

2022 ICF Junior and U23 Canoe Sprint World Championships

The International Canoe Federation held this competition from 31 August—4 September in Szeged, Hungary with 64 competing countries. Congratulations to Austin and the rest of Team Canada for bringing home 8 medals: 3 silver and 5 bronze, ranking 15th overall in medals and 7th overall in points. See Canoe Kayak Canada's FaceBook page for details on the medallists.



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

Introducing Coach Ethan Page

Ethan is a new coach at SNCC with the Canoe/Kayak program. Welcome to SNCC, Ethan!

- **Where are you from? (hometown, home club)**

I'm from Almonte, ON but paddled and trained for both the Ottawa River Canoe Club (ORCC) and Carleton Place Canoe Club (CPCC).

- **How did you get your start in paddling sports?**

I originally started with youth summer camps with both ORCC and CPCC, and eventually got into the competitive program at age 13 with ORCC.

- **How did you get your start in coaching?**

I was asked to help coach ORCC's Youth

Competition group, I fell in love with coaching, and soon started to work with masters, high performance, and para!

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

My favorite [sic] memory of paddling would definitely be podiuming at Ontario's in my U16 K4. We ended up beating Rideau Canoe Club and made it to Nationals. I learned how hard work and dedication truly pays off and what it feels like to succeed as a team.

- **Can you share a memorable coaching experience and what you learned from that experience?**

This past summer, I had an athlete who was new to paddling. At the start, they couldn't even stay up in our most stable boat. But after perseverance and dedication, they got better. That athlete ended up being able to race and qualify for Ontario's. The smile on their face when hearing that news was an amazing feeling. I learned that assisting athletes in even just reaching their smallest goals is why I love coaching.

- **How did you hear about a coaching position at SNCC?**

My colleague at ORCC let me know about the hiring of Rob Smith [at SNCC]. They worked together in the past and suggested I reach out. I reached out to see if I could lend a hand [at SNCC] over the fall/winter months.

- **What is it like being with SNCC?**

It is fantastic. The vibe of the club is fantastic. Everyone seems to come to a club with a smile on their face and eager to paddle. That's the best thing to see as a coach. Everyone has been a pleasure to work with so far! And being able to coach on a state-of-the-art facility like the WIFC is definitely a treat.

- **What do you hope to accomplish with SNCC?**

I hope to grow the sport of Sprint Canoe/Kayak within the region of Niagara and enhance the skills of all our athletes. But, also grow my skills as a coach, and learn from those around me. ■



Coach Ethan with his boat at the Coast to Coast to Coast Paddle Challenge in 2020 at Ottawa River Canoe Club.

GWN Dragon Boat Challenge

Marilyn Bell Park, Toronto September 10-11, 2022

Marking the end of the racing season for many, this event gives crews the chance to go out with a bang! Running for over 25 years, this classic festival is the granddaddy event of the MLDB (Major League Dragon Boat) series and a highlight of the racing season, with teams coming from all over Canada and the US. Canal Dragons Women won gold in the 200m A consolation final and placed 2nd in the 500m consolation A final. Canal Dragons Mixed team also paddled well in their races. Kudos to all!



From GWN



From Lorna



From Tina



From Lorna

Christie Lake Dragon Boat Festival



From Kendra

Held September 24 at Christie Lake Conservation Area, west of Hamilton. It was a chilly start to the day but it ended with gold for Canal Dragons Women in Women's A Division 200m and silver for Canal Dragons Women in Combined B Division 2000m. What a way to cap off the paddling season! Congratulations everyone!



Canal Dragons, Women

Screenshot from a video of the Women's 200m Championship Race.



From Donna



From Kendra



From SkyScene Niagara





Paddles Up



I am sitting in a dragon boat, surrounded by my teammates.

It's a warm September evening in the city of Welland.

The wind is blowing ever so softly

And the leaves dance in the gentle breeze

The water is calm, with only an occasional kayaker in sight.

Everything was rather still, as if the world was completely at peace.

A few ducks bobbed at the water's edge, letting the coolness of the water wash over them.

The sun is setting and it cast a beautiful glow across the water, as it shone through the clouds it gave each cloud the

resemblance of having a silver lining,

May I ever be open to its beauty to see the silver lining in each storm that comes my way.

Maybe I just need to remind myself to see the silver lining in each new day.

Being here, intertwined with nature is beautiful and peaceful.

The birds chirping, bugs buzzing around but everything was perfect and at ease.

I could feel the warmth of the sunset contrasting with the gentle breeze,

Like having a warm cocoa on a cool winters day.

I hear the voice of the coach,

“Paddles up—Take it away”

It breaks my silent reverie.

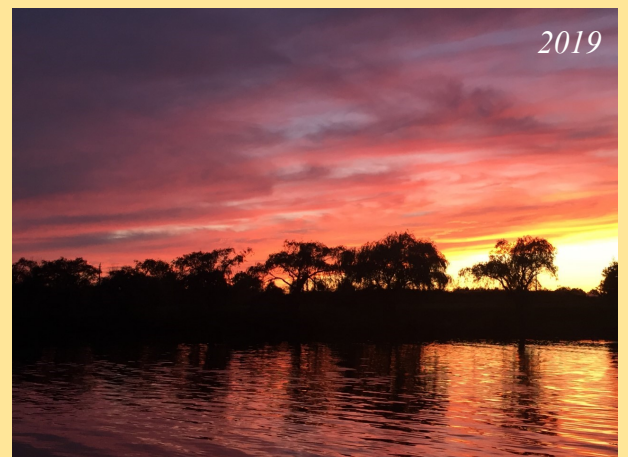
These ladies encourage us and instruct us so we can be the best possible that we can be.

What better way to spend an evening.

“Ok—Paddles up—Take it away!”



I wrote this one evening after paddling and as we were on our let it run, I looked up to the clouds and saw the sun, taking a big breath and noticing little things around me. How fortunate we are to have the recreational waterway that we do. —Joanne Boyce





Thanks Rob and the SNCC crew!
We appreciate all your support.
NZ senior World Champs Team
2022

From July 6-30, New Zealand's Canoe Sprint team practiced on SNCC's home course, the Welland Recreational Canal, in preparation for the 2022 International Canoe Federation Canoe Sprint World Championships held in Dartmouth, NS August 3-7. Read about their story and their connection to SNCC's Head Coach Rob Smith in the Welland Tribune [here](#). With 31 countries competing, Team NZ won 3 medals. View results [here](#).

Learn to Paddle

Sessions are still ongoing, check our website SNCC.CA for dates and times. All paddlers are encouraged to invite friends and family to join us in a free "Learn to Paddle" session. It's a great way for new people to meet our fun-tastic crew and for new people to try a fun-tastic sport! Thank you, Dei, for sharing your pictures.



Truth and Reconciliation

From the **Canoe Kayak Canada** FaceBook page, posted September 30:

Every year, September 30th marks the National Day of Truth and Reconciliation in Canada.

Today honours the survivors of residential schools and the children who never made it home, as well as their families and communities.

As Canadians and members of the paddling community, we must remember that we have a shared responsibility to continue the reconciliation process not just today, but every day.

We at CKC encourage you to join us in taking this day to listen, learn, reflect and grieve.

For additional resources that you can use to help foster reconciliation and healing, please see our link below.

<https://linktr.ee/CanoeKayakCanada>

NCTR.ca - National Centre for Truth and Reconciliation



From the **Dragon Boat Canada** FaceBook page, posted September 30:

Today, we mark the second National Day for Truth and Reconciliation — an opportunity to come together to reflect on the legacy of residential schools and the ongoing impacts on Survivors, their families and communities, as well as commit to continuing the hard, but necessary work to build a better future for all. This day is also known as Orange Shirt Day. Let's all take some time to listen to Survivors and learn more about our history. Wear orange, take a moment to participate, learn and reflect. We all have a role to play. This is something we can do!

[#orangeshirtday](#) [#nationaltruthandreconciliationday](#) [#reconciliation](#) [#canadianhistory](#)

In local news, a new indigenous crosswalk has been installed in Niagara Region at the corner of Canada Games Way (formerly Merrittville Highway) and Sir Isaac Brock Way. The crosswalk was designed by Alyssa General, a local Indigenous graphic designer, artist, poet, and film-maker from Six Nations of the Grand River. The design represents earth, sky, and water. Read more about the crosswalk [here](#) (Welland Tribune) and [here](#) (iheartradio.ca).



Upcoming Events



Talent Spotlight Camps for Team Canada, Dragon Boat: September 30-October 3, WIFC.
From Juniors to Senior C and Para Program, come watch, volunteer, or try out!

Ontario Fall/Winter Cup—Long Distance Regatta: October 2, Rideau Canoe Club, Ottawa.
5km and 10km courses. Good luck to SNCC athletes including Jonothan, Marilyn, and Lindsay!



SNCC Fun Day: October 15

All members, family, and friends are invited! Come to our compound for a barbecue, picnic, and fun races!

Fall Clean Up: October 29

Club members are needed to help take the dragon boats out of the water, clean them, and put them away along with other maintenance and organizing around the club. It's a great way to get your volunteer hours in!

SNCC Annual Awards Banquet: November 11 or 12 at the WIFC.

Volunteers are needed to help plan this fun evening of food, socializing, and recognizing our talented athletes. Contact Coach Rob Smith to get involved.

In 2023, SNCC turns 15! How should we celebrate the occasion? For our 10th anniversary, SNCC had a fundraiser Spaghetti dinner with prizes and games. Bring your ideas to a Board member and get involved!



October Birthdays!



Dragon Boat

Bernita Arndt

Sondra Beach

Lynda Bridgeman

Anne Marie Ciancio

Christine Cook

Mario Cruz

Annie Eckhardt

Kim Miller



Canoe Kayak and Dragon Boat

Jennifer Alkemade

Marisa Battista

Huu Luong



Canoe Kayak

Kathleen Batstone

Cameron Clark

Ariel Gohlke

Other

Julia Smith

Ophelia Xie



Parent of Paddlers

Kelly Coholan



Next issue: November 2022

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



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