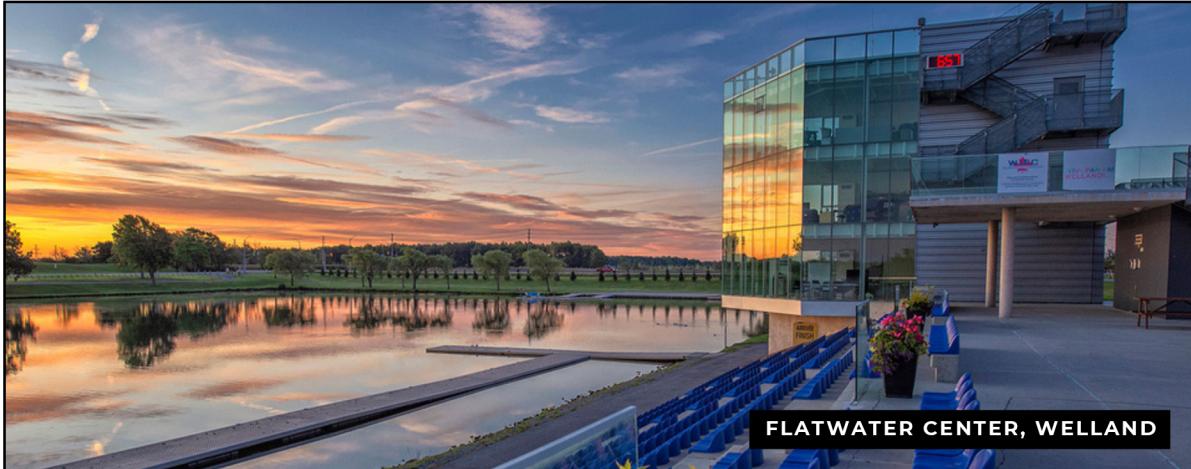


A Positive Catch.



SOUTH NIAGARA CANOE CLUB
www.sncc.ca ♦
*Your Destination For
 Paddling Sports*

March, 2025



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 Joan Crawford and Alan Wright. Your time and dedication has allowed us to keep our newsletter afloat.

SNCC's AGM has been rescheduled and will now be held on Thursday, March 20th, 2025, at 6:00 pm.

The Family Day Expo was an amazing experience for all who attended. Your support is greatly appreciated.

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

Congratulations to SNCC member Ewen Barclay and teammate Carter Simpson on qualifying for the 2025 Special Olympic World Games. We'll all be cheering you on!

5 SNCC members have been invited to the Florida National Team trials camp for the 2025 Canadian National Team for the 17th IDBF World Dragon Boat Racing Championships.

At the end of January Öztürk Kuru received 3 PD points at the 2025 CKC Coaching Symposium in Ottawa. Good work, Coach!

Coach Brenda Arndt will be awarded with the King Charles III coronation award for community service on March 15th. Way to go!

SNCC members don't forget to stay involved with our upcoming fundraisers! A Paint Party and Purdy's Easter Chocolates.

Spring is around the corner! Please contact one of our coaches for more information on some much needed supplies.

Summer jobs are still available! First posting closes on April 1st.

Canal Dragons are in need of management team members.

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:

Community Updates

Activities & Fundraisers

Summer Camps & Memberships

Schedules/Calendar

Photo pages

Contact us

Community Updates



January 29-30, Coach Öztürk participated in 2025 Coaching Symposium organized by CKC in Ottawa. 50 coaches from all over Canada participated in this symposium with training and presentations from Canoe Kayak Canada's sprint coaching staff and other distinguished coaches from the community. These sessions were made to explore key strategies and insights into athlete development and high-performance coaching. Öztürk Kuru, SNCC canoe kayak head coach, received 3 PD points after this symposium and reached 29 PD points at the competition development coaching level. Coach Öztürk shared with us how happy he is to be part of this community. From this experience, he's been able to learn new information and strategies that will move our club forward.

Winter Training

Our strength and conditioning training continues without slowing down! We all know how important winter training is and that all the efforts make now 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. The High-Performance team works on increasing the main muscle groups of athletes in 3 sessions plus 3 training sessions on the Ergometer to improve aerobic capacity. In addition to this, they do 2 sessions of core and stabilization exercises and 1 session of circular training. In the master's team, they have 2 sessions a week for strength development and core training and 1 session for aerobic capacity ergometer training. Regular tests are run to monitor the effectiveness of training and the development of our athletes. An increase in strength of athletes by 20-30 lbs has been observed. In addition, when the relationship between load and resting pulse rates of our master athletes was calculated, it was found that most of them had shorter rest periods, and their pulse rates returned to normal much faster. Based on this data, we can conclude that both the high-performance team athletes and the masters team athletes showed positive improvements in both strength and aerobic capacity. The whole team is happy and smiling thanks to these positive developments and fun, interactive training sessions. These winter sessions will still be available until April 2025.

To participate, sign-up on our website at sncc.ca



Upcoming Trials

Florida National Team trials

The 2025 Canadian National Team coaches have run 3 testing sessions across Canada with the final round coming up **March 29 – April 5, 2025**, at the Florida National Team trials camp. 5 SNCC Canal Dragons athletes have received invitations to attend the National Team tryouts. Senior C athletes Bernita Arndt and Janet Corbett and PD1 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!



We would like to express our gratitude to Canal Dragons' coaches Carlos Peralta, Jamie Mereweather, Jan Corbett, and Linda Bell. Thank you for stepping up to coach the Canal Dragons from January 23rd - February 19th, and coaches Bernita Arndt and Mario Cruz for offering one on one instruction while our Dragon Boat Head Coach, Brenda Arndt has been recovering from rotator cuff surgery. Coach Brenda has shared with us how pleased she was upon her return to see progression in paddling skills across the board. Her recovery continues, fortunately she is having her sling removed March 6th and beginning physiotherapy on March 7th. Coach Brenda will begin 5-minute team video reviews between gym and tank sessions throughout March and will set up a zoom meeting schedule for all paddlers to meet one on one throughout March and April. Watch out 2025 season, Canal Dragons are coming!

Activities & Fundraisers



This is South Niagara Canoe Club's A Positive Catch! We're a proud community of like-minded individuals with a love for paddling. Prorated fees for the month of March. Join today at www.sncc.ca/canal-dragons

Are you or someone you know looking for a summer job? Apply today! Various positions available. Job postings begin closing on April 1st. Volunteers also needed.

Want to host a SNCC fundraiser? Or do you have an idea for a SNCC fundraiser? We love new ideas! Contact us to make it happen.



www.sncc.ca



Our Current Fundraisers

A Paint Party

Save the date! Our next fundraising event has been scheduled for **6pm- 10pm, April 4th**. We will be enjoying a paint party at the Welland Legion container #8.

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, have a look at what is available in the fundraising catalog. Thank you for supporting the club! View options on SNCC social media.



Club members, please remember that community sponsors create a special partnership that helps us thrive. We are always looking for new sponsors. Will you bring our next sponsor?

Starting in April we will need volunteers to assist with dragon boat maintenance.

March marks the beginning of spring. SNCC is in need of donations to keep all of our programs strong. From bail buckets and rags to outdoor furniture and equipment. Please contact us to make a donation or visit us at www.sncc.ca/donate



Upcoming Event

Special Olympics World Games

2 West Niagara athletes will be attending The Special Olympic World Games in Turin, Italy, **March 15-23**. Ewen Barclay (Speed Skating) & Carter Simpson (Alpine Skiing) good luck and best wishes!



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 has started.

Register today at www.sncc.ca/summer-camps

*Exceptions will be considered for younger children.
Please email admin@sncc.ca for additional information.

Winter Training Schedule & Calendar



You can also visit us online at www.sncc.ca/News-Updates

December 2, 2024 to April 2025 Canoe Kayak Sessions

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-------------|---------|-------------|----------|--------|-------------|--------|
| 6:00 am | Crunch | REST | Crunch | REST | Crunch | | REST |
| 10:00 am | | | | | | WIFC RowErg | |
| 6:30 pm | | Crunch | | Crunch | Crunch | | REST |
| 7:00 pm | WIFC RowErg | | WIFC RowErg | | | | |

High Performance canoe kayak athletes will attend all nine sessions per week during Winter Training. Youth and Masters athletes can choose to train 1x, 2x, or 3 times per week from any of the available sessions.

December 2, 2024 to April 2025 Dragon Boat Sessions

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| 9:30 am | | | | | | | WIFC |
| 6:30 pm | WIFC | | WIFC | | | | |

Winter Training will include sessions at the WIFC up to three times a week.

A session will include a gym portion with Coach Öztürk followed by paddle tank training with Coach Brenda.

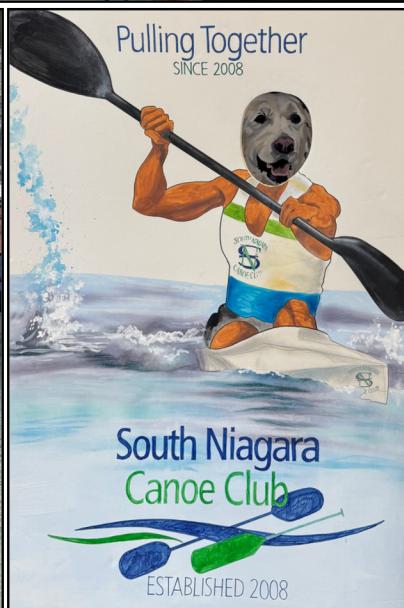
Reminder, we will be taking March break off. No training from March 10th to March 15th. March 31st is the last day the WIFC tank will be available for training, as the City of Welland converts the training center into a Celebration Hall.

MARCH 2025

Calendar includes but is not limited to the following.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---------------------------------|-------------------------|----------------------------|---------------------------|----------------------------|--|
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 WIFC Training Cancelled |
| 9 Daylight Savings Start | 10 WIFC Training Cancelled | 11 | 12 WIFC Training Cancelled | 13 | 14 | 15 Award Ceremony Coach Brenda WIFC Training Cancelled Special Olympic World Games Start |
| 16 | 17 Saint Patricks Day | 18 | 19 | 20 Annual General Meeting | 21 | 22 |
| 23 Special Olympic World Games Final Day | 24 | 25 Board Meeting 6:30pm | 26 | 27 | 28 | 29 Florida National Team Trials Start |
| 30 | 31 WIFC Tank Training Final Day | 1 April Fools Day | 2 | 3 | 4 A Paint Party Fundraiser | 5 Florida National Team Trials Final Day |

Our AGM will be held at 60 East Main Street, Welland, Ontario, on Thursday, the 20th day of March, 2025, at 6:00 pm, for the purpose of: a) Reviewing and voting on the proposed by-laws of the Corporation; b) Review the Minutes of the Annual General Meeting from 2024; c) Review the Annual Report of the Corporation for the year ended the 31st day of October, 2024; d) Receiving the Financial Statement of the Corporation for the year ended the 31st day of October, 2024; e) Appointing accountants for the ensuing year and authorizing the directors to fix their remuneration; f) Electing the directors; g) Transacting such further or other business as may properly be brought before the meeting of any adjournment thereof. 2. The Treasurer of the Corporation has caused to be sent to each person entitled thereto, this notice of meeting in the prescribed form. THIS INFORMATION IS GIVEN ON BEHALF OF THE BOARD OF DIRECTORS.





Contact us

*Your Destination For
Padding Sports.*

EXECUTIVE OFFICERS

Co-Commodore: Kathleen Reardon | Jan. 2023

Co-Commodore: Gordon Robbins | Jan. 2025

Vice-Commodore C/K: Marilyn Abbs | Nov. 2024

Vice-Commodore DB: Linda Bell | Nov. 2023

Treasurer: Brenda Arndt | Apr. 2024

Secretary:

Registrar: Marilyn Abbs | Feb. 2023

SAFETY OFFICER

Glenna Landry

DIRECTORS AT LARGE

Lori Dwyer | Apr. 2024

Liz Guitard | Apr. 2024

Veronica Landry | Apr. 2024

Tarzan Kay | Oct. 2024

COMMITTEE CHAIRS

Brenda Arndt - Hope Floats Challenge Committee

Kathleen Reardon - Club Fundraising Committee

Marilyn Abbs - Volunteer Committee, Bingo Lead

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 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

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).*



Ontario Trillium Foundation

Thank you for reading!



South Niagara Canoe Club

info@sncc.ca - admin@sncc.ca

www.sncc.ca



16 Townline Tunnel Rd., Welland, ON

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