

Highlighting Coach Evan Landry

This month, Coach Evan of recreational dragon boat and a High Performance kayaker answers a few questions for the Catch. Thank you for taking the time for the club newsletter, Evan.

Where are you from (hometown, home club)?

I'm from Welland, Ontario. Home club is South Niagara Canoe Club.

How did you get your start in paddling sports?

I got my start back in 2010 when my grandmother and I met Brian (Brian Roy, former SNCC Commodore and occasional SNCC coach) and Doug (Doug Jones, Warlocks Coach) recruiting with a display for the club at the Seaway Mall.

How did you get your start with Coaching?

I started coaching as a volunteer for the Canoe Kids Camp.

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

One of my favourite moments of paddling was competing in Sherbrooke, Québec for SNCC at the Canadian National Championships in 2018 K4 with Sam (Abbott-Tate), David (Coyne), and Aiden (Davis). We qualified for A final for the first time and finished 7th. The whole week of competition, despite falling in during a K1 race, is still a favourite experience.

Can you share a memorable coaching experience and what you learned from that experience?

Last year, in Stratford, the Dragon Boat competition with SNCC was memorable because of the great results. All of the paddlers are very appreciative of my efforts and Sally (Sally Rennick, recreational dragon boat coach) sets a great example for me to emulate.

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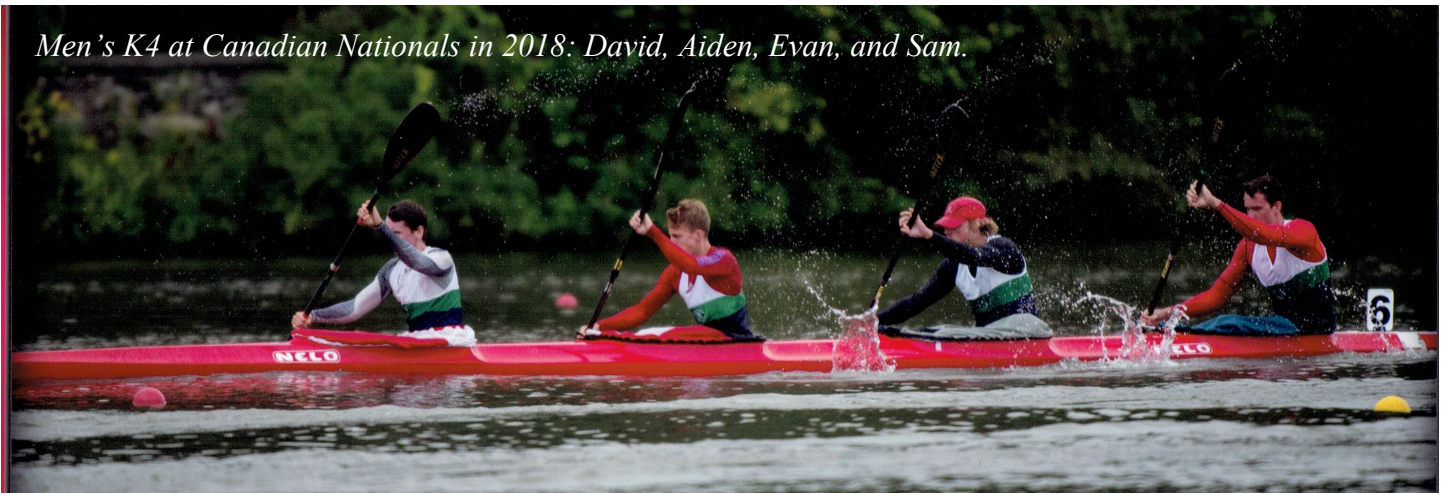


*Evan at the
2019 Ontario
Provincials*

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

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Men's K4 at Canadian Nationals in 2018: David, Aiden, Evan, and Sam.



You were unable to coach on-water dragon boat during the 2020 season. How are you feeling about that?

I have missed on the water coaching this year. It would have been great to see how the winter training benefitted the paddlers once we could return to the water. I've also missed the (dragon boat) rentals when I could spend a day or a few hours with a group most of whom haven't paddled before. Sometimes I was just their safety person and demonstrator, other groups could be a lot of fun.

What your thoughts for dragon boat at SNCC in 2021?

I hope that whether or not we can do off water training in the winter we can find a way to transition to the water in the spring of 2021 safely.

What is it like being with SNCC?

It's an honour to be part of this club, however small. I'm grateful for the coaching and management of Richard, KC, Sally, Doug, Brian, Ian (Ian Tate, former SNCC Commodore), and the boards of directors. One fall, during my early days of paddling, I was the only one registered and was coached, individually, by Doug. I couldn't believe my luck! I'm glad that after all of our volunteer efforts the City of Welland seems to appreciate the WIFC (Welland International Flatwater Centre) as a venue and I know that our small club has been a positive force in making that happen.

What do you hope to accomplish in your coaching position at SNCC?

I hope to, for as long as I can, continue to develop coaching skills as well as the skills transferable to my career, thanks to the mentorship of Sally.

What else should the SNCC membership know about you?

I just completed my second diploma so with Fitness and Health Promotion and OTA and PTA (Occupational Therapy Assistant and Physical Therapy Assistant), I'll have to follow the opportunities and I hope to travel at some point. For now, I'm continuing as a paddler with SNCC. It's been a challenge over the years since the High Performance group has been so small but we have a couple of additions this year and I plan to make the most of it while I can. I'll always be a part of SNCC in any way I can. ■



Coaches Sally and Evan at the Stratford Dragon Boat Festival, 2018

Message from Sally

An email to the SNCC membership on September 20, 2020.

Hi Hope Floats and Canal Dragons Paddlers,

I hope that you are all doing well. As you know, usually at this time of the year we have moved off of our weekday paddles and are still getting out a little in the light of the weekend. We are often basking in the glories and stories of our antics and successes of the season out on the water. But, this has surely been a different kind of year for everyone on all levels.

It has been a huge time of reflection for many of us and I wanted to let you know, that I am stepping down as your coach with South Niagara Canoe Club. I am essentially retiring from the club.

I have loved every second of my time that I have spent coaching with the club. It has been very special for me to meet all of you and coach you. I will miss that very much. I have volunteered with the club for 11 years now.

As the club prepares for the next phases of whatever this is going to look like, you are in amazing hands. We have phenomenal leadership in the club guiding you safely forward in your paddling endeavors and we are also so fortunate to have outstanding coaches. The club will continue to do fabulous!

I hope that you stay well, stay safe and stay healthy. Autumn brings with it a sense of a certain return to routine, a flow, a time to make some new goals and make a plan for how you will achieve them.

I remain forever grateful for the time we shared together.

Thank you so much for letting me be your coach-what an outstanding gift you have given me.

Sally

Here's to Sally!

Excerpts from the SNCC Archives.



Winners of the 2012 Aurel Gervais Memorial Trophy presented at the 40th annual Welland Sports Award Evening for outstanding sport executives: Brian Roy and Sally Rennick.



Fonthill woman

THE VOICE of Pelham Wednesday, December 22, 2010 Page 3

paddles her way to silver

Sally Rennick, displaying her recent award, Most Improved Dragon Boater (presented to her by the South Niagara Canoe Club), and wearing her two silver medals won at the Pan Pacific Masters Games last November in Australia.

Tina Chivers/Voice Photo



October is Breast Cancer Awareness Month

A few members from Hope Floats, the Breast Cancer Survivor Crew at South Niagara Canoe Club, share some thoughts about what dragon boating means to them.

Paddling in a boat with athletes, men and women and my breast cancer warrior sisters is for me an impossible beautiful dream. Why is it beyond my wildest dreams? Well, I almost drowned when I was three, I have since been terrified of the water, I was the kid that was always picked last in sports and was shy and awkward which did nothing for my social life.

When I was diagnosed with breast cancer at 40 with no family history and two little boys I would never had thought that someday I would be loved and valued enough to feel safe in a boat with fellow survivors that I call warriors. We are warriors and athletes because we push ourselves harder than our limits and reach goals in health and happiness never before achieved. I feel safe with my fellow paddlers, I feel adequately challenged and supported by my coaches. I am wearing my medal from the last IBCPC event because I am so proud of myself and all of the participants I want to show the world that even if you are a shy awkward terrified little girl from a small place like Niagara, dreams can come true, dreams you never knew you had, dreams of an international event that makes cancer patients and cancer survivors feel like they are champions in health, that they can enjoy an active life style and participate at an international level.

It is hard to tell you how it felt winning our last race in Italy, although it was not a competitive event boy it felt so great, we cried and laughed and hugged each other we waved to family and friends who had come to support us and for those few magical days we were no longer patients we were WINNERS. — **Beth Demizio**

Why dragon boat?

For the love of the sport, gliding in unison on the peaceful water

For the love of my sisters, old and new, who share my journey

For the love of this life that Hope Floats has given me. — **Carolyn Swan**

Twenty-five years ago, breast cancer survivors were cautioned against all strenuous upper-body work. Survivors were afraid to do any exercises for fear of risks associated with this cancer. Today the approach is to strive for the rehabilitation of the upper body. Breast cancer survivors are now encouraged to exercise, and know that they can lead full, active lives. Better even because of the surgery.

Into my life came a moment, that has forever changed my dreams, my hopes and my future. I got into a dragon boat and became a member of a breast cancer survivors' crew. Dragon boat paddling is a team sport in which paddlers strive to achieve a common purpose: to train; to be fit; to be happy; and to be whole. ... When you join a dragon boat team, you have a gift beside you, on the seat in front of you and behind you. We grow to cherish each other, worry about each other and relish the accomplishments and successes of each other.

If you want to experience joy, happiness, success, trials, friendships, family and spirit, get in a dragon boat.

— **Audi Johnston**

Long Distance Paddle

Saturday September 26 was a lovely warm autumn day for a long distance paddle for canoe/kayak paddlers. There was an 8 km course and an 18 km course. Congratulations to all those who participated. Thank you to coaches KC, Evan, and Tim for preparing us for this event, timing us, and keeping us safe.



Lining up for 18 km.



Austin is the first paddler to finish 18 km.



Nick is the first kayaker to finish 18 km.

Congratulations to the 8 km group: Isaac, Colleen, Maureen, Kathleen B and Kathleen R. No photos available of this group.



Aimee is the first female paddler to finish 18 km.

Pictures by Kathleen Reardon



Alan is the only Masters paddler to take on 18 km.



KC times the paddlers while Nick takes a rest after completing the course.



Michelle finishes strong.

Update from the Board of Directors

Annual General Meeting (AGM): Per the email sent to members on September 20, 2020 the AGM is set for October 22, 2020 at 7:00pm via ZOOM. Zoom meeting link: <https://us02web.zoom.us/j/82187399657>. Topics will include: reviewing the SNCC financial statements for the year ending October 31, 2019, electing directors, appointing accountants, voting on amendments to the SNCC by-laws, and any other business arising.

- All SNCC members are encouraged to attend the ZOOM meeting. A proxy ballot authorizing another SNCC member to vote on behalf of an absent SNCC member can be emailed to **registrar@sncc.ca**.

I, (printed name follows) _____, certify that I am a member in good standing with the South Niagara Canoe Club as of July 20, 2020.

I hereby give my proxy to _____, and authorize him/her to vote on my behalf on any item or issue arising at the 2020 South Niagara Canoe Club Annual General Meeting.

Signed: _____

Dated: _____

- All SNCC members are welcome to join the Board of Directors. There are currently 7 members on the Board. Contact **registrar@sncc.ca** for more information.
- All SNCC members can share their ideas and questions directly with their coaches, or with any Board member, or via email **admin@sncc.ca**.

Safety Officer: Thank you, Sally for your hard work as SNCC's Safety Officer. Currently, Brenda Arndt, Commodore, is temporarily filling this volunteer role. Any member who can take this role fully will be appreciated. The Safety Officer is not a member of the Board of Directors but is important for the function of the club. The responsibilities include: ensuring that the club adheres to the SNCC code of safety as well as other safety measures which may apply, working in collaboration with the lead coach to conduct an annual club safety audit to ensure that all required safety equipment is compliant with the code of safety, and continuously updating/maintaining the club's emergency action plan, including SNCC's response to the covid-19 pandemic through the Return to Play process. Contact **admin@sncc.ca** for more details.

Fall Programming: Fall paddling for Canoe/Kayak continues, weather permitting. Once on-water programming ends, Coach Tim will be running ZOOM workout sessions twice a week. Email invitation to follow.

Winter Programming: The Welland International Flatwater Centre intends to open the paddle tank by January 1, 2021 if possible. The Board, coaches and member advisors are currently working on modifying winter programs with the safety of our members and the community as top priority. Unlike on water, indoor dragon boat allows for social distancing. Stay tuned for more details.

Hope Floats Grow Grant Update

The Hope Floats Grow Grant Implementation Committee would like to announce that the first installment of the Grow Grant has been received. The Committee members are: Brenda Arndt (Chair), Annie Eckhardt, Marilyn Bellows, Ann Marotta, and Tim Ostiguy.

The funds will be used to purchase two white BuK dragon boats complete with head, tail, and drum and one dragon boat trailer to be delivered autumn 2020. There will be a Dragon Boat Naming Ceremony in the spring. Sally Rennick and Brian Roy have been instrumental in building the Breast Cancer Survivor crew. To honour these amazing coaches the two new boats will be named **The Sally Rennick** and **The Brian Roy**.

The Committee encourages SNCC members to email your ideas for marketing SNCC crews and our club to the public via hopefloats@southniagaracanooclub.ca. To this end, the Committee will be building a library of high definition photographs from all SNCC programs to help with marketing. Any photos that you would like to share on our website, social media, and printed materials can be put on a flash drive and mailed to:

Hope Floats Grow Grant Implementation Committee c/o P.O. Box 823 Crystal Beach, Ontario L0S 1B0

If requested the flash drive will be returned to you by mail.

Per the Grant application, South Niagara Canoe Club has committed to introduce over 500 residents of the Niagara Region to Dragon Boat over the next three years through a free Learn to Paddle program. The goal is that Niagara Residents—primarily Breast Cancer Survivors, their families and friends—would become more physically active through paddling sports. SNCC has set a goal to triple the number of Hope Floats members and double the number of non-BCS Canal Dragons, Warlocks and all Canoe/Kayak programs by October 2023.

Due to the covid-19 pandemic, it is understood that the goals and objectives of the grant might be difficult to attain, and therefore at the end of each year continuance of the grant will be evaluated.



Happy October Birthdays!



Canal Dragons

Bernita Arndt

Marisa Battista

Lynda Bridgeman

Kim Miller

Hope Floats

Sondra Beach

Anne Marie Ciancio

Annie Eckhardt

Jane Rusch

Warlocks/Masters

Kathleen Batstone

Para Canoe/Kayak

Cameron Clark

Family member/Volunteer

Kelly Coholan

Happy Thanksgiving!



Next issue: November 2020

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



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