

Doug Jones SNCC's Competitive Dragon Boat Coach



Contributed by the Warlocks.

Doug Jones, a retired Secondary School Physical Education Head, began coaching SNCC's Welland Warlocks in 2010 when he was invited by Stefan Fridriksson, a former member of SNCC, to coach his competitive running club in dragon boating as a cross-training exercise.

Doug came to dragon boating from an extensive background in coaching canoeing. In his youth Doug was a triathlete and a canoeist who paddled with Burlington's Mohawk Canoe Club. He became an accomplished Flatwater Canoe coach, training numerous medal-winning crews at club, national and world levels including the Olympic Games held in Los Angeles, USA (1984) and Seoul, South Korea (1988).



National Team Picture, Eric Smith and David Frost, Coach Doug Jones, 1988 Olympics, Seoul



National Team picture, Eric Smith and Steve Botting, Coach Doug Jones, 1984 Olympics, Los Angeles

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



Doug preps Senior C Canadian National Team to race at 2013 IDBF World Championships in Szeged, Hungary.

Doug's coaching strengths include the ability to motivate athletes to meet their potential. He is the key to the success of SNCC's competitive Dragon Boat crew, the Welland Warlocks, as well as the success of our Canadian National Senior C (60+ years old) Dragon Boat crews, competing successfully under Doug's leadership as Program Director and Head Coach at IDBF's Championships in Szeged, Hungary (2013) and Welland, Ontario (2015).

It takes a particularly unique, skilled and knowledgeable coach to bring together paddlers from across Canada, with different stroke techniques and, in a relatively short period of time, prepare them for international competition, paddling with a common stroke and synergy as if they had been paddling together for years.

Doug was recognized for his exemplary coaching skills, by being inducted into the Welland Sports Wall of Fame, 2019 and was the recipient of the Outstanding Coach Of The Year award in 2019.

Doug brought these coaching talents to SNCC. In addition to coaching the Welland Warlocks, SNCC's competitive dragon boat program, Doug assists, when needed, with our Recreational, Canoe/Kayak and Special Needs programs. He has prepared local community teams to participate in the Welland Dragon Boat Festival and has served as a member of SNCC's Board of Directors.

Finally, Doug has been an advocate for Welland's International Flatwater Centre, raising awareness of its potential as training and racing facility for dragon boating. Doug's expertise in coaching the Welland Warlocks' Winter Program at WIFC has attracted many competitive dragon boat paddlers from the GTA and Niagara Region, providing these athletes with the opportunity for a year-round training program, contributing additional financial support to SNCC and bringing recognition to our club as a leader in Canada's Dragon Boat community.



Doug and SNCC Welland Warlocks compete at Hamilton's Dragon Boat Festival in 2019



Winter Training at WIFC



Doug and grandson receiving the Outstanding Coach Of The Year award in 2019. Doug was inducted into the Welland Sports Wall Of Fame, 2019

Annual General Meeting

Thank you to all who attended SNCC's Annual General Meeting. Per the club by-laws, SNCC is required to hold an annual general meeting to report on functioning of the club, the financial status of the club, to elect Board members, and to appoint financial auditors for the following year. A report was delivered for the 2018-2019 fiscal year (for SNCC, our fiscal year runs from November 1-October 31). As well, a projected report was given for the 2019-2020 fiscal year. These reports can be found on our website, [sncc.ca](https://southniagaracanoecub.wildapricot.org/resources/Documents/AGM/2019%20Annual%20Report.pdf), if you wish more details.

<https://southniagaracanoecub.wildapricot.org/resources/Documents/AGM/2019%20Annual%20Report.pdf>

2018-2019 was a fantastic year for SNCC both on and off the water. Successes on the water included our club's best showing at Canadian Sprint Canoe Kayak Championships in Regina, our club's first entrant into the Olympic Hopes Regatta in Slovakia, and our increase in participants in dragon boat programs, canoe kayak programs, and in Canoe Kids Camp. It was the first year of the Paddles UP Unlimited Special Needs Dragon Boat program. Plans for 2020 included a race prep course for our young campers and a learn-to-paddle dragon boat program for potential members. Off the water, the club developed its Values statements and further refined its Mission and Vision statements, thus building on its strategic planning. SNCC ended the fiscal year with a net surplus of about \$4000.

<https://southniagaracanoecub.wildapricot.org/resources/Documents/AGM/SNCC%20AGM%20Report%202020%20Final.pdf>

Conversely, 2019-2020 has been a challenging year for the club both on and off the water. Winter programs at the Welland International Flatwater Centre were cut short in March. All spring/summer/fall dragon boat paddling programs, ParaCanoe, and Canoe Kids Camp were cancelled. Canoe Kayak paddling began with the High Performance group in June only after an extensive Return To Play process was developed and accepted by the City of Welland. Based on the success of the High Performance group, the Developmental and Masters groups began paddling in August. Overall membership and revenue was down for the club and SNCC is expected to end the 2019-2020 fiscal year with a net loss. Despite an unclear future, the Board of Directors is working diligently to keep SNCC programs running safely and with hopes that SNCC can return to full programming one day.

The 2020-2021 Board of Directors acclaimed at the Annual General Meeting are:

Brenda Arndt — Commodore, Canal Dragons paddler

Tracey Pigeon — Vice-Commodore Canoe-Kayak, Co-Treasurer, parent of paddlers

Mark Swan — Vice-Commodore Dragon Boat, Canal Dragons paddler

Liz Guitard — Secretary, Chair of Fundraising, Canal Dragons and Masters paddler

Annie Eckhardt — Co-Treasurer, Canal Dragons paddler

Carolyn Swan — director at large, Hope Floats founder

Alan Wright — director at large, Warlocks and Masters paddler

Richard Dalton — non-voting member



Awards Recipients for 2020

Like most of 2020, the SNCC Annual Awards Night was changed to accommodate the pandemic. Instead of a night of good food and good company, two awards were handed out at the conclusion of the Annual General Meeting. Congratulations to the winners!

Carolyn Swan Exemplary Award

This Award is given to someone who progresses the mission of sharing the benefits of exercise and team participation with Breast Cancer Survivors through Dragon Boat. Presented by Carolyn Swan, Founder of SNCC Hope Floats.

Recipient for 2020 – Sally Rennick, Coach

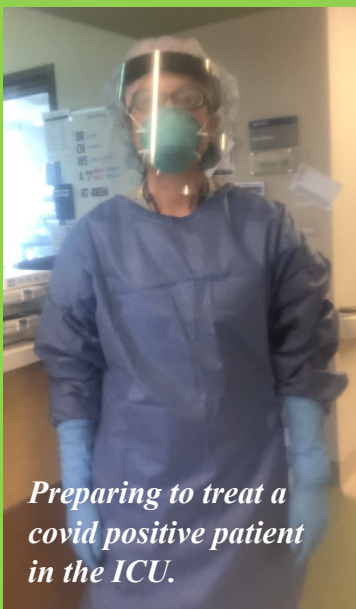
I first met Sally and Brian on a cold January day in 2009, when I made a pitch to them about bringing a BCS crew to SNCC. At that time I had a crew of 15 survivors and several supporters and we needed a new home. They immediately accepted my crew, Hope Floats, and the rest is history. Sally embraced my dream, which was to work together to take the crew as far as we could while promoting public awareness of the benefits of this sport to breast cancer survivors. She is one of the hardest working, caring and supportive people I have ever met, and although it is sad to say goodbye to our awesome coach, I know we all wish her well in her future endeavours. Congratulations to the 2020 recipient of the Carolyn Swan Exemplary Award, Sally Rennick!



2014 St. Catharines Dragon Boat Festival

Richard Morris Volunteer Award

Awarded by: South Niagara Canoe Club, Board of Directors. Recipient for 2020 - Kathleen Reardon



Preparing to treat a covid positive patient in the ICU.

South Niagara Canoe Club faced many challenges over the past year, most of them precipitated by covid-19. Many programs were canceled, and there were restrictions put on our activities. Undaunted, Kathleen Reardon, designer, editor, and producer of the Catch kept us all connected and up to date month after month. Forced to step down from the Board of Directors in March 2020 because Ontario Law demands a full year off for every six years of service, Kathleen remains available to the board to help train new members and provide us with her guidance and counsel whenever needed, all the while continuing to manage the SNCC clothing.

Kathleen approaches everything she does with an eye to excellence. Not only is Kathleen an athlete and volunteer at South Niagara Canoe Club, but she is also a front line health care professional.

It is our pleasure to award Kathleen the Richard Morris Volunteer of the Year Award. Thank you Kathleen, for everything you have done and everything you continue to do.

Fundraising for SNCC

Help Raise Funds for Our Club

Collect Empties & Return

Bottles/cans of all kinds - glass, plastic, liquor, wine, beer & bladders

- collect and take to your nearest Beer Store for refund
- e-transfer funds to payments@sncc.ca (include 'Bottle Drive' in your message)

Together we can collect some much needed monies for OUR club to help offset Covid-19 lost revenues!

If you need assistance call Liz Guitard 905.932.8384



South Niagara Canoe Club
www.sncc.ca

AN ALL CLUB FUNDRAISER

Bottle Drive: Ask your family, friends, neighbours etc., to donate their empties. When you return your bottles to the beer store, donate the refund to SNCC by e-transferring to payments@sncc.ca or on the **Donate** page on our website. Indicate that it is “Bottle Drive” money.

This will be an ongoing fundraiser with no deadline.



FlipGive, is a free team funding app that earns you cash for the things you’re already buying. For example, Amazon gift cards for Amazon Prime days. Visit the website for more details:

<https://www.flipgive.com/how-it-works>

Update from the Board of Directors

Fall Programming: Coach Tim will be running Zoom workouts for adults on Mondays, Wednesdays, and Fridays, at 7:00pm beginning November 2. No registration required. No payment required however, donations via e-transfer to payments@sncc.ca or via the **Donate** webpage are welcome. Indicate that it is “Zoom Workout” money. The Zoom link is: <https://us02web.zoom.us/j/83732991492>

Winter Programming: Please answer the survey sent via e-mail to gauge member interest in Winter Paddling at the indoor tank, should it open in January 2021. Based on member interest and feedback, the Board will develop a Winter Program with a corresponding Return to Play process.

November Birthdays

ParaCanoe
Scott Canter

High Performance
Sarah Lowry



Canal Dragons

Barbara Arndt
Veronique Bedard
Sherry Simo

Warlocks

Tammy Comoposilvan
Arliss Skye
Monica Treumuth

Next issue: December 2020

Pictures and story ideas for **The Catch** can be emailed to Kathleen: kat_reardon@hotmail.com



SNCC.CA

