

THE CATCH

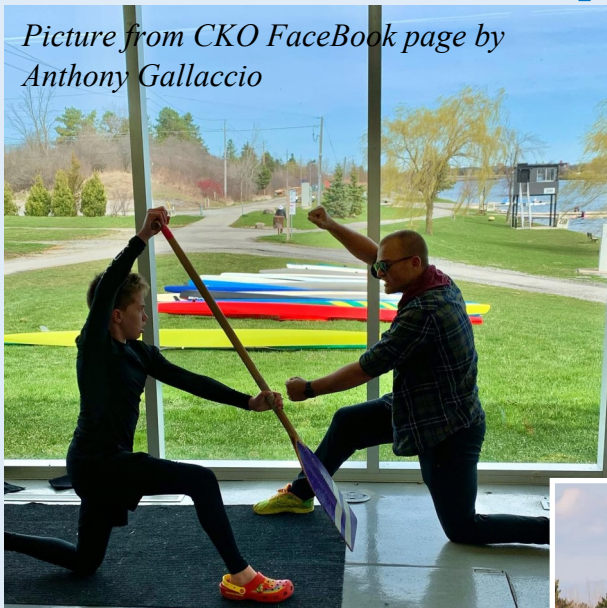


South Niagara Canoe Club Newsletter Volume 12 Issue 4

May 2022

CKO Development Training Camp

Picture from CKO FaceBook page by Anthony Gallaccio



Canoe Kayak Ontario held a training camp on our home course, the Welland International Flatwater Centre, from April 16-24. The camp is targeted towards athletes whose training objectives and competition goals are aligned with competing at the Ontario Team Trials and National Championships, with a performance result at the Ontario Championships. There were 42 young athletes from all over Ontario training on our waters. We should be proud that of all the clubs and courses in Ontario, this organization chose Welland for their camp.

Picture by Alan Wright



From CKO FaceBook



From CKO FaceBook



CKO Development Canoe Kayak Camp at WIFC © Anthony



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

Renew your Annual SNCC Membership

Renew your SNCC membership and have access to a variety of SNCC programs.

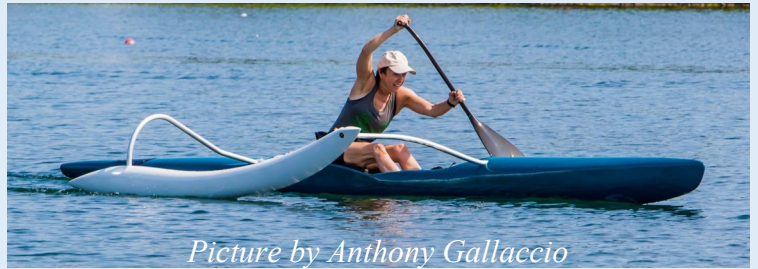
Our membership year is May 1 - April 30.

All programs will be available for the 2022 season. (Canoe/Kayak, Dragon Boat, Out-rigger Canoe) Membership fees have been reduced to \$70 per year for individuals (down from \$90) and \$130 per year for families (down from \$170) for up to 6 people.

To renew or update your membership, log in to your profile at [SNCC.CA](https://sncc.ca) with your email and password and follow the prompts on your profile screen. Please note that memberships are not subject to HST, however programming for members over 13 years of age is.

Membership Benefits:

Members can register and partake in all programs and have voting privileges at the Club's Annual General Meeting. [Click here](#) for a list of local discounts extended to SNCC members. When registering for member programs, the second family member receives a 10% discount, all subsequent family members receive a 25% discount (discount to be applied to the program of equal or lesser value).



Marilyn Bellows at SNCC Fun Day 2021.

Picture by Anthony Gallaccio

SNCC wish list

E-mail to the membership on April 4, 2022.

If you are able to donate any of the items on this wishlist, please contact Coach Rob robsmith@sncc.ca to arrange for a time to pickup/drop off.

- Refrigerator
- Large wagon(s) for toting batteries and gas back and forth to the safety boats
- Large cart or wagon for toting boats (or large wheels and axels to make a large cart)
- Yard games for Canoe Kids Camp (games for ages 8 - 15)
- TV for video review
- lockable TV cabinet for above TV
- Video surveillance equipment
- Lights - flood lights, dock lights, solar powered pathway lights, ceiling lights
- Lighting solution to install in outdoor recreation area

An example of solar lights



South Niagara Canoe Club appreciates all donations big or small.

Job postings

South Niagara Canoe Club is looking for a part time Canoe/Kayak coach(es) to start before May 15, 2022 to coach our U12 and U16 youth Program (formerly known as Developmental Program). This coach will be trained and mentored by Rob Smith.



This position is on Mondays/Wednesdays/Fridays for U16 and Tuesdays/Thursdays for U12, 4:00-6:00pm.

As well, SNCC has been approved for the following positions through the Canada Summer Jobs grant for a total of \$62,000 of wage subsidy. Applicants must be between the ages of 15 and 30 to qualify for the Canada Summer Job wage subsidy program.

Administrative Assistant (Start Date **July 4, 2022**) 1 position x 8 weeks x 35 hours/week = 280 hours

Sports Coordinator (Start Date **July 4, 2022**) 1 position x 8 weeks x 35 hours/week = 280 hours

Coach (Start Date **June 27, 2022**) 4 positions x 9 weeks x 30 hours/week = 1080 hours

Coach (Start Date **June 27, 2022**) 1 position x 9 weeks x 30 hours/week = 270 hours

Camp Counsellor (Start Date **June 27, 2022**) 1 position x 8 weeks x 35 hours/week = 280 hours

Camp Counsellor (Start Date **June 27, 2022**) 5 positions x 8 weeks x 35 hours/week = 1400 hours

Spread the word! SNCC is hiring! To apply, email robsmith@sncc.ca.

From the archives, previous staff hired at SNCC with the grants:



Jenna, 2016



Canoe Kids Camp Coaches, 2019



Abbey, 2019

Cold Water Paddling

By request, a repeat of Cold Water Safety Tips from the April 2022 Catch, available on our website SNCC.CA.

From CanoeKayak Canada website, posted March 23:

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

Neoprene Pogies



Neoprene Gloves



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 and neoprene gloves are available on Amazon, Mountain Equipment Co-Op, and at Outdoors Oriented.

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

CANOE KAYAK CANADA

COLD WATER SAFETY

SÉCURITÉ EN EAU FROIDE

When water temperatures are below 8 degrees Celsius, all participants engaged in an on-water activity must:

Lorsque la température de l'eau est à moins de 8 degrés Celsius, tous les participants à une activité sur l'eau doivent:

Wear a Government of Canada approved PFD at all times.

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



The Canada Games, held every two years, are the largest multi-sport event in the country and represent the pinnacle of interprovincial and territorial sport competition.

From August 6 to 21, the Niagara 2022 Canada Summer Games will give rise to a new legacy of ambition, confidence and compassion that will inspire generations to come. Niagara Parks is

proud to host some of this year's celebrations. The Niagara 2022 Canada Summer Games will celebrate Canada's top young athletes and showcase a remarkable heritage of hard work and innovation in one of the world's most awe-inspiring destinations.

Consisting of more than 5,000 athletes and coaches, the Games will welcome the next generation of national, international and Olympic and Paralympic champions as Canada's best young athletes compete in this multi-sport event.

The Games will feature a total of 18 sports, including the return of lacrosse after a 36-year absence and the first-ever rugby sevens competition.

Opening Ceremonies: August 6 at Meridian Centre, St. Catharines. This is a ticketed event.

As is customary, the Opening Ceremony will commence with a "Parade of Teams", where Games participants will march into the stadium, one provincial or territorial (P/T) team at a time. Each P/T team's delegation will be led by their chosen flag bearer who will carry their flag into the event. In addition to hearing from a number of speakers, which often include the Prime Minister of Canada, the Opening Ceremony will also feature an artistic program that will showcase Niagara's culture and history in an entertaining and creative way.

The event will be capped off by the cauldron being lit by the Roly McLenahan Torch — marking the beginning of the Niagara 2022 Canada Summer Games.

Canoe/Kayak events will be held at Welland International Flatwater Centre. Distances range from 200m to 5000m, with K1, K2, K4, C1, C2, and IC4 races, and mens/womens/mixed boats.

August 15: Training 11:00am-3:00pm

August 16-19: Competition 9:00am-3:25pm, Medals Ceremony 3:25pm-4:00pm

Closing Ceremonies: August 21 at Queen Victoria Park, Niagara Falls 7:00-10:00pm. This free event is open to the public

Along with another "Parade of Teams" and a set of speakers highlighted by the Premier of Ontario, the closing ceremony will feature the extinguishment of the Canada Games cauldron, bringing an end to the Niagara 2022 Canada Summer Games. Representatives of the PEI 2023 Canada Winter Games will also be on hand to accept the traditional handover of the Official Canada Games Flag, paying tribute to the next Canada Games that will be taking place just six months from that night.

For more information, see Niagara 2022 Canada Summer Games on FaceBook and niagara2022games.ca.

Dryland Training



Photos from SNCC's FaceBook page posted April 24, 2022.
Caption: Keeping busy, waiting for dragon boat on water season with Saturday morning walks up the escarpment. Queenston Heights marks the start of the Bruce Trail.

Dragon Boat on water season begins May 2nd. Sign up and join the fun!



Dragon Boat

Stephanie Babin

Faye Gagne

Lan Lai

Lynn Macleod

May birthdays



Canoe/Kayak

Sara Byers

Faith Iannandrea

Gianni LoStracco

Marc Pigeon

Carrie Zimmerman



Next issue: June 2022

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



Facebook



Instagram



Twitter

SNCC.CA