

Head Coach News

The Head Coach Hiring Committee continues to interview and evaluate candidates for the position of Head Coach at SNCC. An announcement will come when the Committee is prepared. For now, Canoe Kayak programs and summer camps will continue as planned by former Head Coach Rob Smith, and Dragon Boat programs will continue under Coaches Jan Corbett and Brenda Arndt.

SNCC's Annual General Meeting

Date: April 20, 2023 at 7pm

Location: In Person at Welland Civic Square, Large Conference Room

All SNCC members in good standing are encouraged to attend or designate a proxy to vote in your absence. Only members 18 years or older may vote at the AGM. Parents may vote on behalf of their under-18 paddler.

The agenda for the meeting includes:

- Reviewing the activities and programs of the club during 2022.
- Reviewing the financial status of the club and the auditor's report for the year.
- Electing the Board of Directors.

Please be a part of this short meeting (approximately 1 hour) and share any questions, compliments, or ideas you may have that can help build and strengthen our club. RSVP to Bernadette, beeimorrissey@gmail.com. Provide the name of your proxy, if needed, to Marilyn, registrar@sncc.ca.

Join the Board!

All members and supporters of SNCC are welcome to join the Board of Directors. Many perspectives are needed to ensure that we serve our membership and our community fully. Speak to any current member of the Board about what is involved and how to become involved.



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

Celebrating International Women's Day

CKO SPRINT
Webinar Series

The 'Athlete to Coach' Pathway

KC DALTON

*Canadian National Team
Assistant Coach*

REGISTER NOW

Wednesday March 8th
12:30 pm - 1:30 pm ET



Canoe Kayak Canada
March 8 at 10:00 AM · 🌐

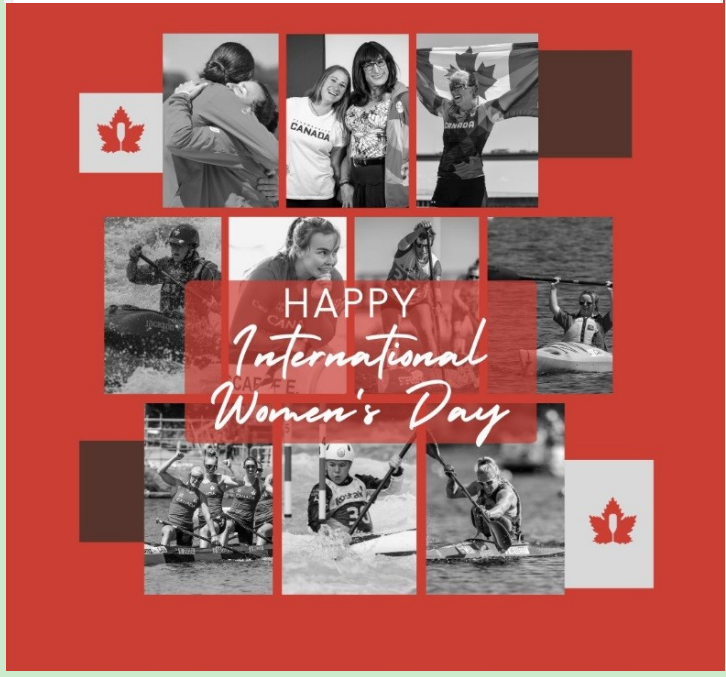
"Here's to Strong Women: May We Know Them. May We Be Them. May We Raise Them."

Today we celebrate the athletes, coaches, officials, members, volunteers and countless others who identify as women and are the backbone of our paddling community. Among them, trailblazers who have made historic contributions to our sport, those who have paved the way for future generations and have made our community a better, more inclusive space.

CKC is proud to support the women around us through dedicated programming and coaching grants that enable continuous support and work towards equity and equality in our sport.

International Women's Day is a day of unity, celebration, reflection, advocacy, and action. Here's to women who are brave, resilient, and unapologetically themselves.

Happy International Women's Day!



Canoe Kayak Ontario Sprint
March 2 at 10:00 AM · 🌐

Join us next week on International Women's Day for a live conversation with KC Dalton. We will be discussing KC's journey into coaching and what coaches and athletes can learn from her experiences.

KC was a member of the Sprint National Team for 6 years and competed at the 2016 Olympic Games in the K2 and K4 500m events. In 2017 KC made her Head Coach debut at the South Niagara Canoe Club, and has recently rejoined the National Team as an Assistant Coach working in the Atlantic Centre.

Dragon Boat Canada
March 8 at 8:22 AM · 🌐

Happy International Women's Day! Dragon Boat Canada is proud to recognize the power and strength that women bring to our sport! **#EveryWomanCounts** and we celebrate the achievement of each and every individual! Bravo and Thank you! **#internationalwomensday #dragonboat #dragonboatwomen #femalepower #womeninsport #dbccomeback**



49th Annual Welland Sports Awards

Date: April 14, 2023

Location: Casa Dante, 34 Lincoln Street West, Welland

Doors open at 6:00pm. Dinner at 6:45pm. Awards presentation to follow. Tickets are \$25 each and are sold at the Welland Community Centre until April 5. Celebrate SNCC's accomplishments in 2023 with nominees Austin Pigeon, the ParaCanoe crew, and Canal Dragons Women's Crew.

"The City of Welland has a long history of supporting and honouring sporting excellence in our community," said Amanda Degazio, manager of business and community services [in Welland]. "The 2023 Sports Awards will honour both the individuals that have excelled in their sport and the ones who have contributed to advancing the sporting community within our city."



ParaCanoe team at Provincials.



Austin at Junior and U23 World Championships.



Canal Dragons Women's Crew, at Hamilton.

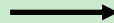
Raise the Roof



Work has slowly begun on constructing the roof over the SNCC compound. Small hiccups will happen but can be overcome. Looking forward to seeing how it all turns out.



A general idea of what a roof over our shipping containers would look like.



New Racing Shirts!

All Canal Dragons are reminded to check their emails for ordering instructions for the new racing shirts from Regatta Sport. **Deadline to order is April 16.** Here is a preview of the new design, available in long sleeve, short sleeve, and tank top. A sizing chart is included in the email as well as links for purchasing a dragon boat paddle. Everyone, get Ready Ready!



Cold Water Paddling

From the April 2022 Catch:

Spring is here and SNCC paddlers from Canoe/Kayak have already returned to training on Canadian water. Competent coaches and sound safety practices have been key factors in maintaining a good safety record within Canoe-Kayak Canada (CKC). Your diligence in following the code of safety will help to prevent tragedies.

Photo by Alan Wright.



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.

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.



Updates from the Board



Canoe Kids Camp and Youth Racing Camp: Summer 2023 at SNCC.

Share the news! Registration for camp is open. Canoe Kids Camp lasts 1 week. Youth Racing Camp lasts for 8 weeks. It's a wonderful opportunity to introduce kids to paddlesports! Visit SNCC.CA for details and to register.

Bingo Volunteers: April 2 at Delta City Bingo, Welland

Additional volunteers are welcome to join the fundraising fun in support of SNCC. It's one 2-hour shift per month for people 19 years or older. Contact Marilyn at 626sledger@gmail.com for the online training and for more information.



Putting the Dragon Boats back in the Water: April 22, rain date April 29.

Meet at SNCC. **TIME?** The more the merrier! As the saying goes, *Many hands make light work.*

Dragon Boat Steering Clinic: May 13, 2:00-7:00pm at SNCC.

There's a few spots left in this free steering clinic. Volunteer paddlers are welcome to come for a workout for a couple of hours. Visit SNCC.CA for details and to register.



SNCC's 15th Anniversary: October 20, 2023, location TBD.

Looking for people who like to plan a party! The Annual Awards night will be combined with our Anniversary party for an evening of celebration and food. Contact Kathleen via email at kat_reardon@hotmail.com if you can help out.

**Renew your
membership
with SNCC
on May 1st!**

**Go to SNCC.CA
to renew.**

April Birthdays

Canoe/Kayak

Evan Landry

Kathleen Oh



Dragon Boat

Karen Borne

Ron Culp

Susan Gurney

Leah Guitard

Lorna Hilborn

Peggy McDonald

Kim Williams

Next issue: May 2023

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



SNCC.CA