

Highlighting Lead Coach: KC Fraser

Thank you, KC for taking the time to answer some questions for the Catch.

Where are you from (hometown, home club)?

I was born in Montreal, Quebec and I started paddling at Pointe Claire Canoe Club. Then when I moved to Oakville with my family, I paddled for Burloak and Mississauga and later (I) moved to Balmy Beach Canoe Club when I finished University to pursue my dream of making the Olympics. Presently I am with SNCC.

How did you get your start in paddling sports?

My mother wanted me to get out of trouble and thought the Summer program at the (Pointe Claire) Canoe Club was a good start. Which I found strange because I was already doing so many different sports before. (Thanks Mom!)



Photo from KC's Olympic Profile

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

My most memorable paddling experience was the race that qualified my partner Genevieve Orton and I for the 2016 Rio Olympics in K2. We had a hard start to the season getting let go (from) the team due to our poor result the year before. Knowing this was my last chance at achieving my (Olympic) dreams I was able to be in control of my own decision instead of following someone else's. But what I learned from the experience was (that) sometimes you need to take the path less travelled. Because if you're scared and you never take the first step forward, you'll never know what you could have been able to accomplish.

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

I have many memorable coaching experiences but my favourite was seeing Josh Abbott-Tate and Austin Pigeon win the U16 Men's C2 at 2019 Nationals; it was the first Canadian Championship crew boat medal for both the club and the athletes and it was great to see all their hard work from the summer pay off. Seeing their happy faces at the end of the race made me proud to be part of their journey.

Continued on page 2.

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

Continued from page 1.

What is it like being with SNCC?

It's like being with family. I love seeing returning members, new members, and members that just stop by to say hello. SNCC has a great sense of community and I love that about this club. I love it!

How do you find it coaching during 2020?

I have to say it was tough at first not only with Covid but (also) having a newborn and juggling life with work. But I have a great coaching staff, athletes, and board members that have helped us achieve great lengths while keeping everyone safe. All in all, it is an adjustment but it (is) great to see people on the water again.

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

To work as a team with SNCC to bring a healthy and competitive culture that centers around enjoying working hard and building each other (up) and every individual character. (All) while maintaining a sense of community.

What else should the SNCC membership know about you?

- I love all types of cheese (really who doesn't).
- I told myself (that) if I didn't make the Canadian (Olympic) Team the year after I graduated from University then (I) wanted to be a dog sledding guide in Alaska and compete in the Iditarod.
- I just bought a surf ski and my goal is to paddle from Niagara to Oakville by the end of next year (2021).



Photo provided by KC of SNCC's youngest member — Gabrielle Dalton.



Watch KC's Hero of Play video on YouTube here <https://www.youtube.com/watch?v=7jaBOJOYY2c>.

Below, KC representing SNCC's para program at Niagara ParaSport in 2019.



Photo by Marilyn Abbs



As local, divisional, provincial, national, and international regattas were cancelled in 2020 due to the Covid-19 pandemic, Canoe Kayak Canada (CKC) created a new virtual event for all paddlers across all disciplines that was held on August 29, 2020. The goal of this event was to connect our diverse paddling community and to encourage paddlers to get out and have fun on the water.

There were over 30 paddlers on the water at WIFC including about 20 paddlers from the Burloak Canoe Club. Time trials were held at distances of 200m, 500m, 1000m, and 2km. Commemorative crests were distributed to participants and prizes included cloth face masks bearing the CKC logo.

#CCCPaddleChallenge



Gabrielle



Alan



Back row, left to right: KC, Aimee, Austin. Front row: Michelle, Walker, Tim, Jonathan. All photos courtesy of Alan Wright.

#WePaddle
#NousPagayons



2km Challenge

Fall Paddling Schedule at SNCC

For those interested in Canoe/Kayak paddling with SNCC during the Fall, here is the proposed schedule for different groups. Fall Paddling sessions will begin after Labour Day and continue until Friday October 30, weather permitting. The price of Fall Paddling sessions will be determined. Paddlers will be invoiced based on their attendance. Register with **SNCC.CA** or contact Tim or KC for more details.

Developmental

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Off	Off	Off	Off	Off*	Off
4:30-6:00 pm	Off	4:30-6:00 pm	Off	4:30-6:00 pm	Off	Off

*A Saturday practice may be added to coincide with High Performance.

Masters

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Off	Off	Off	Off	9:00-10:30 am*	Off
Off	6:30-8:00 pm	Off	6:30-8:00 pm	Off	Off	Off

*Saturday practices may be moved to coincide with High Performance.

Given the shortening of daylight hours, Masters weekday practices may be moved up earlier and end earlier.

High Performance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:30 am	Off	6:00-7:30 am	Off	6:00-7:30 am	8:00-10:00 am	Off
3:00-5:00 pm*	3:00-5:00 pm	3:00-5:00 pm	3:00-5:00 pm	3:00-5:00 pm	Off	Off

*Afternoon schedule is dependent on participants' school schedules.



Screenshot of SNCC paddlers from the Hometown Hockey in Welland video, 2019.

Welland Warlocks

This summer, Warlocks and our KAB friends attended Pete Buday's 10-week Outrigger Performance Advantage camp held at Lakefront Promenade Park in Mississauga. Thanks to Drayton for his superb OC coaching and Sue Humphries for co-ordinating the camp with Pete!

Warlocks Kim Kuipers: "It was fun and we GOT to get on the water"!



KAB's OC Bubble!





Warlock's OC Bubble!



Masters Canoe/Kayak

Photos provided by Brenda Arndt



Colleen in the "croc"



Shannon



Kathleen in the "ladybug"



MJ and Coach Tim



Kim



Alan

We are having a bottle drive for Hope Floats

South Niagara Canoe Club's Breast Cancer Survivor Dragon Boat Crew

(bottles/cans of all kinds - glass, plastic, liquor, wine, beer & bladders)

- contact us and we will collect them from you **OR** you can take to your nearest Beer Store for us
 - e-transfer to hopefloats@southniagaracanooclub.ca
- OR** put it in an envelope and give to any Hope Floats member

Thank You!

Hope Floats is still fundraising for the IBCPC (International Breast Cancer Paddling Commission) Participatory Dragon Boat Festival in New Zealand in 2022. Any help with their bottle drive is appreciated. Contact Brenda Arndt or any member of Hope Floats for more details.

2022-IBCPC PARTICIPATORY
**DRAGON BOAT
FESTIVAL**
LAKE KARAPIRO / NEW ZEALAND



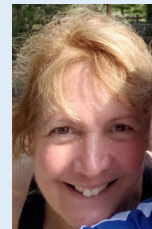
March 28-April 3, 2022

ZOOM Workouts with Coach Tim

Recent feedback from SNCC members about the ZOOM workouts. Some comments have been edited for length. All are welcome to join the free sessions on Wednesdays from 6:30-7:15pm. Check your email for the ZOOM invitation.

"...I dread Wednesday evenings **and LOL at the same time I just can't wait.** I love the feeling after the workout. I am nowhere near as active as I was preCOVID. I am SO grateful for Sally and then Tim for leading us in these ZOOM workouts. ... I am so thankful that we are having these Wednesday workouts. They remind me of how important it is to stay physically active and they remind me of how much I miss my team in the boat. Come out and join us. ..."

Anna Kuhar, Canal Dragons



"... These Zoom workouts help me feel connected to the club. It is great to see everyone that comes out and to keep in touch and I would love to see more people coming out and taking advantage of these Zoom workouts (even just to see more people). I think this is a great way to stay fit and stay connected. I miss our dragon boat team(s)!"

Bernita Arndt, Canal Dragons

"It is great for us to be on the water again in single kayaks with the Masters program under Coach Tim. And the ZOOM work-outs Tim leads on Wednesday evenings add a whole fitness and social dimension to the SNCC experience during the pandemic so I hope more members will get involved in the weeks to come. Tim adds youthful enthusiasm and up-to-date fitness knowledge to the Club."

Alan Wright, Masters



"I joined a workout session one Wednesday night to try. I enjoyed it to the point that I now do it every Wednesday. Tim challenges us but always said to adjust the exercises to our capacity. He chooses good exercises and explains and demonstrates them. After each workout I feel good knowing that I worked hard and satisfied because I can feel the result. It motivates me to do better having a coach leading the session and knowing that other people are doing it also. Tim always welcome feedbacks and adjust to satisfy the group. Tim is kind and friendly."

Marie-Jeanne Monette, Masters



"Tim offers a dryland training session that addresses strength, cardio, balance, and flexibility. He clearly has a strong base in exercise science, and pushes participants just the right amount. I hope more fitness enthusiasts will join the Zoom workouts and feel the benefit (and the burn!)"

Colleen Kenyon, Masters

"I look forward to Wednesday evening Zoom Workouts with coach Tim. Tim pushes us to improve our fitness and build our strength. These sessions motivate me to combat the dreaded pandemic spread! Thank you Tim!"

Brenda Arndt, Canal Dragons/Hope Floats



Update from the Board of Directors

Based on how the shortened paddling season for SNCC played out, the Board is going back to monthly meetings as they are confident the coaches and participants are following a sound, successful covid-19 protocol.

Planning, programming, and budgeting for the 2020/2021 year will begin in September.

With the Ontario State of Emergency lifted, SNCC will be holding the **Annual General Meeting (AGM)** on Thursday October 22, 2020 via ZOOM. Agenda and further details to follow.

The Board will be applying for the **Trillium Resilient Communities Fund** and the deadline is December 1st. The Resilient Communities Fund is a one-time fund to support the non-profit sector recover and rebuild from the impacts emerging from COVID-19 so they can effectively meet the needs of communities across Ontario. For more information, see <https://otf.ca/resilient-communities-fund?redirected=1>.

Happy September Birthdays!

Developmental

Kaelyn Davis



Masters/Para

Colleen Kenyon

Lindsay Davis

High Performance

Josh Abbott-Tate

Sofya Chepurnova

Walker Davis



Canal Dragons

Shannon Allan

Lynda Bridgeman

Maureen Wheelock

Warlocks

Janet Corbett



thank
you!

Austin, Josh, and Walker proudly display the newly epoxied dragon boats. No more fiberglass itch! A huge thank you from all the dragon boat members. This job saves the club close to \$3,000.

When it comes to life the critical thing is whether you take things for granted or take them with gratitude.

G.K. Chesterton, English author and critic.

Next issue: October 2020

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



Facebook



Instagram



Twitter



YouTube

SNCC.CA