

# THE CATCH



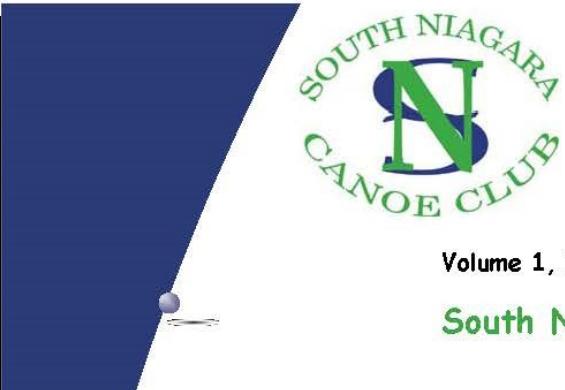
South Niagara Canoe Club Newsletter Volume 10 Issue 1

February 2020

## Ten years of The Catch!

A huge thank you to Sally Rennick who was creator and editor of the early editions of The Catch. Her hard work in the beginning forms the basis of today's version of The Catch. She continues to contribute pictures to this day. Thank you, Sally!

Thank you also to all those who have contributed to The Catch with pictures, articles, and article ideas. This newsletter would not be as relevant to the SNCC community without your input. Finally, thank you to those that read The Catch and provide feedback. Your comments help ensure that The Catch keeps you informed in a thorough and relaxed manner. Enjoy some blasts from the past.



## The Catch

Volume 1, Issue 1

March 5, 2011

South Niagara Canoe Club's Newsletter

### This club is OUR club, Get Involved

The Board of SNCC is in the process of reviewing and finalizing the incorporation document. It has been a long winter working on this, but progress is at hand. As part of this, we are setting up the formal structure and guidelines of the club that will help us to move forward and grow.

Part of this involves setting up Standing Committees. These are small committees of SNCC members that will meet regularly on a particular area. The first one that we would like to get started immediately is FUNDRAISING.

We need the assis-

tance of 5-8 members of SNCC who would like to join the fundraising standing committee. Sally Rennick, treasurer, will be chairing this committee to get things started. We will have other standing committees as well starting soon. Please contact Sally at [salamander@cogeco.ca](mailto:salamander@cogeco.ca).

Volunteering has always been encouraged at SNCC.



**THE CATCH**  
shares news about  
SNCC and its  
members so you can  
**stay connected**  
with SNCC and its  
members.

## Paddles Up-Sport Nutrition



We are very happy to offer a new monthly feature called Paddles Up, written by

Brian Roy (our

commodore and one of the DB coaches). Brian holds a PhD in exercise physiology specializing in sport nutrition and muscle metabolism. This month's article is on sport nutrition.

Having enough energy to train and race at an elite level requires a diet that contains a variety of macronutrients (carbohydrates, proteins, fat) and micronutrients (vitamins and minerals). Generally, athletes and members of the general public should strive for 60% of total calories from carbohydrates, less than 30% of total calories from fats and protein should be 15-20% of total calories.

Carbohydrates are needed to increase the stores of glycogen, the energy for muscles. Carbohydrates include fruits, vegetables, breads, cereals, grains, and pasta. Ideally, these breads cereals and pastas should be whole grain.

Fats can be divided into good fat and bad fat. Paddlers want only good fat. Good fats are monounsaturated and polyunsaturated fats found in canola oil, olive oil, peanut oil, nuts, seeds, corn, sunflower, safflower, and cold water fish (ie. Atlantic salmon).

Bad fats are trans fats and saturated fats. These include animal fats (from meat), palm oils and coconuts. Processed foods include bad fats. Chips, deep fried foods and chocolate bars should be avoided.

You will want to choose leaner cuts of meat and lower fat dairy products. Protein plays an important role in muscle growth, repair and maintenance. The typical rule of thumb of how much pro-

tein athletes need to eat on a daily basis is 1.5 gram of protein for every kg of body weight. Good sources of protein include fish, lean meats, eggs, low fat dairy products, peanut butter, lean cheeses and yogurts, tofu and legumes.

Water and other fluids play a vital role in energy levels and hydration. Any amount of dehydration can impact a paddler's performance in training and racing. Water is typically the best form of hydration. If you are exercising in very hot weather, then some quality sports drinks containing potassium and sodium and small amounts of carbohydrates may be required. Typical water consumption is 400-600 mL 1-2 hours before exercise, 150-350 mL every 15 mins during exercise and 450-675 mL after exercise. Best test is to look at the colour of your urine—if it is clear you are drinking enough, if it is not, drink up!! A caution about sports drinks, as some contain a large number of calories which aren't needed in many circumstances. Look for new "lower-cal" versions of sports drinks which are now available.

Do you know what to eat the week leading up to a big race? A general rule is don't try anything that you don't normally eat. Now is not the time to find out that your tummy or bowels do not like this something new. Stick to a well balanced diet of carbohydrates, proteins and fats, and a diet that contains adequate amounts of fiber.

The night before the big event—NO need for "carbo loading", especially for a sport like sprint canoe/kayak. Instead have a well balanced meal, and avoid high fat foods like French fries and hamburgers!

The morning of the big event—try to have breakfast 2-4 hours before you start racing—your meal

should be high in carbohydrates, moderate in protein and low in slower to digest fats. The idea is not to get hungry before or during your event, bring snacks, large meals are not needed and will slow digestion. You want nutritious snacks that will provide you with energy throughout the day—bananas, yogurt, peanut butter or lean ham sandwich, sports bars or cereal bars. High sugar foods lead to a spike in blood sugar followed by a significant drop and loss of energy—these should be avoided. High fat foods, like potato chips, should also be avoided, as they are slow to digest and provide very little nutritional value.

Remember that you want to eat and rehydrate as soon as possible after your event, knowing that this may be your pre-race snack for the next event as well.

Research has shown that to optimize the effects of your training, proper nutritional intake is critical after each training session. A great choice after a training session is low-fat milk. It contains high quality proteins and carbohydrates, and is also high in electrolytes which help with re-hydration. Chocolate milk is also a great choice, but be aware that it contains a much higher amount of calories than low-fat white milk! Try low-fat milk on ice, it keeps it cold and is a nice treat on hot summer days after a training session! Just note that some people prefer soy and rice milk, which contain carbohydrates and proteins also, but research has shown that they are not nearly as effective as cow's milk.



# SNCC Hope Floats BCS (Breast Cancer Survivor) Dragon Boat Crew

Article and photographs provided by Brenda Arndt.

Breast Cancer Survivor is an official division with Dragon Boat Canada and the International Dragon Boat Federation. The governing body is IBCPC (International Breast Cancer Paddling Commission). Once every 4 years the IBCPC grant a member-crew the opportunity to host the IBCPC Participatory Dragon Boat Festival. In April 2022, over 4,000 Breast Cancer Survivor Paddlers will gather in New Zealand. South Niagara Canoe Club's BCS crew Hope Floats intends to be there. In 2026 we hope to bring the festival to SNCC.

Coached by Sally Rennick since 2012, our mandate is to share the benefits of exercise and team sports with Cancer Survivors through Dragon Boat. Hope Floats members, regardless of their age, gender or fitness levels, are empowered to participate in any program at SNCC that suit their personal commitment levels and goals. Currently, with over 30 breast cancer survivors at SNCC, most are members of Canal Dragons and a few of our Hope Floats crew members train with both Canal Dragons and The Warlocks.

Hope Floats, in partnership with Wellspring Niagara is holding their first annual Breast Cancer Survivor and Cancer Survivor/Supporter Dragon Boat Festival on August 29th ,2020. This unique dragon boat festival includes all cancer survivors and supporters and Special Needs paddlers. All proceeds will be split evenly between Wellspring Niagara and Hope Floats Dragon Boat crew to help send the crew to New Zealand in 2022.



Hope Floats at Stratford, 2019



2022-IBCPC PARTICIPATORY  
**DRAGON BOAT FESTIVAL**  
LAKE KARAPIRO / NEW ZEALAND

March 28-April 3, 2022

We welcome all SNCC members to participate in this ground-breaking event. If all our dragon boaters come together our club has the potential of having five crews racing (1 BCS, 2 Mixed Cancer Survivor and Supporter, 2 Special Needs). Of course, as with any festival, volunteers will be greatly appreciated. Sponsorship opportunities are available.

Hope floats is currently recruiting and fundraising to participate in the 2022 IBCPC Festival. We invite all members to join us in our fundraising efforts by attending and/or volunteering at our events. Fundraisers in 2020 include a special Oh Canada Eh

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presentation of “Hitz of the 80’s All Night Long” on Friday April 3rd, clothing drives in May and November, the Hope Floats Challenge on August 29th and a Burger N Beer in October. For more information see our fundraising page here: [www.southniagaracanooclub.ca/Hope-Floats-Fundraising/](http://www.southniagaracanooclub.ca/Hope-Floats-Fundraising/)

The criteria for joining the Hope Floats crew are being a Breast Cancer Survivor and a member of SNCC. Please email [hopefloats@southniagaracanooclub.ca](mailto:hopefloats@southniagaracanooclub.ca) if you would like your name added to our crew list.

Thank you, South Niagara Canoe Club, for all that you do to inspire paddlers everywhere!

#### Hope Floats Breast Cancer Survivor Dragon Boat Crew

*Pictures of Hope Floats with members from Buffalo’s Hope Chest at the Florence, Italy IBCPC festival in 2018. They teamed up to form Wonder Woman’s Warriors.*



*Left, the emotionally powerful breast cancer carnation ceremony. Above, Wonder Woman’s Warriors pull into the lead. Below, the Wonder Woman’s Warriors team photo.*



# Welland Warlocks



## Update on Warlocks Winter Program

In December and January, Warlocks hosted two full-day training camps for our winter program participants. Forty or so paddlers spent the day doing circuit training, perfecting paddling technique in the tank and stretching in yoga sessions. The camps included video review of paddlers in the tank. Thanks to Kathy and Doug for their encouragement in helping us to reach our potential. A special thanks to Tammy Jeffery- Larder for her leadership during the yoga stretches and to Steve for his time in videotaping our sessions in the tank, forwarding these videos to us on Team Snap.



# Winter Program at WIFC

Right; Hard at work  
in circuit training  
Below; Doug's  
video review, in  
synch in the tank.





Tammy leading a yoga stretching session.

## KAB Christmas Brunch in December

Thanks to KAB for inviting Warlocks to their annual Christmas Brunch at the Royal Hamilton Yacht Club. At right, Liz Psutka, Kathy Levy, Donna Reise - organizers of KAB Christmas Brunch.

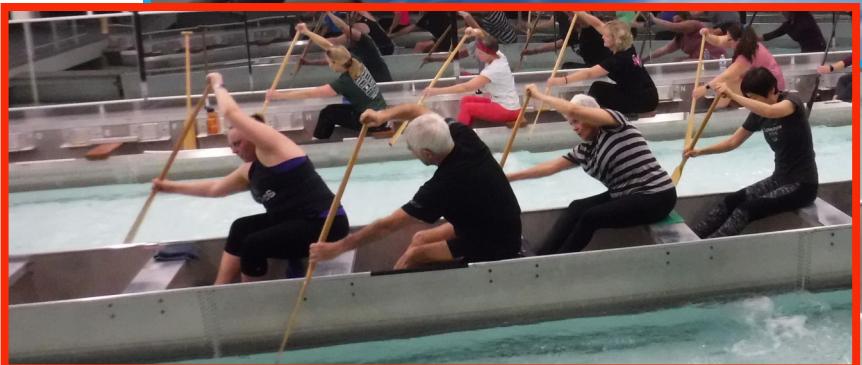
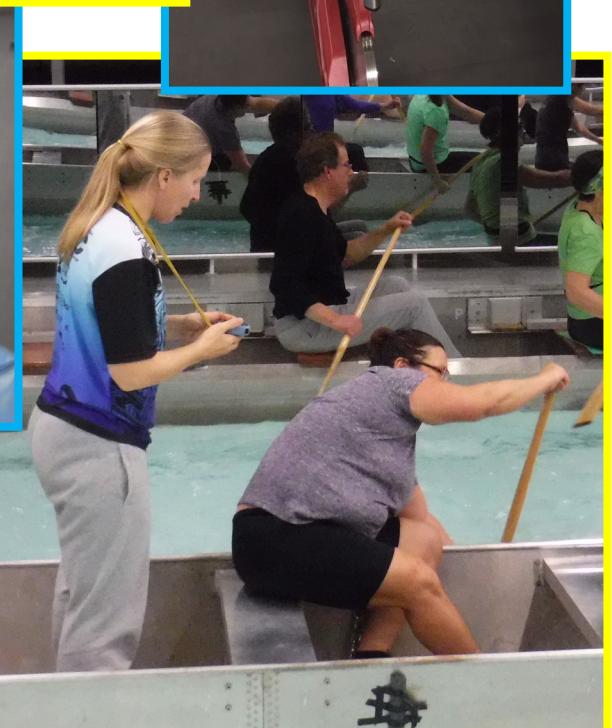
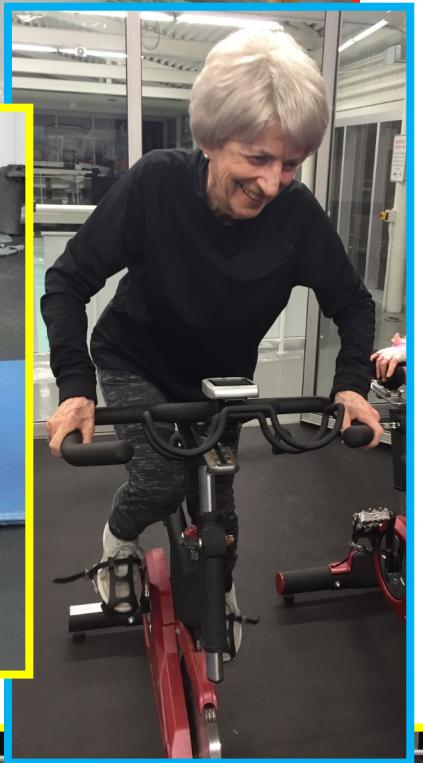




## Recreational Dragon Boat Winter Training



*Pictures by Sally Rennick and Kathleen Reardon.*



More Rec DB Winter Training pictures.  
Great work ladies!



*Pictures by Kathleen Reardon.*

The Canoe/Kayak group is training so hard  
that they don't have time to take pictures. 😊

## News from your Board of Directors

**ANNUAL GENERAL MEETING (AGM):** Save the date! March 26, 2020 at 7:00pm in the Community Room of Welland Civic Centre, 60 East Main Street, Welland. More details to follow.

**BUDGET 2020:** To be presented to the membership at the AGM.

**SNCC's MISSION STATEMENT, VISION STATEMENT, AND CORE VALUES:** Thank you to those who responded to the on-line poll about these statements and provided their feedback. These statements will be formally presented to the membership at the AGM.

**CANADA SUMMER JOBS:** The Board will submit a grant for Canada Summer Jobs and we hope for continued success in obtaining funds and hiring help for the club.

**JOIN THE BOARD:** Interested club members can apply and be voted in at the AGM in March. Meetings are once a month. Speak to any Board member for more details about what's involved.

## Upcoming Events



**SNCC Board Meeting:** February 13, 2020 from 6:30-8:30pm. Welland Civic Centre.

**Next issue: March 2020**

Pictures and story ideas for **The Catch**  
can be emailed to Kathleen:  
[kat\\_reardon@hotmail.com](mailto:kat_reardon@hotmail.com)



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