

# THE CATCH



South Niagara Canoe Club Newsletter Volume 9 Issue 2

March 2019

## Winter Training: High Performance Canoe/Kayak



See these pictures and more on our Official Instagram site: [southniagaracanoclub](#)

And the “unofficial” Instagram: [the\\_southies](#)

Thank you for posting the pictures, KC. Looks like the gang had a great time!

Anyone can share their pictures or their stories with SNCC on any or all of our social media. Contact Kathleen for details.



Hanging out at Peaks Indoor Rock Climbing in St. Catharines.



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



# Winter Training: Competitive Dragon Boat

Saturday morning practices have attracted as many as 43 paddlers from as far away as the GTA and London for the Warlocks sessions in the tank and in the gym.



*Pictures and text from Alan Wright.*

Training tank paddlers practice technique under the watchful eye of Coach Doug.

## Upcoming Events

**Register for Spring and Summer paddling:** coming soon to our website, SNCC.CA

**Annual General Meeting:** March 21, 6:30pm, Welland City Hall, Community Room

- See your email or our website, SNCC.CA, for more details.



**SNCC Board Meetings** March 21, immediately following the AGM.

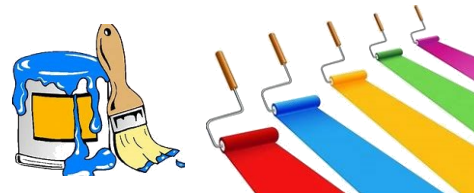
Then, Orientation for new Board Members on March 27, 6:30pm, Welland City Hall, Room 108.

**The 47th Annual Welland Sports Award Banquet:** April 5, 6:30pm, Casa Dante Lodge, 34 Lincoln Street, Welland. Tickets are \$20 each.

- Doug Jones, coach of the Warlocks Competitive Dragon Boat Team, has been nominated in three coaching categories. Come out and support Doug and represent SNCC.

**Paint our Club Containers:** April 13, rain date April 27.

- Register to volunteer on our website, SNCC.CA.



Next issue: April 2019

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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