

# *A Positive Catch.*

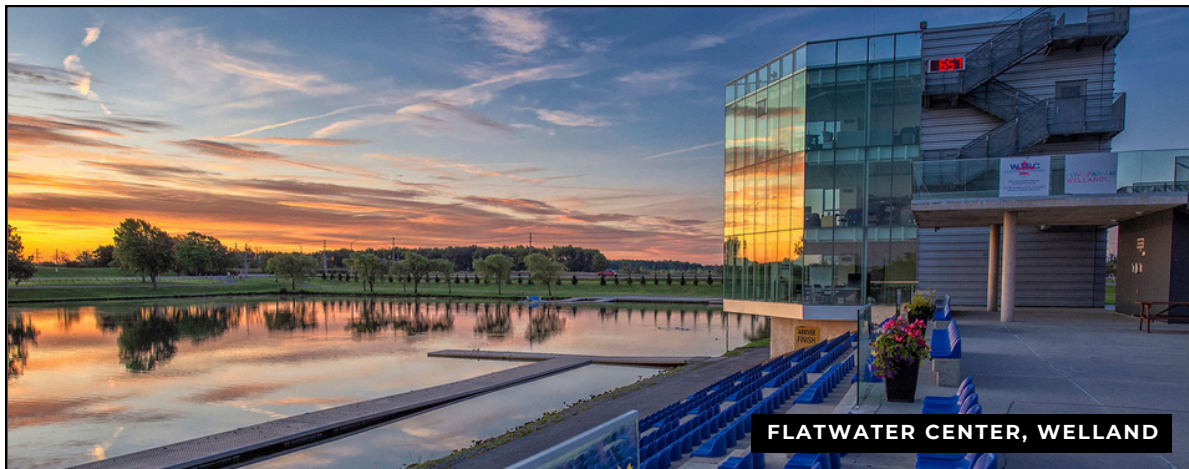
April, 2025



**SOUTH NIAGARA  
CANOE CLUB**

www.sncc.ca ♦

*Your Destination  
For Paddling Sports*



**FLATWATER CENTER, WELLAND**

## Here's what has happened in the last month and what's to come!

Welcome to our community newsletter! We are thrilled to share SNCC's latest & greatest.

Firstly, we would like to thank Kathleen Reardon and Gordon Robbins for their years of service as board members.

We would like to wish good luck to the 5 SNCC members at the Florida National Team trials.

Congratulations, Ewen Barclay, on winning 3 medals in the 2025 Special Olympics.

Brenda Arndt was awarded the King Charles III coronation medal for community service March 15th. Way to go, coach!

Registration has started for Canoe Kids Camp & Youth Racing Camp. Register today!

Our teams have shared with us their goals to participate in lots of races and festivals this year. The Welland Dragon Boat Festival has been canceled.

SNCC members don't forget to stay involved with our current fundraisers! A Paint Party and Purdys Easter Choclates.

The PD2 CCW Canal Dragons Crew has been chosen to attend the 51st Annual Welland Sports Award Banquet on April 4th.

Cogeco subscribers can watch Öztürk Kuru and Liz Guitard on 'All Welland Good'. Channel 700 April 9th & 16th at 12:30pm and April 13th & 20th at 8:30pm.

Last month, our high-performance athletes began CKC and CKO training camps.

Paddle season is finally here! Please contact one of our coaches for more information on some much needed supplies.

Summer jobs are still available! Postings start closing April 1st. Volunteers are always needed.

We are happy to share our newest partnership with Small Scale Farms. Details to follow.

Finally, we want to remind everyone that SNCC relies on the kindness and support of our community. If you are able to donate your time or resources, please reach out.

Enjoy this month's newsletter.

## In this newsletter you can expect:

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News & Highlights

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Events & Fundraisers

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Summer Camps & Memberships

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Schedule

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Photo pages

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Contact us

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## Community Highlights

Brenda Arndt was presented with the King Charles III coronation award for community service on March 15th by MP Vance Badawey. This medal is given to recognize significant contributions, whether in public service, arts, education, science, or other areas that have advanced Canadian society or brought international recognition to our country.



**BRENDA ARNDT**

Heather, who will be turning 70 in March, is a member of the all women crew that will be crossing Lake Ontario June 2025; CLOsure2025. She was part of the SNCC Para crew and competed with them in the Can Am Games. She also participated with the Senior D Crew at the Can Am Games. With this team, she also paddled at the World Championships in Italy and has goals to take part at nationals in 2025.



**HEATHER FAIRLEY**

Ann is a member of the first ever women's dragon boat crew to cross Lake Ontario; CLOsure2025! She has been paddling since 2009 and has been to 4 IBCP venues, 1 Canadian Championship, 1 CCWC and has raced in BC, many venues in Ontario, as well as the 1st Ice DB Festival in Ottawa.



**ANN REID**



**EWEN BARCLAY**

Congratulations to SNCC canoe/kayak member, World Champion Ewen Barclay on be winning a Gold medal in 1,500m Speed Skating, a bronze medal in 1000m and a bronze medal in 500m, at the 2025 Special Olympic World Games in Turin, Italy.



**JONOTHAN BARRETT**

Jonothan is only 16 with a passion for water sports and adventure. He has developed a strong reputation in his local kayaking community. Jonothan is an all-around athlete with diverse interests including kayaking, swimming, video games, and puzzles. A natural team player and a dedicated individual, he is driven by a strong work ethic in both health and education. His future looks bright and filled with potential.



**JOE WILLEY**

Joe is 15 years old and started paddling 4 years ago at racing camp. His interests include kayaking, business investment, and curling. Joe has participated in multiple races and trainings throughout the years and is eager to continue to develop his skills with SNCC and succeed at the WOD trials this summer.

Joe's future is beaming with possibilities.



## SNCC News

This is South Niagara Canoe Club's A Positive Catch! We're a proud community of like-minded individuals with a love for paddling. Join today or recommend a friend at [www.sncc.ca](http://www.sncc.ca)

During the March Break family event at the Seaway Mall, we introduced programs offered by our club. With the stand we set up, we had the opportunity to talk one-on-one with many families and promoted our programs. We would like to thank Bernadette Morrissey, Veronique Therese Bedard, Joan Crawford, and Marilyn Abbs, who voluntarily took part together with canoe/kayak head coach Ozturk Kuru.

Our crews have indicated that they intend to race a lot this year. Festivals include Milton, Hamilton, Hope Floats Challenge, The Canadian Dragon Boat Championships, GWN Challenge, Stratford, Christie Lake. Potential festivals include Port Perry, GWN Sport Regatta, and Toronto Women's. Unfortunately, the Welland Dragon boat festival has been canceled and our management team is revisiting other options.

Coach Brenda will continue to set up a Zoom meeting for all paddlers to meet one on one throughout April. Watch out 2025 season, Canal Dragons are coming!

Are you or someone you know looking for a summer job? Apply today! Various positions available. Job postings begin closing this month. Volunteers also needed.

Want to host an SNCC fundraiser? Or do you have an idea for an SNCC fundraiser? We love new ideas! Contact us to make it happen. Community sponsors create a special partnership that help us thrive. We are always looking for new sponsors. Will you bring our next sponsor?

Canal Dragons will be on water Monday, May 5th. Boats are going in the water Saturday May 3rd. If the City of Welland has docks available earlier, the boats will be launched in April. They will be training Mondays and Wednesdays, with perhaps an opportunity to have a rec crew on another evening. Saturday training will be put in place for the months of May & June. Special Needs will continue to be on Friday evenings in July and August.

When we do finally get out on the water it will be cold! Please remember the following: 1. PFDs have to be worn (not just be in the boat) when the water temperature is below 10 degrees. 2. Wear layers to help hold the heat and enable you to remove clothing as needed. 3. Waterproof gloves are suggested. A thin cotton or fibre glove with a rubber glove on top works for most people. You can purchase waterproof work gloves, e.g. COOLJOB waterproof winter work gloves on Amazon. 4. Keep hydrated during practice. Karen has told us about this frequently! Even though the air and water is cold and you may not feel as thirsty as you do in the summer, your body will still need fluids.

Our Canal Dragons need new management team members! Fundraising and social media coordinators are still needed. We also need volunteers to assist with Dragon Boat maintenance. Maintenance on the dragon boats will take place in April. Contact Coach Brenda for more information.

SNCC is in need of donations and volunteers to keep all of our programs strong. Please contact us to make a donation or visit us at [www.sncc.ca/donate](http://www.sncc.ca/donate)

## Training Updates

Our High-Performance Team athletes participated in camps started by CKC and CKO in March after intensive winter training. These athletes got an early start to the paddling season at the camps currently underway in Palm Beach and are practicing under the guidance of experienced coaches. Dozens of athletes from across Ontario are participating in the camp. Groups are formed according to the level of the athletes, and health checks are reported every morning during the camp, while athletes are subjected to early season tests such as 6K and 2K.

Winter training has come to an end. We know how important winter training was and that all the efforts made will pay off in competition season. We've focused on increasing the maximum strength of our athletes while also improving their aerobic levels and strength sustainability. Regular tests were run to monitor the effectiveness and development of our athletes. Based on the data from these tests, we can conclude that both the high-performance team athletes and the masters team athletes showed positive improvements. The whole team is happy and smiling thanks to these positive developments and fun, interactive training sessions.

## Current Trials

### **Florida National Team trials**

**March 29 – April 5, 2025** is the Florida National Team trials camp. 5 SNCC Canal Dragons athletes are currently at the National Team tryouts. Senior C athletes Bernita Arndt and Janet Corbett and PDI athletes Karen Borne, Kim Kuipers, and Margaret Battista. Successful contenders will represent Canada at the 17th IDBF World Dragon Boat Racing Championships in Brandenburg an der Havel, Germany in July. Good luck!



## Fundraisers & Events



### New Partnership

#### **Small Scale Farms**

SNCC is excited to announce our newest partner. We will be partnering with Small Scale Farms for the foreseeable future. This partnership will give our members access to local produce while generating extra revenue for our club! Members, as well as their friends and family, will be given a code for shopping with Small Scale Farms that is used at checkout. Small Scale Farms is on a mission to build local food security in our communities & to grow and distribute thousands of pounds of produce throughout the Niagara Region.



### Upcoming Talkshow

#### **All Welland Good**

Coach Öztürk and Commodore Liz Guitard sat down with the Mayor of Welland to talk about SNCC on his monthly show on Cogeco. On channel 700 April 9th and 16th at 12:30pm as well as April 13th and 20th at 8:30pm.

### Upcoming Fundraiser

#### **Big Red Meat**

Big Red Food Service is coming back to SNCC this April! Orders will be arriving May 1st. For more details and to make an order contact us at admin@sncc.ca



See what you can create.

### **Paint Party** Fundraiser for SNCC 6 - 10pm Fri. April 4 Welland Legion

\$35. includes 1 drink  
etransfer to: payments@sncc.ca  
bring cash for bar, cupcakes and original art auction.  
Questions to Linda: linda.bell67@gmail.com

Space is limited - buy your tickets fast!



### Upcoming Event

#### **Awards Banquet**

Congratulations to the PD2 CCW Canal Dragons Crew! The Sport Promotion Committee of Welland has chosen them as finalists for the 51st Annual Welland Sports Award on the Senior Team category! Gold, Silver, Bronze? We'll find out at the ceremony! The Awards Banquet is **Friday, April 4th** at Casa Dante, 34 Lincoln Street, Welland. Doors open at **6:00pm**. Dinner served at **6:45pm**. Awards presentation will follow dinner. This is an alcohol free event. This is a wonderful opportunity to celebrate your achievements and connect with fellow finalists and members of our vibrant sporting community.



### Our Current Fundraisers

#### **A Paint Party**

South Niagara Canoe Club's next fundraising is from **6pm- 10pm, April 4th**. We will be enjoying a paint party at the Welland Legion, 383 Morningstar Ave.

*\*PLEASE BRING RAGS AND PAINT BRUSHES FOR PARTICIPANTS TO USE.\**

#### **Purdys Easter Chocolates**

Purdys Chocolates are coming back to SNCC just in time for Easter! If you are interested, look at what is available in the catalog. Thank you for your contribution! Options available on SNCC social media.



# Summer Camps, Classes & Memberships

## Canoe/Kayak

Sprint Canoe/Kayak is an Olympic sport that combines strength, endurance, and technique. SNCC has Canoe/Kayak programs suited to those trying a boat for the first time, Olympic hopefuls, and those of all ages and fitness levels.

## Dragon Boat

Dragon boat is for adults of all ages, genders, and fitness levels. It is a team sport with crews up to twenty paddlers. If you have never paddled a dragon boat, you are encouraged to jump right in.



### Canoe Kids Camp

Canoe Kids Camp is a week-long program designed to introduce the fundamentals of paddle sports and develop confidence and competence in water safety. Campers will learn the basics of paddling various boats in a fun and safe environment, including dragon boat, sprint canoe/kayak, war canoe, and stand-up paddle board. Daily activities will include a mix of on-water and dry land activities with plenty of games and learning opportunities. This program is intended for kids who would like to try a new sport while experiencing a uniquely Canadian approach to summer fun! Ages 8 - 14\*

June 30 - August 22, 2025 9:00 AM - 4:00 PM \*details below

## SNCC Classes & Programs

- **Paddle Tank Training**
- **ERG Training**
- **Gym Training & Exercising**
- **Personal Training**
- **Crunch Fitness**

**Sign up for weekly training according to your schedule and personal goals. Please contact Coach Brenda or Coach Öztürk for additional details.**



### Youth Racing Camp

The Youth Racing Camp is a multi-week program designed to introduce participants to the sport of flatwater canoe/kayak. The atmosphere of the camp is supportive to beginners, and no prior canoe/kayak experience is required; however, participants should be willing to challenge themselves as they progress over the weeks of camp and be enthusiastic to try out the competitive side of the sport. The Youth Racing Program runs independently and joins the Canoe Kids Summer Camp for off-water activities. This is our exciting multi-week full day program. Choose from the 3-week, the 5-week, and the 7-week camp. The Youth Racing Camp is intended for young participants ages 10 -16 who are excited about excelling at a new sport or who wish to continue developing their skills in Sprint Canoe and Kayak. Ages 10 - 16\*

July 7 - August 22, 2025 9:00 AM - 4:00 PM

### **Registration started in March.**

Register today at [www.sncc.ca/summer-camps](http://www.sncc.ca/summer-camps)

\*Exceptions will be considered for younger children.

Please email [admin@sncc.ca](mailto:admin@sncc.ca) for additional information.



# Schedule

## Dragon Boat Rentals

- CSDC aka Evolution has booked our Dragon boats for Victoria Day weekend training camp.
- CLOsure has booked a dragon boat and the trailer for the June 20th crossing of Lake Ontario.
- CLOsure has booked a dragon boat for a June 1st training day, including Safety Training and learning to right, bail and reload a dragon boat that has tipped. Discussions about Canal Dragons joining in this Safety Training event are underway.
- Niagara College ESL faculty and students in discussion about booking yearly DB event in June.

90 minute sessions

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	High Performance		Performance		High Performance		
9:00 AM						Canal Dragons Hone Floats	
9:30 AM						High Performance	
10:00 AM	Para Canoe		Para Canoe		Para Canoe		
10:15 AM						Canal Dragons Performance	
10:30 AM						Masters	
11:30 AM						Canal Dragons PD2	
4:15 PM	Youth Racing		Youth Racing		Youth Racing		
4:30 PM	High Performance		High Performance				
5:30 PM	Welland Paddle		Welland Paddle				
6:30 PM	Canal Dragons		Canal Dragons				
6:30 PM	High Performance	Masters	High Performance	Masters	High Performance		

## NO PRACTICE ON HOLIDAYS

July - August 2025

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	High Performance		High		High Performance		
9:00 AM						High Performance	
9:00 AM	Youth Racing Camp	Youth Racing Camp	Youth Racing Camp	Youth Racing Camp	Youth Racing Camp		
9:00 AM	Canoe Kids Camp	Canoe Kids Camp	Canoe Kids Camp	Canoe Kids Camp	Canoe Kids Camp		
9:30 AM	Para Canoe		Para Canoe		Para Canoe		
10:30 AM						Masters	
4:30 PM	Youth Racing	High Performance	Youth Racing	High Performance	Youth Racing		
5:30 PM	Welland Paddle		Welland Paddle				
6:30 PM	Canal Dragons		Canal Dragons		Canal Dragons SN		
6:30 PM	High Performance	Masters	High Performance	Masters	High Performance		
9:00 - 16:00			Summer Camps				

Fall 2025

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	High Performance		High		High Performance		
9:00 AM						Canal Dragons tentative	
9:30 AM						High Performance	
10:30 AM						Masters	
4:30 PM	Youth Racing	High Performance	Youth Racing	High Performance	Youth Racing		
6:30 PM	Canal Dragons		Canal Dragons				
6:30 PM	High Performance	Masters	High Performance	Masters	High Performance		

You can also visit us online at [www.sncc.ca/News-Updates](http://www.sncc.ca/News-Updates)





CANOE KIDS CAMP/YOUTH RACING CAMP



SEAWAY MALL EVENT



WINTER TRAINING



KING CHARLES III CORONATION AWARD



HIGH-PERFORMANCE TRAINING CAMP



EWEN BARCLAY, SPEED SKATING





**DRAGON BOAT WINTER TRAINING**



**CANOE KIDS CAMP/  
YOUTH RACING CAMP**



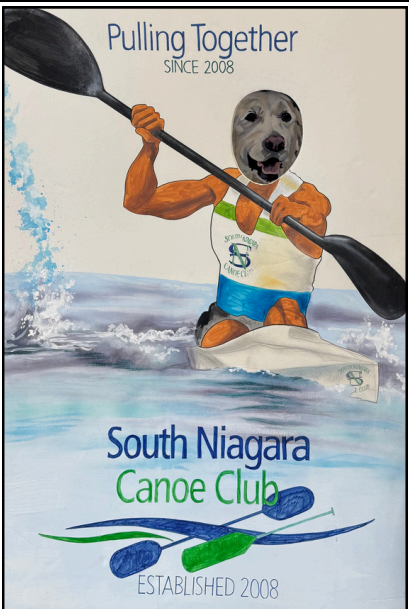
**KENDRA DEMONSTRATING  
PROPER TECHNIQUE**



**WINTER TRAINING**



**SNCC WINTER TRAINING**





## Contact us

*Your Destination For  
Paddling Sports.*

### EXECUTIVE OFFICERS

Commodore: Liz Guitard | Mar. 2025  
Vice-Commodore C/K: Marilyn Abbs | Nov. 2024  
Vice-Commodore DB: Linda Bell | Nov. 2023  
Treasurer: Brenda Arndt | Apr. 2024  
Registrar: Marilyn Abbs | Feb. 2023

### SAFETY OFFICER

Glenna Landry

### DIRECTORS AT LARGE

Veronica Landry | Apr. 2024  
Tarzan Kay | Oct. 2024  
Ann Reid | Mar. 2025  
Annie Eckhart | Mar. 2025  
Yolanda McArthur | Mar. 2025

### COMMITTEE CHAIRS

Committee Chairs - TBD

South Niagara Canoe Club (SNCC) is a board-directed, non-for-profit, incorporated amateur sports organization founded in 2008. SNCC Board of Directors are volunteers and serve without remuneration. If you are a club member who would like to join the Board of Directors, please download and complete the form on our website at [www.sncc.ca/Board-of-Directors](http://www.sncc.ca/Board-of-Directors)

## Our Mission

To promote a fun and inclusive environment that offers the opportunity to participate in paddling sports, including sprint canoe/kayak and dragon boat, through high quality, safe, recreational, and high-performance programs.

## Our Vision

To be Niagaras destination for paddling sports.

## Our Values

### Achievement:

We encourage commitment and dedication for all levels of paddling. We celebrate the realization of our members' personal and team accomplishments.

### Community:

We embrace inclusion and camaraderie at the team, club, regional, national, and international levels. We recognize the power of sport to draw society together in a shared vision. We promote an atmosphere of volunteerism.

### Sportsmanship:

We aspire that paddling will be enjoyed for its own sake. We foster fairness, integrity, and respect for our teammates and competitors both on and off the water.

### Sustainability:


We make decisions in a thoughtful and informed manner to support the longevity of our club and to create a positive legacy. We strive to reduce our environmental impact, recognizing our shared responsibility as stewards of the planet.

*This newsletter was edited by a community volunteer.  
To take part in future newsletters please, contact Coach  
Brenda or Veronica Landry (DAL).*



*Thank you for reading!*



South Niagara Canoe Club	info@sncc.ca - admin@sncc.ca
<a href="http://www.sncc.ca">www.sncc.ca</a>   	16 Townline Tunnel Rd., Welland, ON

Many thanks to the Ontario Trillium Foundation and Delta City Bingo in Welland for their support!