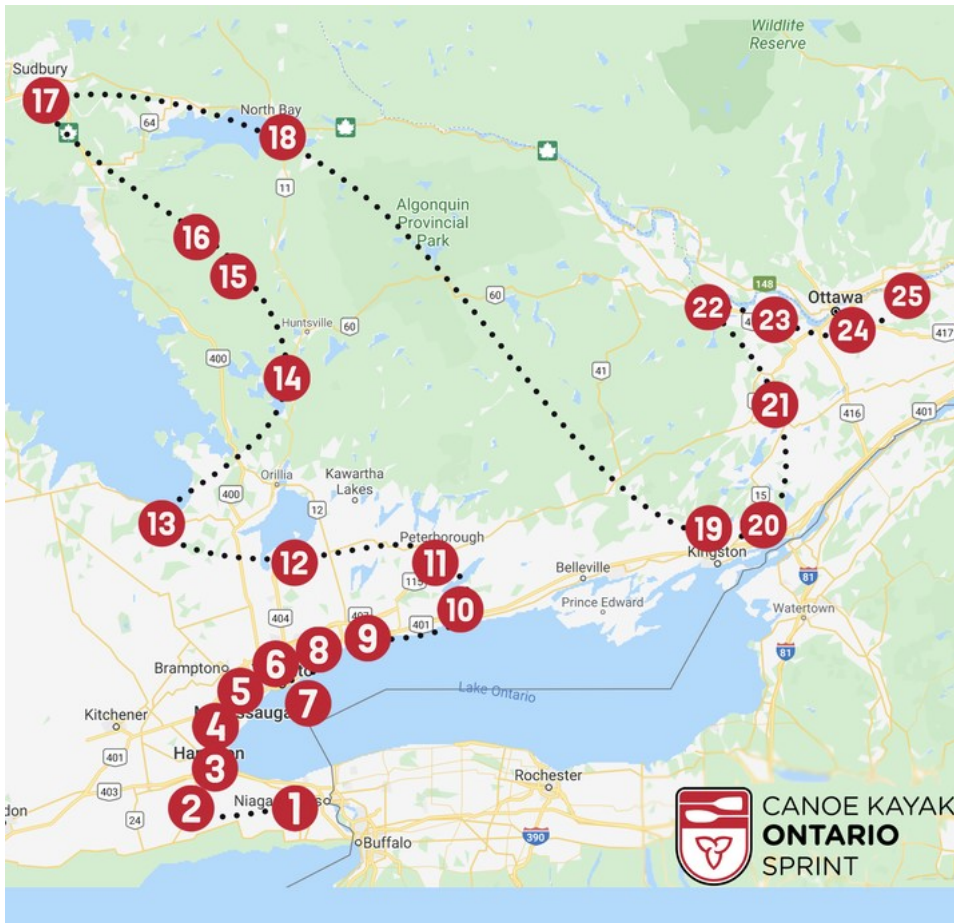
Reminder



save these

**THERE ARE 5
DRAGON BOATS TO
BAIL THIS YEAR!**

Cross CKO Sprint Challenge



CROSS CKO SPRINT CHALLENGE

1		SNCC	14		MPC
2		ACC	15		CAMP AK-O-MAK
3		BCC	16		CAMP CHIKOPI
4		MCC	17		SCC
5		PCPC	18		NBCC
6		SPC	19		SLCC
7		TICC	20		GCC
8		BBCC	21		CPCC
9		PRCC	22		ADBC
10		CDBCC	23		ORCC
11		PCKC	24		RCC
12		RHCC	25		PICC
13		CDBCC	@CKOSPRINT		

Starting Tuesday May 12th, Canoe Kayak Ontario athletes will begin to "Cross CKO Sprint" by logging their kilometers over 4 weeks. There will be sponsored prizes each week, prizes for all athletes who complete the challenge, and a club burgee prize. SNCC is the starting point for this challenge!

The Goal: To cross CKO Sprint as fast as you can (Total 360km - 15 km to each Canoe Club)

**If you cross CKO Sprint before the end of 4 weeks, continue to lap 2 to strive for highest KM count*

Instructions:

- Athletes will log their kilometers from training sessions each week. Kilometers can be in any form: running, cycling, paddle machine, walking, etc.
- Submit your kilometer count at the end of each week into the google form. **Submit Week 1's total kms for week 1, Week 2's total km for week 2, etc.* **FIRST SUBMISSION DUE SUNDAY, MAY 17TH 11:59 PM**
- Track your teammates and competitors' progress (kilometers and canoe club location) [here](#).
- Track club points on the leader board on the [live results page](#). Points will be awarded for each canoe club passed (every 15 km).
- Sponsored prizes will be announced each week. Winners will be drawn randomly from all participants during that week.
- Every athlete that crosses CKO Sprint will be awarded with a challenge completion CKO Sprint T-Shirt.
- The canoe club with the highest points after 4 weeks will be awarded with a club burgee prize.

Clubs in the Cross CKO Sprint Challenge

Aka:we Canoe Club joined the Canadian Canoe Association (CCA) in 2004 as the fourth First Nations sprint club, part of an association initiative to expand First Nations representation. Aka:we first began in 1999 with the assistance of canoeing great Bert Oldershaw. The club promotes fun, health and well-being while keeping the cultural aspect of canoeing alive.

“Aka:we” is a Mohawk word meaning “paddle.”



Burloak Canoe Club formed in 1989 with the merging of the **Mohawk Canoe Club** (1958) in Burlington and the **Oakville Racing Canoe Club** (1974). Burloak has a rich history including ten national championships. Situated at Navy Flats on Oakville’s Sixteen Mile Creek, Burloak operates a comprehensive sprint canoe and kayak program, including CanoeKids and Masters.

Mississauga Canoe Club is by far the most successful canoe club in Canada. The club was founded in Port Credit by Bert Oldershaw in 1958 after various former *Island Canoe Club* paddlers were forced to move from Centre Island. “Missy,” as the club has come to be known, has gone on to win a record nineteen championships, countless burgees, and has sent a considerable number of athletes to the Olympic Games. Mississauga boasts fine facilities that include an indoor paddle pool and training centre.



Port Credit Paddling Club is a new club formed in 2017 on the Credit River in Mississauga as an alternative to the dominant Mississauga Canoe Club. The club provides numerous paddling disciplines, including sprint, recreational, SUP, ocean paddling and surf ski.

Sunnyside Paddling Club started out as the *National Dragon Boat Club* which, as the name suggests, operated mainly as a dragon boat racing club. With Blake Hara as the driving force behind much of NDC's success, the club has since changed its name to properly reflect both its location and multiple paddling disciplines.



Toronto Islands Canoe Club surfaced in 1978 thanks to the efforts of John Hollins Sr. While the new club is clearly closely associated with the former *Island Canoe Club*, due to factors such as different location, different name and the significant time period between stints, the two organisations are technically not the same entity. Toronto Island occupies the old firehall on Ward's Island, complete with ghosts!

Balmy Beach Canoe Club has existed unofficially since 1905 on the Toronto lakeshore east of the islands. The club currently offers lawn bowling, rugby, hockey and squash, and also has the distinction of winning Canadian football’s Grey Cup in 1927 and 1930. The club has survived two fires in 1936 and 1963. Balmy Beach was well-known throughout the 40's, 50's and 60's for their war canoe crews, captained almost always by Jim Mossman.



Pickering Rouge Canoe Club began as the *West Rouge Canoe Club*, founded in 1958 on the Rouge River in Scarborough by former *Toronto Sailing & Canoe Club* members. The current sprint program operates on the west spit of Pickering’s Frenchman’s Bay. The club offers dragon boating and camping in addition to recreational and competitive canoeing. A new clubhouse and boat storage were completed in 2010 to coincide with the name change.

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Cobourg Dragon Boat and Canoe Club joined Canoe Kayak Canada in 2011 after expanding from Dragon Boat to other paddling disciplines. Known originally as the *Cobourg Dragon Boat Club* in 1999, interest and membership is growing in all areas.



Peterborough Canoe and Kayak Club started in 2017, resurrecting a rich canoeing history in the city which finds itself home to the Canadian Canoe Museum.

Richmond Hill Canoe Club was founded in 1991 by John Chrétien, a former West Rouge paddler, to serve residents of Richmond Hill. In addition to sprint canoeing at all levels, the club provides fun programs, summer camps and dragon boating.



Collingwood Dragon Boat and Canoe Club, now the Collingwood Paddling Club was founded in 2004 after the donation of a dragon boat to the town of Collingwood. The sprint division joined the CCA in 2005 and the club continues to promote dragon boat and flat water paddling to the residents of Collingwood.

Muskoka Paddling Club began in 2015 after a few successful years of the Great Muskoka Paddle Experience. Located in Kelvin Grove Park, the club uses existing buildings to store boats and works in partnership with the Muskoka Rowing Club and the Town of Bracebridge.



CAMP AK-O-MAK The organization branched into canoeing and kayaking in 1964 thanks to the work of Donald May, and spent the next seven years competing under the auspices of the *Sudbury Canoe Club*. By 1971, Ak-O-Mak were competing under their own name, separate from the Sudbury club. Ak-O-Mak caters to both Canadian and American athletes along with its brother camp Chikopi. Ak-O-Mak is an Algonquin word meaning “land across the water.”

CAMP CHIKOPI founded in 1920 and is a traditional, adventure-filled overnight summer sports camp for boys aged 7-17. Chikopi is Algonquin for “the land of white birch” and the camp is acclaimed for being the world’s first “All Sports Camp” with the esteemed honor of also being the world’s “First Swim Camp”.



Sudbury Canoe Club was revived in 2003 having been originally formed in 1902 as the *Sudbury Boating Club*. The club won the North American Championships on several occasions since their second “founding” in 1925. Today, the club offers canoeing, kayaking, dragon boat and board sailing. A new building was constructed in 2016 incorporating the canoe club, rowing club and other organisations together as the Northern Water Sports Centre.

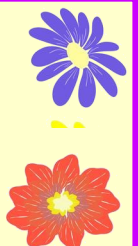
The final clubs in the CKO Sprint Challenge will be in the May edition of *The Catch*.

**Happy
April
Birthdays!**

Dragon Boat
Hélène Beauparant
Susan Gurney
Stefani Markovich
Lindsay Sale
Kim Williams



Coach
Evan Landry



Warlocks moving on from SNCC

An email to the membership, sent on March 9, 2021.

Hi SNCC Dragon Boat Members

We wish to inform you that the Warlocks have decided to leave SNCC. This of course is disappointing. Some of the Warlocks will continue to be members at SNCC and may or may not continue with the Warlocks. We welcome everyone to the Club, our Club!

We wish the Warlocks crew well but since they are not part of SNCC we will want to beat them on the racecourse. To do that, the Dragon Boat Board of Directors will be discussing the pros and cons of starting a new competitive dragon boat program. Input and ideas from you would be great on how we can build a new competitive team or not.

We all suffer losses in our lives but when we can, we turn that into opportunity. Many of you are shining examples of this through your fight with cancer, joining a team, a dragon boat team, to build and enjoy friendship and get some exercise. That spirit will keep us going and make us, the Club, stronger.

All the best and I hope to see you on the water this summer.

Mark Swan

Vice Commodore Dragon Boat

South Niagara Canoe Club

Online Dragon Boat Workouts

Friday April 30th will be the last online workout with Tim for the season.

The zoom link is: <https://us02web.zoom.us/j/83732991492>.

Come on Mondays, Wednesdays, and Fridays from 6:30-7:30pm.

Find recorded workouts with Tim on YouTube [here](#).

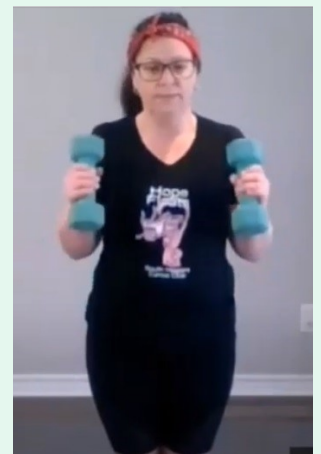


Tuesday April 27th will be the last online workout with Gwen for the season.

The zoom link is: <https://us02web.zoom.us/j/88545575160>.

Come on Tuesdays 7:00-8:00pm and Saturdays 9:30-10:30am.

Find recorded workouts with Gwen on YouTube [here](#).



Update on Covid-19 from the City of Welland

These updates are on the City of Welland website, www.welland.ca. Currently the Welland International Flatwater Centre is closed to the public. As of March 1, 2021, Welland has been in the Red Control Zone. For Sports and Recreational Facilities, outdoor capacity is limited to 25 people and there are no spectators, except one parent or guardian per child under 18 years old. Team sports must not be practiced or played except for training and athletes must keep 2m apart, no contact. Everyone must always wear a mask or face covering except when exercising (with some exceptions), stay 3m apart in classes or in areas with weights or exercise equipment and 2m apart everywhere else, and give their name and contact information. Some exemptions apply for high-performance athletes and parasports. More details can be found [here](#).



The City of Welland has approved SNCC's Return to Paddle document outlining the club's procedures and practices for safe paddling and training. All of SNCC's paddling programs can run as long as public health measures permit it.

Stay tuned to SNCC's various social media outlets for more information.

Time to clean out your closets?

Please consider donating your unwanted cloth to

**SNCC Hope Floats
Breast Cancer Survivor Dragon Boat Crew**

We will take your old:
clothes, purses, shoes, drapes,
bedding, towels, belts, etc.
In other words, is it cloth?
We'll take it!

We can also take your old
books!

Contact:

hopefloats@sncc.ca

We will arrange pick up
or drop off



Collecting now through April 23rd.

www.sncc.ca/hopefloats
hopefloats@sncc.ca

From the SNCC Archives, 2009

SNAP St. Catharines

Welland International Flatwater Center North Course and the South Niagara Canoe Club recently hosted 6 clubs and over 150 athletes for two fun filled days at the Western Ontario Division Sprint Canoe/Kayak Championships. This divisional regatta is a qualifier for the Sprint Canoe Kayak Nationals which is in Sherbrooke, Quebec from September 2nd to the 5th. On September 27th the club invites everyone to come and watch the long distance racing being held. Who knows...this may inspire you to come and play on the water? For more information go to www.southniagaracc.ca



Marian & Kassidy getting ready to race in a K-2

Update from the Board of Directors

Submitted by Brenda Arndt, Commodore.

Membership Renewal May 1st: Thank you to the SNCC members that chose to renew your membership in 2020 in support of our club. Many of you were unable to participate in any programming due to covid-19. This year, we are cautiously optimistic that we will get dragon boat on the water with a late start. Fees for the 2021 membership year will remain \$95. However, by mid-June the membership fee will be reduced to \$70.

Programming: Registration for spring programming is now open. Go to www.sncc.ca. When registering for any programs this year, participants will be asked to read and agree to additional covid-19 protocols in addition to the usual SNCC waiver.

- **Canoe/Kayak:**

- High Performance: begins May 5th
- Developmental and Developmental Plus: begins May 17th
- Masters and Para: begins May 18th
- Canoe Kids Camp: 10 weeks are planned beginning on June 28th

- **Dragon Boat:**

- Tentatively the dragon boats will be able to go into the water on May 1. Stay tuned for a call to volunteer. Dragon boat programming is planned to begin May 2 and will mostly consist of off-water training with some paddling technique practice for now.



Update about the Trillium Grow Grant

Submitted by Brenda Arndt, Commodore.

Thanks to the Trillium Grow Grant we were able to contract NewPath Consulting, experts in WildApricot system design to create a fresh new look encompassing our brand. A special thank you to volunteer, Joan Crawford, for going above and beyond to ensure our website was not only beautiful, but consistent and accurate. Our website has been redesigned with both computers and mobile devices in mind and we believe you will find the new look easy to navigate and fun to look at. If you have pictures that you would like added to our website, please send them to admin@sncc.ca.

Bilingual Volunteers needed! The next goal is to make our website bilingual. Please email admin@sncc.ca if you could volunteer your services translating and/or proofreading our translated webpages.

Thank you from the Grow Grant Implementation Committee: Brenda Arndt, Marilyn Bellows, Ann Marotta, Jody Minken, and Annie Eckhardt.

Next issue: May 2021

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



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