

# THE CATCH



South Niagara Canoe Club Newsletter Volume 11 Issue 6

July 2021



## The 2021 Paddling Season *is here!!!*

We are so happy to be out on the water in our many different programs: Canoe Kayak, Canoe Kids Camp, and dragon boat. Have fun on the water!

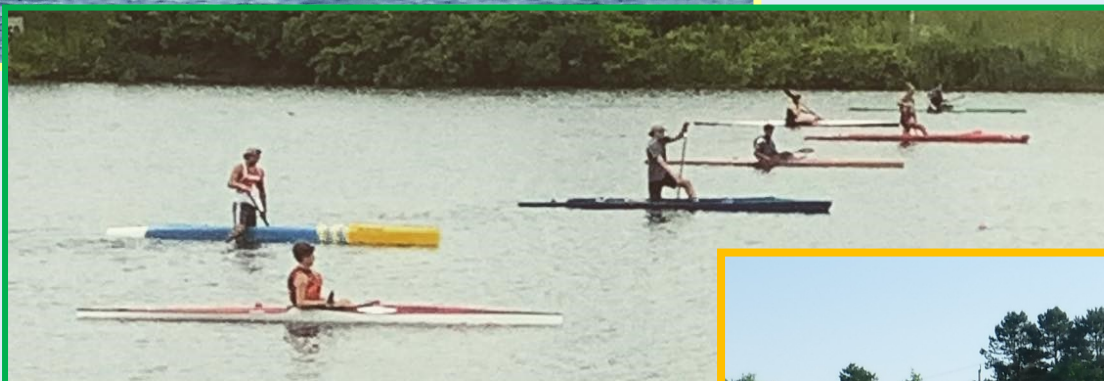
*Para-athlete Shelley*



*Para-athlete Marilyn*



*Para-athlete Lindsay*



*High Performance athletes from the SNCC Facebook page.*

**#GoSNCCGo**



*Masters Kathleen B. and Colleen*

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

# Statement from Canoe Kayak Canada and the Indigenous Advisory Council

Posted June 2, 2021 on the Canoe Kayak Canada website.

The discovery of the 215 Indigenous children in the undocumented burial site at the Residential School in Kamloops, BC is a horrific reminder of the past and present injustices inflicted on Indigenous peoples by colonial institutions and governments in Canada.

The Canoe Kayak Canada (CKC) Indigenous Advisory Council (IAC) would like to extend our sincerest condolences to the family and communities impacted by these events and it is our hope that these burial grounds may one day become a place of peace and closure for the families of these lost children.

These events once again point out that the road to reconciliation is difficult, but these are the events that have shaped and continue to shape the relationships between the settler population and Indigenous peoples in Canada and across Turtle Island.

The IAC is committed to inclusion, reconciliation and ensuring all Indigenous youth can grow and develop in relation to the land through culturally relevant outdoor recreation and sports.

We acknowledge that only through reconciliation can we ensure a better opportunity for every child to reach their dreams in honour of those who never had that opportunity. The IAC is committed to the children that never made it home through our continued advocacy for the current and future generations of Indigenous youth.

We ask our Provincial and Territorial Sport Organizations, paddling clubs and leadership to speak to your communities and access the resources linked below.

CKC's Indigenous Advisory Council have been working on a plan of action to help educate and commemorate our Indigenous Peoples of Canada – announcement is forthcoming.

## Information and Support

Truth and Reconciliation  
Commission of Canada

[www.trc.ca](http://www.trc.ca)

The National Indian  
Residential School Crisis Line  
1-866 925-4419



From the Canoe Kayak Canada Facebook page, Posted June 21, 2021

Long before Canada existed, paddling has held a unique, cultural, spiritual, and sporting role in the lives of Indigenous peoples across Turtle Island, (AKA North America).

Paddling was and still is a way of life within Indigenous communities across Canada. Today on Indigenous Peoples Day we acknowledge the history of the sport while recognizing that we must commit to walking the path of reconciliation in a way that reflects the richness of the connection between paddling and Indigenous peoples on Turtle Island, and the damage that is done when this connection is erased.

In the coming days, CKC and the Indigenous Advisory Council will be releasing—"Starting Conversations: Paddling, Indigenous Peoples, and Reconciliation," a framework to spark conversations across Canada to begin the important process of moving from awareness to action within our organization and the wider community.

# Introducing Coach Marilyn

This month, meet Coach Marilyn of the Learn to Paddle Dragon Boat program. Thank you for answering a few questions for the Catch.

## How did you get involved with dragon boat?

I have been involved in organized sports since I was 12 years old. I began an 8 year journey with rowing in Grade 9 and have always loved water sports. About 6 years ago there was an ad at Wellspring Niagara for the Dragon Boat Festival on Henley Island so I signed up. It was too soon after my surgeries and I sadly had to drop out of the races. This was something I had never had to do before - acknowledge I couldn't do a sport! Luckily, tenacious is my middle name lol! Fast forward a couple years and my family suggested I try dragon boating again - what a great idea I said. I saw another ad for the Wonder Woman's Warriors garage sale and set out to find it. I didn't find it [the garage sale] but I did connect with Brenda Arndt, who catapulted me into coming out. I knew after the first night that i wasn't just doing the 'try 3 for free' - I had found another sport that I loved...even though I could hardly move the next day! And so it began.



*Coach Marilyn racing with Wonder Women's Warriors in Italy, 2018.*

## How did you get involved in coaching dragon boat?

Brenda asked me to consider getting my coaching certification. I had started steering that year, painful memories with that adventure! Both of these activities allowed me the opportunity to learn the sport from a different perspective which I felt could only augment my dragon boating skills. I taught nursing education for about 10 years and can fully appreciate how much more you need to know in order to transfer knowledge. I look forward to applying what I have learned.



*Coach Marilyn with Brenda racing with Wonder Women's Warriors in Italy, 2018.*

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

I would have to say it was winning our division at the IBCPC in Florence, Italy. It felt like we had won the Olympics! Tears of joy were instantaneous. What i learned from that experience is to never give up. We had a bad start in our first race, a sloppy finish in another and still had to conquer that middle piece of the race which is the hardest to hunker down and give it your all. Talking to each and every member of the crew before our final race, chunking it down into manageable sections, counting if that helped, making each stroke be for all those who helped us get there and all those who could not be part of that incredible festival, remembering everything Sally had taught us. We ALL pulled together as a crew in that final race and accomplished a feat we never thought possible!

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

I haven't really had the opportunity to coach yet. I did help with the Public Health crews who came out one night to learn and team build. I had one boat that I was steerswoman for and augmented what Brenda had taught them before we headed out. It was daunting to steer and talk sense I can tell you, something I still have to master. It gave me even more respect for my coaches than I already had - they make it seem so easy.

**How long have you been with SNCC?**

I have been with SNCC since July 2017.

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

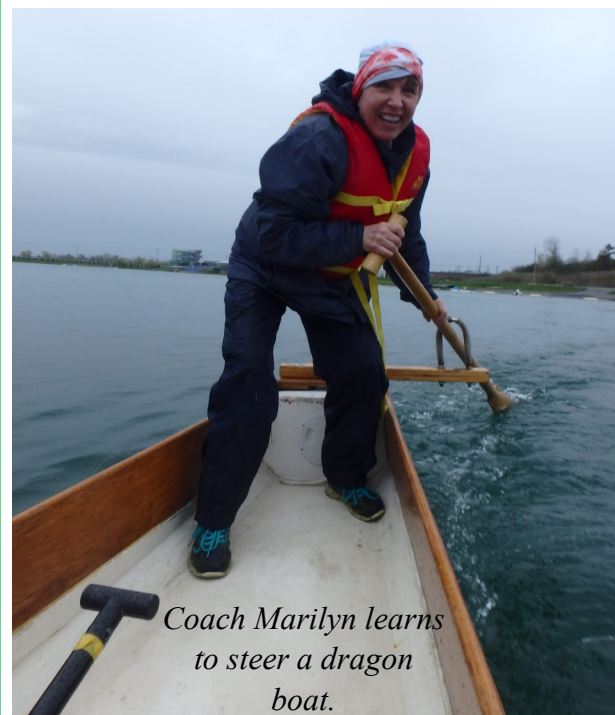
It is another family in my life and one that I am so proud and happy to be a part of. I have always cherished the camaraderie and commitment with team sports and SNCC is no exception. I think what I admire most is how diverse each member is and what each person brings to the club.



*Coach Marilyn in the paddle tank.*



*Coach Marilyn at a rainy practice.*



*Coach Marilyn learns to steer a dragon boat.*

**What do you hope to accomplish as a dragon boat coach at SNCC?**

I hope to apply what I have learned, gain confidence and skill. To do that, I will have to have compassion and patience with myself as this is not something one can learn overnight. It takes commitment and practice. I would love to coach a full crew and prepare them for race day.

**What else should the SNCC membership know about you?**

I love life, my family and friends. Our newest additions - my twin grandchildren, Emme and Rio, have enriched all of lives. I hope to retire sometime soon to enjoy more fully all of these things the world has to offer. My biggest dream is complete my sailing certification and buy a sailboat.



# Update from Dragon Boat Canada

Posted June 20, 2021 on the Dragon Boat Canada website.

## Dragon Boat is back and we missed you!

Though we may be at different stages on our return to dragon boat, we are finally on our way to getting back in boats with our friends and dragon boat families!

Dragon Boat Canada's Return to Dragon Boat Committee has developed a [comprehensive framework](#) to assist you in your decision making as we all get back into boats.

## Thank you to the Return to Dragon Boat Committee

DBC expresses its ongoing appreciation for the expertise of Dr. Eileen Estrabillo, Kathy Levy and Lindsay Wingham-Smith in guiding our community through these unprecedented times.

## Regular Updates

One thing we have all learned through COVID-19 is that nothing stays the same. These guidelines will be reviewed every 14 days and updated as required.

This framework is just that. A framework. How you as a club, festival, crew or individual choose to implement your return rests with you. Be sure to stay informed of local, provincial and federal requirements.

Be safe, and have a great time on the water!

## Status of Dragon boat in Canada

Overview by Province as of June 15, 2021



- Dragon boat practices not permitted
- No DBC sanctioned events



- Dragon boat practices may occur with prescribed safety modifications, including reduced numbers of athletes in the boat
- No DBC sanctioned events



- Dragon boat practices may occur without modifications that specifically impact the number of athletes in a boat
- DBC sanctioned events may occur, with or without public health measures as prescribed by local PHU



On June 14, 2021, the animated Google Doodle celebrated Dragon Boat Festival, an official public holiday in mainland China. This holiday has existed in various forms for thousands of years. It is a fun, boisterous time where people enjoy dragon boat races and eat bamboo-wrapped rice dumplings.



# Tokyo Olympics

July 23- August 8



## Canoe Sprint, August 2-7:

Canoe sprint takes place on a flatwater course, with multiple canoes taking off at once and racing each other to the finish. Originally known as 'flat water racing', canoe sprint was a demonstration sport in the Paris 1924 Games before it became part of the Olympic programme at Berlin 1936 with nine men's events over distances of 1,000m and 10,000m. The first women's event, kayak, took place at the London 1948 Games. Long-distance events including the 10,000m have not taken place since Rome 1960, with the longest distance now 1,000m.



In canoe sprint, two types of boats are used: canoe (C) and kayak (K). Canoe sees paddlers compete in a kneeling position using a single-blade paddle. In contrast, a kayak paddler competes in a sitting position using a double-bladed paddle. Kayak paddlers steer with their feet using a rudder, whereas there is no rudder in a canoe so athletes must use their paddle to steer. Contrary to rowing where boats race backwards, both canoes and kayaks move forwards.

The main attraction of canoe sprint is the dynamic and powerful start. Boats go from a still position and dash to top speed in seconds. The shortest distance race is 200m, with the men's kayak single finishing in about 30 seconds.

Canoe sprint and other flatwater events will be held at the [Sea Forest Waterway](#) in Tokyo.

## Canoe Slalom, July 25-30:

In canoe slalom, competitors navigate a canoe or a kayak on a white-water course, passing through a combination of upstream and downstream gates on river rapids in the fastest time possible. The course is about 250m long and contains a maximum of 25 gates, with six or eight upstream gates. The course is designed so that competitors will complete it in around 95 seconds. It is a dynamic sport that requires concentration, reflexes and technique as anything can happen in the rapid currents where athletes are required to make fast judgements and react instantly.



The first canoe slalom competition took place in Switzerland in 1933 as a summer alternative to slalom skiing. Canoe slalom made its Olympic debut as an introduction sport at the Munich 1972 Games, but it was a further 20 years before it returned to the Olympic Games in Barcelona 1992, where it took place on an artificial course. It is now a permanent part of the Olympic programme.

In the Tokyo 2020 Games, canoe slalom will be held at the [Kasai Canoe Slalom Centre](#) (near Tokyo Disneyland). For the first time, the event programme will include the women's canoe single, which will replace the men's canoe double held in Rio 2016. There will be a total of four events, the men's and women's kayak single and canoe single. Four canoe kayak slalom paddlers (two men and two women) have been nominated to represent Team Canada at the Tokyo Olympics.



# Tokyo Paralympics

August 24-September 5



## Canoe Sprint September 2-4:

Paralympic canoe is exactly like canoeing for able-bodied athletes, enabling those with physical impairments to enjoy the sport and compete at the highest level. Athletes with impairments to the lower body or trunk compete in an individual 200-metre sprint on a straight-line course. Para canoe was included in the Paralympic Games for the first time in Rio 2016.

The two main boats are the kayak and va'a boats (which means 'small boat' in the Polynesian language). Kayaks are propelled by a double-blade paddle, and va'a are outrigger canoes (about 2m longer than a kayak with a pontoon as a support float) propelled by a single-blade paddle. Each boat is adapted according to the functional abilities of its crew members. Athletes with any type of physical-motor impairment may participate in competitions.

Athletes competing in paracanoe are grouped into the following sport classes: KL1/VL1: Athletes have no or very limited trunk and function and no leg function. KL2/VL2: Athletes have partial trunk function and are able to sit upright in the kayak. They also have partial leg function and limited leg movement during paddling. KL3/VL3: Athletes have trunk function and partial leg function. Athletes are able to sit in the kayak with trunk in forward flexed position and able to use at least one leg or prosthesis

Paracanoe events will be at the Sea Forest Waterway.



*An example of a va'a boat.*



*Erica Scarff  
Members of the Canadian National Team, Paracanoe*



*Mike Trauner*



*Sea Forest Waterway in Tokyo*

# Recipe:

## Gluten-Free Vegan No-Bake Hemp and Chia Seed Bars



Thank you, Bernadette (Canal Dragons) for sharing this snack with SNCC. If you would like the recipe, click [here](#).

# July Birthdays

Marilyn Bellows  
Heather Cairnie  
Joan Crawford  
Audi Johnston  
Jamie Mereweather  
Carolyn Swan



# Learn to Paddle Out-Rigger Canoe

SNCC members can register for free OC-1 orientation sessions available from Thursday July 1st to Wednesday July 6th. Log in and check out available time slots on our website, SNCC.CA. Click [here](#) to book your spot.

Paddles UP everyone!  
Coaches Brenda & Joan



# SNCC is GROWING!

With the increasing inventory of boats, SNCC needs more space to store our new assets. SNCC and the City of Welland have come to an agreement and SNCC will grow from a compound of 4,225 square feet to 12,145 square feet as seen in the map provided. SNCC already has a new shipping container on site to house the new out-rigger canoes, and a new-to-us C-4 (canoe for 4 paddlers) and a K-4 (kayak for 4 paddlers). #GoSNCCGo



Next issue: August 2021

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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