

Welcome to our new Head Coach, Rob Smith!

SNCC is pleased to welcome Rob Smith to the family. Rob took some time to introduce himself at the Annual General Meeting. He was originally from Montreal, then moved to Burlington. He began paddling at around age 10 or 11. He has coached for many years and then took a break. Now he is back into coaching and he has already been on the water with the High Performance group.

Rob is excited for the possibilities that “new-to-us” equipment will bring to our club. There are plans for a war canoe, a C-4 (canoe for four paddlers) and K-2s (kayaks for two paddlers) set to arrive this year. As well, Rob is looking forward to growing the club, not just in membership but with coach development. He even has ideas for raising SNCC’s visibility during the Canada Summer Games.

Rob brings new energy to SNCC and a fresh perspective. We look forward to working with him!



Picture from SNCC's FaceBook page.

Some Highlights from the Annual General Meeting

Thank you to all who attended the Annual General Meeting and to those that sent in their proxy votes. SNCC is looking forward to the upcoming paddling season, despite concerns for the beginning of a 6th wave of Covid-19. Members can look forward to the return of all paddling programs from 2021: canoe/kayak, dragon boat, and outrigger canoe. Summer Camp registration is underway and it is hoped that attendance will be bigger than last year! Two new Board members were acclaimed along with the returning Board of Directors. Congratulations to Bernadette Morrissey and Debbie Rajczak who joined the Board along with Brenda Arndt, Tracey Pigeon, Mark Swan, Carolyn Swan, Annie Eckhardt, and Liz Guitard. Hoping for another fantastic year at SNCC!



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

Cold Water Paddling

From CanoeKayak Canada website:
Spring is here and paddlers will return to training on Canadian water. Competent coaches and sound safety practices have been key factors in maintaining a good safety record within CanoeKayak Canada (CKC). Your diligence in following the code of safety will help to prevent tragedies. Please take a few moments to review the sprint, safety policies and be sure to spread the word as CKC shares safety tips through Facebook and Twitter.

Personal Flotation Devices (PFD)

CKC recommends PFDs for everyone while the water is below 8°C and for anyone under the age of 15 all the time. A PFD greatly reduces the chance of sudden drowning due to cold shock and swimming failure. With few exceptions, cold shock occurs instantaneously and causes people to immediately lose control of their breathing in water as warm as 10-15° C. As a result, many people can suddenly drown – even though they can swim and may even be near shore.

Clothing

Clothing should be bright and visible, with several layers to reduce heat loss. Innermost layers should be wicking synthetic fibers. The next layers are for insulation: fleece, wool, or other non-absorbing fabrics. Waterproof fabric is advisable for the outer layer. Have spare clothing and towels readily available in case of capsizing.

Paddling gloves, mitts, or pogies will keep hands warm. Pogies cover both your hand and your paddle. Hats help



a paddler stay warm and comfortable.

Pogies are available on Amazon, Mountain Equipment Co-Op, and currently sold out at Outdoors Oriented.

Remember: Dress for the water temperature,
not the air temperature.

A red poster with white text and a white circular graphic. At the top is the Canoe Kayak Canada logo (a white maple leaf with a red canoe inside). Below it, the text reads: "COLD WATER SAFETY" and "SÉCURITÉ EN EAU FROIDE". Underneath, it says: "When water temperatures are below 8 degrees Celsius, all participants engaged in an on-water activity must:" followed by the French translation: "Lorsque la température de l'eau est à moins de 8 degrés Celsius, tous les participants à une activité sur l'eau doivent:". In the center is a white circle containing a red and black PFD. Below the circle, it says: "Wear a Government of Canada approved PFD at all times." and the French translation: "Porter un VFI approuvé par le gouvernement du Canada en tout temps."/>

COLD WATER SAFETY
SÉCURITÉ EN EAU FROIDE

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Wear a Government of Canada approved PFD at all times.

Porter un VFI approuvé par le gouvernement du Canada en tout temps.

OFF-BALANCE BUT COMMUNITY-GROUNDED: CANADA'S FIRST DRAGON BOAT TEAM FOR PADDLERS WITH MS

Excerpted from Dragon Boat Canada's website, posted March 20, 2022 by Randy Pinsky.



Picture from Dragon Boat Canada's website.

Dragon boating is a tough sport, requiring fitness, a strong core, and the willingness to push through pain and inclement weather. So it's not exactly something you think would appeal to (or even be possible for) people with multiple sclerosis (MS). A neurological disorder that causes deterioration of the muscles, most would assume low impact sports would be a better fit. But Sydney Spraggs from Vancouver, B.C. had other ideas.

Seventeen years ago, she was motivated to start paddling by a survivor friend. In considering the social isolation and unpredictability of an MS diagnosis, Spraggs realized that a team sport would be ideal for enhancing quality of life for her and others in her situation.

And so was launched the MS Off-Balance Dragon Boat Team. The first of its kind internationally, the team is powering through life and the water, challenging assumptions with every paddle stroke.

Those who assume disabled athletes are less competitive would be sorely mistaken. The Off-Balance Boat is there to own it and have the hardware to prove it. These include collecting silver (2015, 2019) and gold (2019) at the Steveston Dragon Boat Festival, and scoring well at the Alcan International Dragon Boat Festival.

"Paddling is the Next Best Thing to a Cure" (Team Tagline)

Many did not expect the Off-Balance team to continue after its first season, "Yet here we are, seventeen years later," quipped Spraggs. "It's all about mental attitude and support, and the determination that nothing is going to stop you."

So rather than let their disease define them, the Off-Balance team is smashing assumptions about their abilities. Together, they are boosting one another's morale, using athletic competitiveness with a healthy dose of humor; for, as they say, "Aren't we all a little Off-Balance?"

[Read the full article on Dragon Boat Canada's website.](#)



Coach
Evan Landry



Dragon Boat
Hélène Beuparlant
Susan Gurney
Stefani Markovich
Kim Williams

NEWS RELEASE

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國際龍舟聯合會
INTERNATIONAL DRAGON BOAT FEDERATION

Participation of athletes and officials from Russia and Belarus at the 13th IDBF World Club Crew Championships

The IDBF alongside many other International Federations has made the decision to regrettably withdraw the right of teams from Russia and Belarus to participate in international sporting events for the foreseeable future.

The immediate impact of this decision is that no clubs from Russia or Belarus will be allowed to compete at this year's 13th IDBF World Club Crew Championships in Sarasota.

We have been in contact with the Ukrainian Dragon Boat Federation and remain concerned for the safety of the dragon boat community and citizens of Ukraine at this dangerous time. We have also learnt that some of our Ukrainian international race officials have fled from Kyiv for safety.

It is the action of the Russian government in invading Ukraine that has created this situation where the dragon boat athletes in Russia will be prevented from participating and enjoying the sport of dragon boating.

You can read the IOC's recommendations in detail at:

<https://olympics.com/ioc/news/ioc-eb-recommends-no-participation-of-russian-and-belarusian-athletes-and-officials>

Enquiries:

International Dragon Boat Federation

- CCWC2022 enquiries: ccwc2022@dragonboat.sport
- Media enquiries: idbfnews@dragonboat.sport

Yours in sport.

Mike Thomas
IDBF President

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STATEMENT BY CANOE KAYAK CANADA & CANOE '22 SOCIETY



Ottawa, ON (March 1, 2022) - Canoe Kayak Canada and the Canoe '22 Society, hosts of the 2022 ICF Canoe Sprint & Paracanoe World Championships, supports the decision of the International Canoe Federation (ICF) to suspend all Russian and Belarusian athletes and officials.

We join our partners at the Canadian Olympic Committee and the Canadian Paralympic Committee in strongly condemning the war of aggression against the sovereign state of Ukraine by the Russian government, currently being supported by the Belarusian Government.

We add our voice to calls for peace and the immediate withdrawal of Russian forces from Ukraine. Our thoughts are with the Ukrainian people as well as with the communities of athletes, coaches, and staff who may have friends or family affected by these horrific events.

SNCC in the News

On March 25, 2022, Niagara This Week.com posted an article about the SNCC Hope Floats team. The publicity for the team and for the club will hopefully attract some new members.

Here's a quote from paddler Yolanda MacArthur in the article: "You meet amazing ladies who understand and who have gone through very similar experiences, so it's a really good support system," she said. "You don't feel alone."



And on March 26, 2022, Niagara This Week.com

posted another article about SNCC, this time regarding the Resilient Communities Fund grant that have kept the club financially viable during the pandemic.

Read the full articles on our FaceBook page or the Niagara This Week website.

Possible Races for Canal Dragons

Coach Jan recently sent an email to the dragon boat crew to spur interest in the upcoming festivals.

- Welland—June 11 fun festival
- Hamilton—July 9,10 competitive
- Woodstock—August 6 mixed levels
- Toronto—September 10,11 mixed levels and competitive
- Stratford—September 17 mixed levels

Participation in races is encouraged but not required.



Next issue: May 2022

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



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SNCC.CA