

Farewell Coach Smith

Head Coach Rob Smith has tendered his resignation to the SNCC Board of Directors and accepted a wonderful opportunity to become Head Coach at Burloak Canoe Club. This is a great opening for Rob to return to the Club where he developed as a competitive paddler and a coach and, since Rob and his family live in Burlington, this is very much a case of “returning home”. We wish Rob every success in his exciting new venture.



SNCC will now be searching to fill the large shoes of Coach Smith ASAP and a small committee of the Board will be pursuing that task in the days and weeks to come. Meanwhile Coach Smith is committed to make plans for the final weeks of our winter indoor training and ensure continuity in consulting with those who take over from him. Rob has also assured me that he will be looking out for promising coaches who may be tempted to move to SNCC. Coach Smith has a lot of contacts in the paddling world!

We had a great season of paddling in 2022 and we thank Head Coach Smith for his strong leadership (and patience!) in working with our group. Bonne chance, Rob; you will be missed.

Alan Wright
 Vice-Commodore Canoe/Kayak, SNCC
 Masters paddler

GOOD
 BYE &
 GOOD
 LUCK!



THANK YOU



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

Winter Training



Strength



Cardio



Masters



High-Performance



Technique



Endurance

SNCC athletes continue to train in the gym and in the paddle tank in preparation for the on-water season. More pictures are available on our FaceBook page. We are grateful to have access to a paddle tank where we can practice our technique year-round. Many other clubs and crews are jealous of our good fortune!

Bingo

I am pleased to announce that SNCC has been granted a Charitable Games Volunteer space at the Delta Welland Bingo facility! [Located at 29 East Main Street, Welland practically across from Welland City Hall.]

This means SNCC will be receiving monies from completed Volunteer shifts at the Delta Welland Bingo facility in 2023. [This is a fantastic fundraising opportunity for SNCC! Watch on YouTube [here](#) how Delta Bingo has supported many charities and non-profit groups throughout Ontario.] For April, May, and June we have a single day per month to provide two Volunteers to be at the Bingo for 2 hours. This will be the first Sunday of the month, starting April 2, with the shift hours being from 12:30-2:30.

All persons who wish to volunteer must be at least 19 years old and must do an Online Training OLG Course first before arranging to go for a "Shadowing Shift" in March.

If you are interested in being a Bingo Volunteer, please contact me via email at: 626sledger@gmail.com, and I will send you the link for the OLG Online Training.



Thank you,
Marilyn Abbs
SNCC Bingo Volunteer Coordinator
Posted on SNCC's FaceBook page, February 15, 2023



SkyScene Niagara

With support from the Ontario Trillium Grown Grant, SNCC with SkyScene Niagara has produced many videos and ads to promote SNCC and to invite the public to "Come Paddle With Us", in English and in French! See the latest video on SNCC's FaceBook page, posted February 4, 2023.



Canadian Dragon Boat Championships

SNCC Canal Dragon crews are going for GOLD at the Canadian Dragon Boat Championships! The event will be July 20-23, 2023 at the Welland International Flatwater Centre. There will be 200m, 500m, and 2000m races.



All Canal Dragon members who wish to participate in the Championships as a paddler, a steers, a drummer, or a coach must have a Dragon Boat Canada Membership. The cost is \$30 for the membership year running from January 1-December 31, and are not pro-rated. Visit Dragon Boat Canada's website [here](#) to become a member with Dragon Boat Canada.

Please contact your dragon boat coaches if you have further questions.

#GoSNCCGo

Olympic Pictograms



Posted on Canoe Kayak Canada's FaceBook page on February 10, 2023, here are the pictograms for the sports of Canoe Sprint, Para Canoe, and Canoe Slalom for the Paris 2024 games. They also posted pictograms from prior Olympics.



Dry Heave Indoor Dragon Boat Festival

So there are regular dragon boat festivals, there are Ice Dragon Boat festivals, and now I learn that there is an Indoor Dragon Boat Festival! Posted on Dragon Boat Canada's FaceBook page on January 25, 2023 this event takes place in British Columbia with Vancouver Island Paddling.



DRY HEAVE INDOOR DRAGON BOAT FESTIVAL

OPEN TO EVERYONE

Categories for:

- Beginners, Experienced, & Corporate
- Women, Men, and Mixed
- Islanders and Beyond
- Teams of 4

One Day

- ✓ 200m Races
- ✓ 100m Knock-Outs
- ✓ Bake Sale
- ✓ 50/50 & Raffle Prizes
- ✓ Gear Sales

March 11, 2023

9am-ish to 3pm-ish

Vic West Community Centre



What a great way to show off all that winter training!
Hope they have a great time!

Raise the Roof!



At long last, all the paperwork is sorted and the contractors can start putting together the roof for our compound! Things will look a little different by the time the on-water season starts. It will be nice to have shelter and shade for SNCC's campers, athletes, and coaches not to mention for our equipment and new flooring.



Update from the Board

Annual General Meeting: April 20, 2023 at 7pm, 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.

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 and share any questions, compliments, or ideas you may have that can help build and strengthen our club.

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.



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.



March Birthdays



Dragon Boat

Canoe Kayak

- | | |
|--------------------|----------------------|
| Brenda Arndt | Liz Guitard |
| Sondra Beach | Lynda Lemon |
| Véronique Bédard | Karen Lord |
| Gina Cirillo | Mary Morrow |
| Heather Denoncourt | Sharon “Oatie” Oates |
| Heather Fairley | André Oelmann |
| Christine Fournier | Maria Passero |

- | | |
|-----------------|----------------------|
| Cameron Clark | Kendall Smith |
| Eryn Davis | Marie-Jeanne Monette |
| Casey Konert | Alan Wright |
| Carissa LeBlanc | Isaac Zimmerman |
| Austin Pigeon | Jody Zimmerman |



Next issue: April 2023

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



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