

## The 2021 Paddling Season

This update is based on an email to the SNCC Membership on May 25, 2021.

**All Programming:** June 14 is now the tentative date for outdoor team sports participants to begin training.

This comes from [Ontario's Roadmap to Reopen](#). On June 14th, if health targets are met regionally and provincially, Step One of the province's re-opening plan will allow SNCC members to train in groups of 10 people while maintaining 3m physical distancing. Further updates from the Board will follow as the province progresses through its re-opening plan.

**Dragon boat:** On-land training and some on-water training will begin in groups of 10 people divided among those who attend practices. Six Outrigger Canoes (OC1's) are scheduled to be delivered to SNCC in early June. Once SNCC coaches are trained in their use, then members can be trained. The OC1's will be available to rent by members who have received training. Dragon boats will be put in the water as soon as SNCC may do so safely and legally.

**Canoe/Kayak:** On May 24, groups of five can paddle together recreationally, but no classes are allowed. Those registered for Canoe/Kayak programs will be contacted by their coaches to determine if they can begin paddling without a coach until June 14. These recreational paddlers can follow a practice plan developed by their coach. Unfortunately, paddlers new to canoe sprint may have to wait until June 14th to begin training. SNCC has purchased stable sit-on-top kayaks for the Canoe Kids Camp program. The Board of Directors will discuss the possibility of renting these stable kayaks to members. Please stay tuned.

Thank you for your patience, and keep staying safe!

Brenda Arndt

Commodore, South Niagara Canoe Club



*SNCC in 2019*

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

# A Message from the Head Coach at SNCC

Dear SNCC Members,

I'm happy to say that we've finally been able to open our doors! SNCC's high-performance canoe kayak group is back on the water and can't wait to start racing this summer for the first time since 2019. We have a plan to slowly open our Para and Masters kayaking groups for experienced paddlers this week, and our novice and new paddlers will be back on the water in the coming weeks. The board and coaches are continuing to work hard on making sure that all members will have an opportunity to paddle in a safe manner as we build our club back better than ever.

We want to thank all our members for being so patient and cannot wait to see and coach so many familiar faces this coming paddling season.

GO SNCC GO!!!

KC Fraser  
Head Coach of SNCC



## FUNDRAISER FOR SOUTH NIAGARA CANOE CLUB



On May 29, SNCC held a Bingo fundraiser via ZOOM. It raised \$920 for the club. Thank you to all who donated prizes and who played. Congratulations to the winners!

### Game 1

Cathy Harper  
Anne Marotta  
Gwen Vernon, tied with  
Natalie



### Game 2

Penny Flanagan-Quirion  
Claire Caron  
Lorraine Molloy



### Game 3

Anne Marie Ciacio, tied  
with Ann Reid  
Heidi Harper  
Geri Sisson



# Introducing Coach Brenda

This month, Brenda, Dragon Boat Coach and Commodore of SNCC, answers a few questions for the Catch.

- **How did you get involved in dragon boat?**

- In 2006, having never been in a dragon boat, I was asked to paddle on the Wellspring Niagara crew in the St. Catharines Dragon Boat Festival. I loved it and was delighted to paddle with them once a year. A Breast Cancer Survivor dragon boat crew started up in the Niagara Region in 2008. They were paddling at South Niagara Canoe Club. I joined them in their second year and never looked back.

- **How did you get involved in coaching dragon boat?**

- In 2014, members of SNCC Hope Floats put together a composite crew, Grape Canadian Survivors, to race in the International Breast Cancer Paddling Commission Dragon Boat Festival in Sarasota [Florida]. It was an amazing experience to be with thousands of breast cancer survivor athletes from all over the world, so the minute the 2018 festival in Florence, Italy opened their registration we entered another composite team, Wonder Woman's Warriors. I captained WWW, but we did not have a coach accompanying us to Italy, so I decided to take the Dragon Boat coaching course so I could best serve the crew. I then turned my coaching focus to Dragon Boat rentals at SNCC. In 2018, Special Olympics Welland contacted SNCC looking for a dragon experience for their members. I decided to put my coaching skills to good use and formed a Special Needs Dragon Boat Crew in 2019. Friday nights with this crew soon became my weekly happy hour.

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

- While my youth was filled with sports, health, and ability, most of my adulthood has been fraught with health challenges and disability. With permanent disability caused by back injuries, my fitness and strength suffered. Time and again new health challenges would present themselves making participation in sports seem impossible to me. Then one day I was convinced to get into a dragon boat. I was sure it



was against my better judgement, but surprisingly, it did not increase the pain in my lower back. Once I found the confidence to join a dragon boat crew, I pulled my paddle [into the boat] during practice on a regular basis. I was steadfast, and paddling began to increase my mobility and fitness. Then one day, three years later, I was able to complete the entire practice plan without pulling my paddle. An emotional milestone I will never forget. That day, I proved to myself that hard work and determination pays off.

*Photos provided by Brenda Arndt.*

*Coach Brenda paddling in Florence, 2018 with Wonder Woman's Warriors.*



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- **How long have you been with SNCC?**
- I joined SNCC Hope Floats their first year, in 2010.

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

- All my favourite “ I “ words. Invigorating! Inspiring! Idyllic! Innovative! Incredible! Inclusive!

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

- One of the challenges Recreational and High-Performance Dragon boat at SNCC has faced over the years is [retention] and recruitment of new paddlers, especially during the on-water season. We offered “3 [practices] for free” for anyone to jump in the boat with us, but too many were not inspired to come back. The later we got into the season, the more fit and powerful the crews became, [and] the more difficult the practices were for a newcomer. Many found it too intense to learn the stroke, stay in time, and keep up the pace all at once. It often caused frustration for both the newcomer and the seasoned paddler when their paddles inevitably clashed. I saw the opportunity to grow the club by putting together a free Learn to Paddle program for newcomers. We will run these sessions to teach new paddlers the basic stroke in a fun, safe environment. The goal is to build confidence so [new paddlers] choose [to] join a program at South Niagara Canoe Club.

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

- Retired, I can wear a lot of hats at South Niagara Canoe Club. I am a member, a paddler, a crewmate, a volunteer, a captain, a coach, a board member, and the Commodore.
- Each of these roles have different responsibilities and benefit me in different ways. The benefits range from the opportunity to learn, to health and friendship, to helping others, to the satisfaction of achieving short- and long-term goals, to watching the club succeed. I encourage all members to contribute, however they are able. The benefits, while mostly intangible, are worth the effort. If you haven't already, I urge you to get involved, you'll be happy you did.
- I cannot accomplish all my goals without the help of the membership and [I] cannot express my appreciation enough for all the volunteering and hard work contributed to the club.

- **What do you hope to accomplish as Commodore of SNCC?**

- My personal goal is to grow SNCC in size, relevance and sustainability, while effectively serving the members and the community as they achieve their goals, enjoy paddling sports in their own right, and for those with high-performance dreams, [to] develop their skills to their full potential, while strengthening the sustainability of the club across all disciplines.



*Brenda at the SNCC 10  
Year Anniversary  
Spaghetti Dinner in 2018.*



# Updates from Canoe Kayak Canada

From May 20-23, 2021 in Barnaul, Russia (over 3000km east of Moscow), the ICF Canoe Sprint World Cup took place. It was a final opportunity to qualify for the Tokyo Olympics. You can watch some of the racing action on YouTube ([Day 1](#), [Day 2](#), [Day 3](#), [Day 4](#)), the [CKC FaceBook page](#), or the [ICF Website](#).



From the CKC website: **May 21, 2021** – *The Canoe Kayak Canada Whitewater Council and Whitewater Ontario have made the difficult decision to cancel the 2021 Whitewater National Championships planned for August 16-22 at the Minden Hills Whitewater Preserve following a review of the public health restrictions and challenges of running such an event during the pandemic. A working group of coaches, event organizers and technical experts had been working throughout the winter to try to develop creative ways of rising above these challenges.*

*Unfortunately, with the uncertainty of the pandemic now moving into the summer months, projected reduced participation, and the financial implications of staging this event at the Minden Whitewater preserve have made it unviable to host the National Championships this summer. The Whitewater National Championships is a week long paddling festival featuring a combination of Freestyle, Wildwater, Canoe Slalom and Extreme Slalom events that aim to inspire young paddlers to progress through CKC's athlete development pathway.*

*In light of the cancellation of the Championships, Canoe Kayak Canada in collaboration with our provincial organizations Whitewater Ontario, Eau Vive Quebec, The Alberta Whitewater Association and the Alberta Freestyle Kayak Association are planning to host team trials at multiple locations across Canada to ensure that whitewater paddlers will have access to competitive opportunities this summer provided local public health regulations allow for these events to proceed.*

Currently, the 2021 CKC Sprint National Championships are tentatively scheduled for August 24-29, 2021 in Ottawa, Canada. Watch for further updates via the CKC website and the CKC FaceBook page.

*The Canoe Kayak Canada Sprint National Championships 2021 Logo*



# Updates from Dragon Boat Canada

Per the Dragon Boat Canada website, Events page: *DBC is thrilled to be holding the 2021 Canadian Dragon Boat Championships at Parc Jean Drapeau [in Montreal] this fall. Racing is scheduled to take place from October 7-10 with practice taking place on the 6th.*

*Registration will open this spring. Stay tuned for the first bulletin with more information.*

*We are working with Mission Dragon Boat to make this the best CDBC and CCWC Race Off ever!*

*We know that October is late in the season. We selected this date as DBC is determined to do everything we can to have this event take place.*

## Podcasts and Blogs

**Canoe Kayak Canada, Atlantic Division, Paddle Pod:** In October 2018, the Atlantic Division Canoe Kayak Canada launched the **Paddle Pod**, a podcast that covers all things paddlesport. Olympian Andrew Russel hosts the podcast featuring weekly a paddler, an olympian, a coach or a member of the big paddling family! Listen on 10 different platforms including: Spotify, Google Podcasts, and Apple Podcasts.



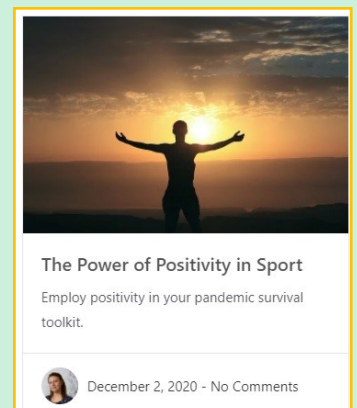
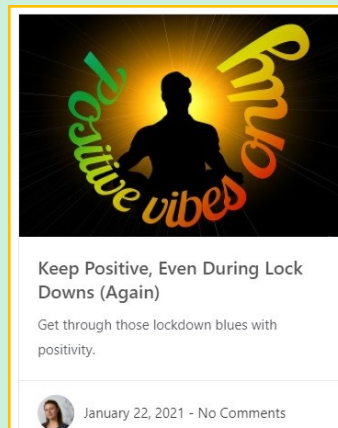
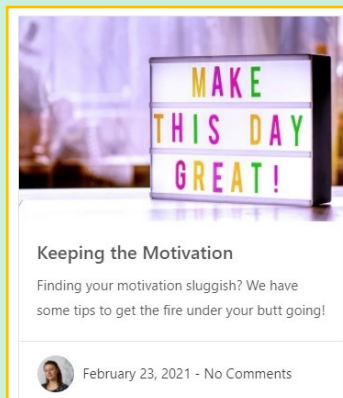
YOUTUBE.COM

**DBC Drum Beat - Wendi Zhou**

Dragon Boat Canada presents the DBC Drum Beat podcast!Michael...

**Dragon Boat Canada, Drum Beat:** Starting April 24, 2021 and going for 9 weeks, Michael Wu, Eastern Region Representative for the Board of Directors of DBC, will interview various individuals in the dragon boat community. By exploring each person's unique history with the sport, he hopes to uncover lessons to share with the audience. Watch the latest videos on [YouTube](#).

**Dragon Boat Canada, Blog:** Various topics for information and athlete motivation. Click [here](#) for more entries that may interest you.



# Tokyo Olympics and Paralympics



The Olympics are set for July 23-August 8, 2021. The Olympic torch relay began on March 23 in Fukushima Prefecture, which was ravaged by an earthquake and a subsequent tsunami in 2011. The motto for the torch relay is “Hope Lights our Way.” The flame touched down in Japan on March 20, 2020 after being lit in Greece at Ancient Olympia. Since the postponement of the Games by a year to 2021, the flame had been safeguarded at the Olympic Museum in Tokyo, located across the street from the Olympic Stadium.



*The Olympic torch, side view and top view.*



**MIRAITOWA**  
ミライトワ  
[miraitowa]

The design of the torch, coloured pink gold, was inspired by the cherry blossom, a flower synonymous with the Japanese spring. The torch is also environmentally friendly. Approximately 30 per cent is made from recycled aluminum that was used for temporary housing after the 2011 quake and tsunami. Hydrogen, which emits no carbon dioxide when burned, will be used to fuel the torch in certain legs of the relay.



The Olympics Mascot, Miraïtowa, is a combination of tradition and cutting-edge information. Miraïtowa means future and eternity, and is derived from the Japanese proverb translated as “to learn old things well and to acquire new knowledge from them.” Miraïtowa has big anime-style eyes and its face is covered with a helmet resembling the ancient samurai.

Canoe Slalom events are to be held July 25-30 and will include four events, Kayak K-1 men/women, and Canoe C-1 men/women. Canoe Sprint events are to be held August 2-7 and will include 12 events.

The Paralympics are set for August 24-September 5, 2021.



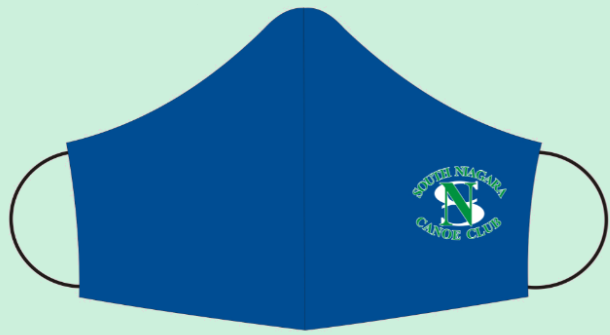
The Paralympics mascot is Someity representing inner strength. Its name comes from the common cherry tree variety, Someiyoshino, and from the English phrase “So Mighty”. Being a Paralympics mascot, it is sometimes depicted in a wheelchair.

Canoe Sprint events are to be held September 2-4 and all races are 200m long. The events will include KL-1 men/women, KL-2 men/women, KL-3 men/women, VL-2 men/women, and VL-3 men.



**SOMEITY**  
ソメイティ  
[someity]

Stay tuned for the July Catch for more information about Olympic Canoe Slalom and Canoe Sprint, and Paralympic Canoe Sprint. Also, you can visit the Tokyo [Olympics](#) and [Paralympics](#) websites.



## SNCC Face Mask

Now available for purchase on the SNCC website is the SNCC face mask for \$14, including HST. The mask has a filter, a nose pinch, and adjustable ear loops. Visit the Store tab for this and other SNCC spirit wear. Choose from child and adult sizes. Pick up and delivery options are available.

## June Birthdays

### Dragon Boat

Anne Braithwaite  
Heather Denoncourt  
Carol Klassen  
Jody Minken  
Mirjana Moraca  
Linda Sage  
Lesley Seaborne  
Trish Sexton



### Canoe/Kayak

Marilyn Abbs  
Shelley Gilbert  
Alexander Letkiewicz

### Canoe/Kayak and Dragon Boat

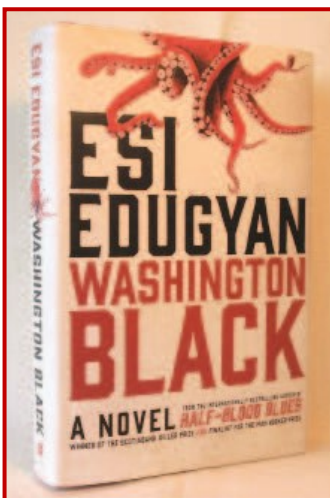
Kathleen Reardon

## Welcome Wilika!

Wilika is the recipient of our Canada Summer Jobs Grant and she will be working with SNCC for the 2021 paddling season. Welcome to our little club! Here are some fast facts about Wilika in her own words:

- ◆ I am from Toronto.
- ◆ I went to Humber and now [I'm at] Brock studying recreation and leisure services.
- ◆ My role at SNCC is two fold; I am working doing administrative work for the club, you may get lots of emails from me and then I will be working with Tim as a coach, more of an assistant, with the Para and Masters courses offered by SNCC.
- ◆ My interest in paddling is mostly for leisure and fitness. I enjoy stand up paddle boarding and kayaking.
- ◆ During my time working with SNCC I hope to broaden my knowledge of water sports and gain new coaching techniques as well as improve myself in terms of administrative ability.

## Remember SNCC Book Club



Washington Black  
By Esi Edugyan  
Sunday, June 13 at 11am

Carolyn Swan is leading the discussion.

Sign up at [www.sncc.ca/bookclub](http://www.sncc.ca/bookclub) or go to the members only page and click on SNCC Book Club.



*Individually,  
we are one drop.  
Together,  
we are an ocean.*

By Ryunosoke Satoro,  
Japanese writer  
1892-1927

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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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