

The Catch



South Niagara Canoe Club Newsletter

Volume 14 Issue 1 February 2024

Welcome back to *The Catch*, and the first SNCC newsletter of 2024.

This year promises to be fresh and exciting with many wonderful initiatives and upcoming opportunities for our club. A sincere thank you goes out to Kathleen Reardon for her tireless efforts over the years, including during the pandemic, in producing *The Catch* for our membership, keeping us informed and up to date.

Thank you, Kathleen!

The first exciting news is the arrival of our Club's new Head Coach, Öztürk Kuru.

Welcome Öztürk Kuru



photo Anne Marie Ciano

A welcome potluck was held on January 13, 2024 where members had an opportunity to meet and greet Öztürk. Those in attendance enjoyed a variety of delicious culinary delights and comradery. This event certainly displayed the hospitality and heart of SNCC. Öztürk mentioned several times that he sees SNCC as his FAMILY in Canada. He thanks all who have graciously welcomed him, helped in settling into his new home by offering household items, art work, food, transportation and encouragement.

SNCC truly is a wonderful community and we are happy you have joined.



photos from Bernadette Morrissy

Each table had English and Turkish equivalent:
Hello-Merhaba, Thankyou-Tesekkürler,
Goodbye-Hosça kal, How are you? - Nasılsın?



photo Anne Marie Ciano

Catch the Highlights . . .

Learn and hear about our programs and general information in the newly added sections to *The Catch*. Submit information to Anne Marie Ciano annemarieciano@gmail.com before the third week of each month. There's a whole lot going on in our club . . .

Commodore's Comments

Coach's Corner

The Biz

What's Going On - Events/Fundraising - etc.

Good to Know

Articles members have submitted

SNCC Commodore Kathleen Reardon

Hi everyone at South Niagara Canoe Club. I am Kathleen Reardon, your Commodore. This title means a lot of responsibility, time, and effort on behalf of the Club but I am grateful for a knowledgeable and supportive Board of Directors to help address Club business.

The "First Vice-Commodore" is Michelle Lowry. She works with the Canoe/Kayak side of the club and she has been very helpful in mapping out the Canoe Kayak programming and pricing, as well as summer camps among many other duties behind the scenes.

The "Second Vice-Commodore" is Mark Swan. He has been working on dragon boat pricing for the 2023-2024 season.

The Secretary is Barb Perry, a dragon boater.

The Treasurer is Collin Bell, a dragon boater. His duties will include maintaining the club's financial records; money coming in, money going out, including payroll.

The Registrar is Marilyn Abbs, from para-canoe/kayak and para-dragon boat. Marilyn wears many hats at SNCC including Volunteers Coordinator, especially Bingo Volunteers.

Quick promo for volunteering at Bingo: it's an easy 2.5 hours of your time to help the club earn \$1000. If there are enough volunteers, you might have one shift a year! Contact Marilyn for more details.

The following Board Members are directors at large:

Carolyn Swan Anne Marie Ciancio Linda Bell
Marie-Jeanne Monette Joanne Feekery

That is your current Board of Directors at SNCC. There is a lot of work to ensure the club runs smoothly and that our athletes have the support and equipment needed to excel. Some work doesn't happen at the Board level and we are appreciative of the many volunteers who are "unsung heroes". Thank you for being part of SNCC!

Looking forward to a great 2024 and beyond!



photo Gwen Vernon



top left: Kathleen Reardon steering Canal Dragons in Hamilton Regatta in 2022.

Kathleen began kayaking with Masters (in 2018)

below: Kathleen is paddling dragon boat, third seat on the left. Sally Rennick is drumming and Evan Landry steering.



photo Joan Crawford



photo Anthony Gallaccio

January 2024 has been a great month for Canoe Kayak. Öztürk Kuru has joined SNCC and has made a wonderful fresh start to the year and our club. Canoe and Kayakers of all ages have been seen working out at the WIFC, Crunch, Centennial High School as well as going on runs. You may also spot Liz Lennie occasionally, she is a paddling colleague of Ozie's who has offered to come to Niagara occasionally to volunteer her time and assist in Ozturk's transition to Canada.

This month SNCC made CKO sprint news with Austin Pigeon being named to the 2024 Ontario High Performance Sport Initiative and Kathleen Lowry being named to the U14 Academy team. Evan Landry was recognized by CKC Coaches Recognition award, we wish him well in his future endeavors!

In other SNCC news, we are currently working towards offering a new programme this spring. Well-AND Paddle- kayaking for individual's with physical and intellectual impairments. More news to come in the near future!

Looking forward to seeing everyone coming out on February 9th for fun and trivia in support of SNCC.

... and from the crew ...

Öztürk is knowledgable, organized, observant, calm, respectful, encouraging and patient. SNCC is very lucky to have him coaching at our club!

Marie-Jeanne Monnette

There has been a renewed enthusiasm for winter training among many of our paddlers under the strong leadership of Coach Öztürk Kuru. Coach Ozie has developed a diversified programme designed to promote total fitness while keeping in mind the specific needs of paddlers from teens to seniors. Especially appreciated by the athletes are Ozie's tips on how to properly carry out specific exercises for the intended benefit so his extensive training as a sports scientist is shining through.

Alan Wright

Coach Öztürk pushes me to excel, makes things fun and helps me work through injuries in a safe way. He ensures I am warming up and cooling down to limit injuries. I am very happy to have a coach who pushes me in the way he does.

Sarah Lowry



photos
Michelle Lowry





Coach's Corner

Canoe/Kayak

submitted by Coach Öztürk Kuru



photo from Öztürk's Instagram posts

It has been a quick start to January's winter training under Coach Öztürk. Paddlers have been focusing on the areas of weight training, tabata(HIIT), and cardio with scientific data driving the training.

Below, Coach Öztürk explains the programming in depth.

I created nine weekly training periods for the athletes by making a quick start to the winter training. In order to measure the level of the athletes for weight training, I performed one repetition maximum weight tests on the main movements. Accordingly, in our weight training, which constitutes five periods per week, the athletes perform weight training by calculating over the given percentage values.

Two training periods per week are realized as running or row erg and the maximum pulse rates of the athletes were calculated for these practices to improve the aerobic capacity of the athletes and the athletes are provided to work in the appropriate pulse range.

One of the other two periods is the station or tabata training that takes place in the HIIT system and we do in the school gym and the game where we spend one hour of fun time on it, and the other is our paddling tank training where we work for both the technical development and aerobic development of the athletes.

For athletes who are injured or have some posture disorders, I recommend a special training program and special exercises that should be applied for home treatment purposes.

In addition, all the planning has been made for the master Canoe/Kayak team and technical analysis have been made in the paddling tank training and mistakes have started to be corrected. For gym workouts, it is monitored whether the exercises are done correctly and the mistakes are corrected quickly. Similarly, pulse checks are made in row erg trainings and it is ensured that they train according to the pulse.



photo from Michelle Lowry

For the dragon boat team, I help organize the weight station training and make sure they are performing the exercises correctly.

In addition to all this, my former teammate and longtime friend Lizzie Bates has volunteered to be an assistant coach at our club and attends our training sessions every Saturday.

I am very, very happy to be here, to work with SNCC, which is a completely big and sincere family, and to be able to transfer everything I know about sports sciences and Canoe Kayak and to be able to train professionally with scientific data.



January has been busy with both Dragon Boat and Canoe/Kayak in full swing of their winter training sessions.

photo from Kathleen Reardon

Coach's Corner

Dragon Boat

submitted by Coach Brenda Arndt

Winter Training is well under way, and I am thrilled to be coaching Canal Dragons, along with Jan Corbett in the world class Welland International Flatwater Center. Winter training 2023/24 has been designed for all levels, whether you are training for Performance, Development or Recreation.



photo Brenda Arndt

There is no better time to work on your stroke technique and to build your fitness and strength than the off season to be READY READY to hit the water in May. If you haven't already signed up, I encourage you to register. The program runs December through March and SNCC will prorate your fees for a late start. We run four 90-minute sessions per week, allowing our athletes to choose to train 1, 2 or 3 times a week. We have welcomed Öztürk Kuru, SNCC's new Coach, to join us in the gym on Mondays and Saturdays, bringing additional personal fitness training expertise to our sessions.

We have designed testing to select the Performance crews, including the PD2 crew that will represent SNCC and Canada at the Club Crew World Championships in September 2024. Beginners and seasoned paddlers are proving their commitment to be the best they can be on the water. I am proud of the commitment and hard work our athletes are demonstrating and am looking forward to seeing the results throughout the 2024 on water season.

With the introduction of a management team, we plan to gather the crews together to choose all the 2024 races by the end of March for all the Canal Dragon crews, including Performance, Development, Recreational, Breast Cancer Survivor, Cancer Survivor, Special Needs and Paradrasons. Stay tuned for information from Margaret & Remo Battista.

Many athletes have completed their benchmarking and are preparing for testing late February/early March. Jan and I will announce the PD2 CCWC crew by the end of February, and the first ever Canal Dragons Performance Crew by mid-March. Based on preliminary efforts, winter training attendance, stroke technique and results of the benchmarking that has been taking place over the last three weeks, we anticipate an outstanding on water 2024!



photo Brenda Arndt

... and from a few of the crew ...

Winter training is a great way to improve our skills and fitness and to keep in touch with our teammates. It is great to have some paddling practice in the tank to learn new strokes and work on timing so that we might have an advantage on the water in the spring.

Barb Gahn

Winter Training in the gym with SNCC coaches will improve your general fitness level and you will also improve your paddling skills by training in the indoor tank, one of the few in Ontario. The coaches are committed to helping you achieve both personal and team goals. Your level of commitment to training 1-3 times weekly will influence the outcomes. The group training also provides support and encouragement to help you.

Linda Emslie

I find winter training a great way to stay fit, work on my technique & connect with others in a supportive environment. I like that everyone can train according to their own pace and ability but still work as a team. I really appreciate the constructive feedback and encouragement from the coaches- it's great to get individualized corrections in a way that helps you improve and not feel centered out. Such a great facility too!

Lisa



photos from Brenda Arndt

What's going on at SNCC - business, fundraising, planning, etc.

**It's one for all and all for one.
Supporting each other makes us a better club.**

Bring your knowledge and your besties. Come join in the fun of Trivia Night.



5 fun rounds of General Trivia. Prizes for top 3 teams.

Friday, February 9, 2024

Royal Canadian Legion, Welland Branch, 383 Morningstar Ave.

Doors open 6pm, Trivia starts at 7pm

\$25/ticket or \$175 for a table of 8 players

Each table receives a pizza tray. Drinks are available at the bar.

There will also be a Penny Sale and a 50-50 Raffle.

Tickets available at SNCC.ca



1st Annual Welland Hope Floats Challenge Dragon Boat Festival at WIFC - Anthony Gallaccio

Hope Floats Challenge 2024

submitted by Brenda Arndt, Hope Floats Challenge Committee Chair

The Hope Floats Challenge Committee is ramping up to organize for the 2nd Annual Hope Floats Challenge, August 9 – 11, 2024. The latest committee meeting was on January 30, 6:30 – 8:30 pm on zoom.

Thanks to the hard work of the 2023 Hope Floats Challenge Committee and all the volunteers, the 2023 Canal Dragons fundraiser raised \$17K for Canal Dragons and \$10K for Wellspring Niagara. \$5K has been allocated for seed costs for the 2024 event.

The Hope Floats Challenge paid for Canal Dragons racing in the 1st Annual HF challenge and supplemented Canal Dragons Winter Training 2024.

With an unexpected, last minute 80% increase in WIFC rental fees, winter training needed an influx of money, and the Hope Floats Challenge allocated up to \$6k to offset the costs by reducing fees by 25% for all Canal Dragons Winter Training registrants. This reduction in fees will continue throughout the Winter Training season.

To ensure there is enough funding for Winter Training and money to allocate to the equipment wish list, additional spending of the final \$6k is being held off until final costs for Winter Training are submitted.

Equipment that is on the wish list include our own Paddle Erg and a small Dragon Boat. But a wish list is just a wish list until the hard work is done!

We need volunteers for set up and tear down Friday, Saturday and Sunday, to run the Merchandise booths, Dragon's Den, morning coffee booth, dock hands, flower ceremony, volunteer paddlers for the steering course on Sunday and random crews on Saturday, find race sponsors and more!

If you are interested in joining this committee or putting your name on the volunteer list for the event day, please email canaldragons@sncc.ca

Celebrating 100 Years of Olympic Canoe Racing in Paris in 2024

by Alan Wright

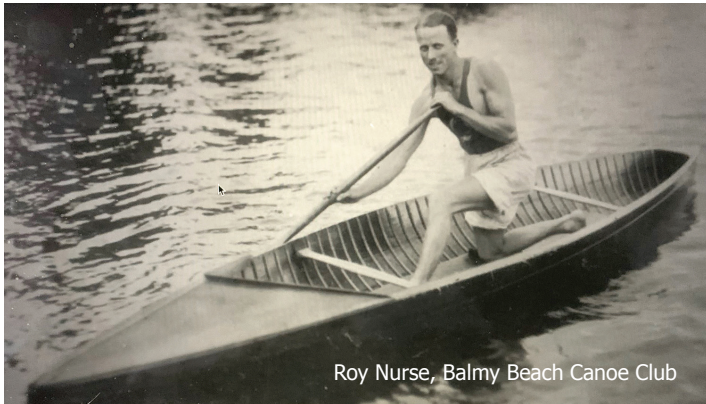
Four of Canada's champion paddlers, dressed in their finest suits, posed with the Vice-Commodore of the Canadian Canoe Association on the deck of the steamer that would take them to compete in the Paris Olympics in the summer of 1924. That Games marked the first time that canoeing would appear on the program among the 17 sports for which the precious medals were contested. In fact, canoeing was only a demonstration sport 100 years ago, and the small paddling delegations from Canada and the USA dominated the medal count.

Canada's four paddlers all competed in multiple events — singles, tandems, and fours in the single blade canoeing events, as well as in singles, tandems, and fours in the double blade events at a time preceding the introduction of the sleek kayaks. Among the Canadians was Sandy Lindsay. The highly regarded Mr. Lindsay was our family's immediate neighbour when I was growing up in Lachine, Quebec. I was too little to appreciate Sandy's many accomplishments, but my older brothers were dazzled when the then-retired athlete invited them next door to see his medals and trophies.



photo: Harry C. Greenshields Collection, Canadian Canoe Association Archives

Members of the Canadian Demonstration Canoeing Team on board the steamer *Montreal* prior to leaving for the 1924 Olympics at Paris, France. Left to right: Harry C. Greenshields (Longueuil Boating Club), Alexander "Sandy" Lindsay (Lachine Racing Canoe Club), Andrew Marnell (ViceCommodore, Canadian Canoe Association), Roy Nurse (Balmy Beach Canoe Club), George Duncan (Parkdale Canoe Club).

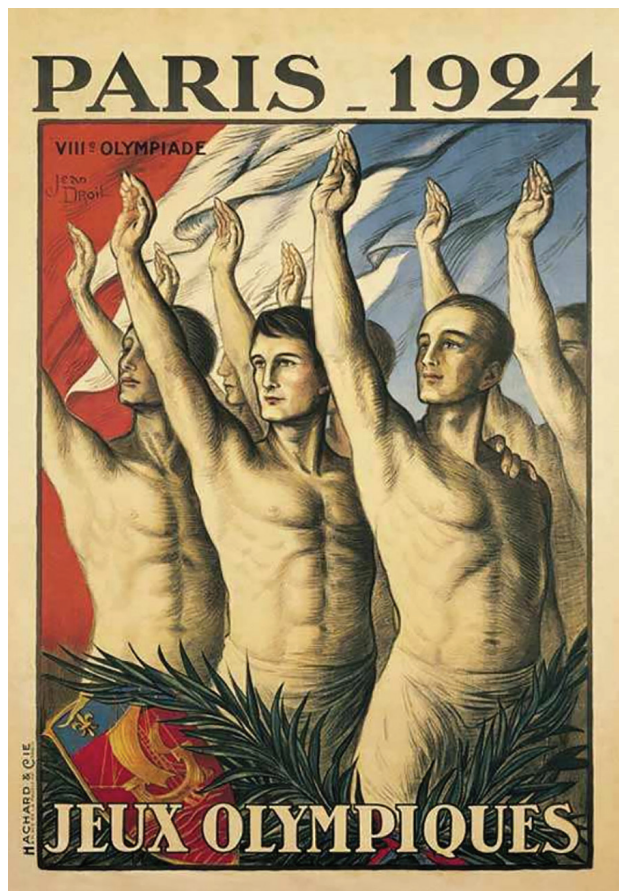


Roy Nurse, Balmy Beach Canoe Club

Roy Nurse of Balmy Beach Canoe Club in Ontario was an outstanding member of our original Canadian Olympic paddling team, and the fascinating BBCC archives trace Mr. Nurse's numerous Canadian championships in singles, tandems, fours, and War Canoes.

It can be argued that Canada was instrumental, even central, in introducing flatwater sprint racing to the world. A century later, with 171 countries in the International Canoe Federation, many elite paddlers from our country will have stiff competition simply to qualify an Olympic crew for certain of the ten events on the Paris canoe-kayak program. But the Canadian flag will fly August 6-10 at the paddling venue near Paris, and our top paddlers aim, of that there is no doubt, to bring home some hard-earned medals.

The success of the crew doesn't depend on you entirely, yet you must be willing to do your share to contribute your 100% to the team's success.



Ambitious goals make for outstanding achievements.

Dragon Boat Drumming Course

submitted by Joan Crawford

WED. JAN. 20 WELLAND COMMUNITY CENTRE

Scott Murray held an afternoon course for Dragon Boat Drumming for interested members of SNCC. Commodore Kathleen Reardon and Dragon Boat Coaches Brenda Arndt and Jan Corbett were in attendance, along with seven Canal Dragons.

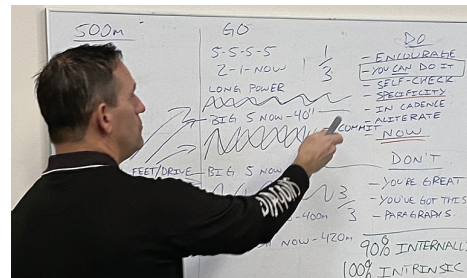
The focus of the afternoon was to better understand the role of drummer and to place more value on the position.

Scott came with videos to review which meant we could mimic the action of the drummers of merit. He explained how the drummers in international races are integral pieces of each boat. The behaviours of a drummer from China are very different than that of Canadian. We considered posture, timing, as well as the responsibilities of the drummer, both tactical and technical.

The Welland Library may have been a tad disturbed by us hitting all the drums . . . at once!



photos Joan Crawford



Through funds from the Grow Grant, Founder, Owner and Operator of Alkame Dragon Boat Services Scott Murray, was hired to provide an afternoon drumming course for SNCC at the Welland Community Centre.

When there is space left over in "The Catch", we'd like to include some photos and thoughts from members about what they feel makes our club unique. Here's the first one from Joan . . .



We get to play in different boats together.

We can ALL play, in ALL different kinds of boats, with ALL different people, ALL summer long, in a glorious waterway.

What we ALL have in common - the love of water and how it ties us together!

Let's ALL protect that, with ALL we've got!"



I savour Friday nights in the summer. All the paddlers AND volunteers are so joyous!



South Niagara Canoe Club

NIAGARA'S DESTINATION FOR PADDLING SPORTS

Welland International Flatwater Centre, 16 Townline Tunnel Rd., Welland, ON info@snc.ca SNCC.ca

South Niagara Canoe Club (SNCC) is a board directed, not-for-profit, incorporated amateur sports organization founded in 2008. SNCC Board of Directors are volunteers and serve without remuneration. If you would like to join the Board of Directors, please download and complete the form from our website.

EXECUTIVE OFFICERS | SERVING SINCE

COMMODORE - Kathleen Reardon | January 2023
VICE-COMMODORE CANOE KAYAK - Michelle Lowry | January 2023
VICE-COMMODORE DRAGON BOAT - Mark Swan | March 2020
TREASURER - Collin Bell | January 2024
SECRETARY - Barb Perry | September 2023
REGISTRAR - Marilyn Abbs | February 2023

DIRECTORS AT LARGE | SERVING SINCE

Carolyn Swan | November 2018
Marie-Jeanne Monette | April 2023
Anne-Marie Ciancio | September 2023
Jo Feekery | September 2023
Linda Bell | November 2023

At the time of release this Newsletter has been produced with information provided by the sources.

COMMITTEE CHAIRS

Brenda Arndt - Hope Floats Challenge Committee
Carolyn Swan - Social Committee

Kathleen Reardon - Club-wide Fundraising Committee
Marilyn Abbs - Volunteer Committee

SAFETY OFFICER
Glenna Landry