

Winter Programming Updates

From Brenda Arndt, Commodore and Safety Officer.

Covid-19 continues to throw challenges our way. With the temporary shut down of gyms in Ontario, most of South Niagara Canoe Club's activity went online in January with workouts by coaches Gwen Vernon and Evan Landry.

Thank you for your patience as we navigate this bump in the road. Pricing and scheduling for winter programming going forward, as well as refunds and credits, will be worked out as soon as possible over the next few weeks.

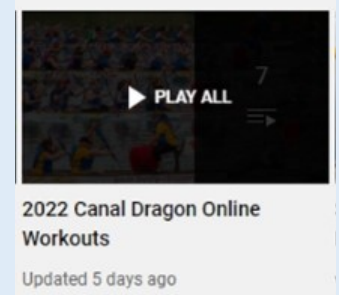
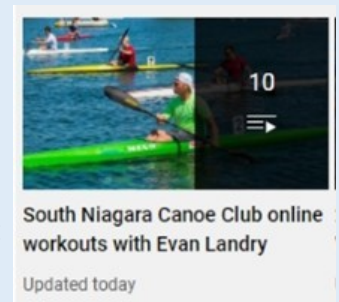
High-Performance Canoe/Kayak athletes will return to the Welland International Flatwater Centre (WIFC) on Wednesday February 2 from 4:00 – 5:30pm with coach Doug Jones. Friday February 4, this group will return to the Diamond Public School gym from 7:00 – 8:15pm. Unfortunately, Xfitness Gym has closed their doors and this group is currently looking for a gym that they can attend in Welland at 6:00am. If you have questions including information about Zoom workouts and running programs, contact coach Evan Landry.

Dragon Boat is tentatively set to return to the WIFC on Monday February 14 with coaches Gwen Vernon and Jan Corbett. Zoom workouts will continue until this group can return to the WIFC. Dragon Boat sessions are Mondays and Wednesdays 6:30 – 8:00pm, Wednesdays 1:30 – 3:00pm, and Saturdays 9:30 – 11:00am. For more information, contact your coaches or admin@sncc.ca.

Masters and Developmental Canoe/Kayak are not yet planned to return to WIFC as yet. Coach Gwen will contact those members who registered for Winter Programming to address their winter training goals. In the meantime, Masters and Developmental Canoe/Kayak Zoom workout sessions are Wednesdays 4:00 – 5:30pm.

Masks, distancing and vaccinations are the key components to our strict covid-19 safety protocols.

If members do not wish to exercise at the WIFC but still wish to continue working out, you can go to [SNCC.CA/ZOOM](https://sncc.ca/zoom) and choose a recorded Zoom workout led by coach Evan, Gwen, or Tim. Another way to get to the same Zoom workouts is to go to YouTube and in the search bar, type South Niagara Canoe Club, then select from the Playlist any of the dozens of workouts posted.



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

Grant Updates

NEW! Trillium Community Building Fund – Capital

South Niagara Canoe Club has been awarded \$139,600 to complete the following project, including up to \$18,000 for a Project Manager. Bids for the Project Management contract to be submitted to admin@sncc.ca no later than February 14th for Board of Directors selection on February 17th.

This project is to begin immediately upon approval with expected completion by April/May 2022.

Project Description: Convert existing fenced-in outdoor storage area into a 1,600 sq ft permanent outdoor all-weather recreational facility by installing a fixed and permanent canopy over the space and replacing existing gravel surface with durable permanent outdoor-quality cleanable flooring. The canopy will allow dryland training in a well-ventilated outdoor space with capacity for physical distancing during all types of weather. The flooring, intended for sport and recreation activities, is easily cleaned between uses. Key steps include: securing a building permit, selecting a project manager, installation of permanent canopy-style roof onto permanent storage units, completion of ground preparation, and installation of flooring.



Image of a roof over shipping containers, similar to what SNCC is proposing.

Current Grants

Trillium Resilient Communities Grant: This grant covers the ground preparation for the new shipping containers and is expected to be completed by April 15, 2022.

Trillium Community Building Fund, funded until October 2022: Developing, purchasing, and installing removable dock equipment for para and less able-bodied paddlers to facilitate loading and unloading from kayaks.

Trillium Grow Grant, funded until October 2023: This grant is dependant on our ongoing ability to grow our club. SNCC's plan for 2022 includes marketing, certifications for dragon boat coaches and officials, dragon boat learn-to-steer and learn-to-paddle sessions, photography, and videography.

Head Coach Supplement Grant, partially funded until July 2024: This grant supplements the salary of a full-time Head Coach at SNCC. Beyond July 2024, the Head Coach position will be fully funded by SNCC revenues.

Submitted Grants, awaiting results

1. **Trillium Resilient Communities Grant – Capital:** response expected by April/May 2022
2. **Canada Summer Jobs 2022:** response expected by April 2022
3. **Summer Experience Program 2022:** response expected by April 2022

These grants will help SNCC grow by developing our infrastructure and by building up our coaching staff for the Canoe Kids Camp program.

News from Canoe Kayak Canada: CKC helps launch new season of RBC Training Ground



Posted on the CKC Website, January 25, 2022.

RBC Training Ground struck gold at the Tokyo 2020 Olympic Games when alumni Avalon Wasteneys (rowing) and Kelsey Mitchell (cycling—track) became Olympic champions. Now, as program graduates prepare to make their debut at the Beijing 2022 Olympic Games, RBC Training Ground resumes its search for the next generation of Olympic talent.

RBC Training Ground is a nation-wide talent identification program dedicated to finding and funding Canada’s future Olympians. Canoe Kayak Canada – one of nine participating National Sport Organizations – has partnered with RBC Training Ground since its inception.

...
Year seven of the program, beginning this Spring, features a planned return to free in-person qualifying events across the country (guided by local health and safety protocols) in addition to virtual testing options.



At each qualifying event participants (Canadian athletes between the ages of 14 and 25) will perform speed, strength, power, and endurance benchmark testing in front of the participating National Sport Organizations. Athletes deemed to have high performance potential are invited to complete further sport-specific testing. The top athletes will be selected as RBC Future Olympians and receive funding, mentorship, and other resources to pursue their Olympic dreams.

“RBC Training Ground is designed to help identify and support the next generation of Olympic talent, and provide athletes with the high-performance sport resources needed to achieve their podium dreams,” said Evan MacInnis, Technical Director for RBC Training Ground. “While some participants are looking to re-energize or boost an Olympic dream in a sport they are already pursuing, others participate with the hope of being discovered and directed toward an Olympic sport they may have never considered. But they all rely on raw athleticism and determination to attract the attention of our sport partners and are excited to see where this program can take them.”

Registration and event information for all local RBC Training Ground events is available at RBCTrainingGround.ca.



Since its inception in 2016, the program has tested 10,000 athletes across Canada, with over 1,300 athletes being identified by National Sport Organizations as having Olympic potential (many in a sport they had never considered).

National Sport Organization program partners in 2022 include: Bobsleigh Canada Skeleton; Canoe Kayak Canada; Cycling Canada Cyclisme; Freestyle Ski Canada, Luge Canada; Rowing Canada Aviron, Rugby Canada; Speed Skating Canada; and Volleyball Canada – all looking to identify new talent for development.

From Dragon Boat Canada Blog

Group Sports at a Distance



Originally posted by Brianne Vander Neut, August 19, 2020.

...[W]ith some modifications, sports can still be part of our regular routines.

... How can we fulfill our need for group sports during these strange times?

It's important to stay safe so that we can return to normal as fast as possible, but we also want to give you the tools to find the social relief that only sports can provide.

Single Sports With Friends

You may be shaking your head thinking, how can single sports help a person's need for group interaction? They can! **Yoga** can be practiced at home or in the park – away from strangers and without a mask impeding your breathing. **Table tennis or wall tennis** is also an excellent means of exercise. Lots of fast paced movement and cardio benefits! Competitive type? Not a worry, with fast paced single sports, you can compete against yourself. Time, speed or accuracy are all ways you can challenge yourself to make the individual sport more exciting.

Challenge your friends or family to a race...at a distance. Have a step counter or fit bit? No? That's ok, there's an app for it as well. Use technology to your advantage – track your distance and the time it took you to run/bike/walk/paddle it. Can your friends beat it?

Single sports are vast. There are ones to suit every ability, even ones you can challenge friends and family to without putting anyone at risk.

Sports You Can Do At A Distance In Groups

Distant group sports was never something anyone ever thought they would have to do. But humans are adaptable. **Yoga** is a great example of exercise you can do with others at a safe distance – especially while the weather is nice. Organize some friends to meet in a nice open space, one big enough to keep you all a safe distance apart. Have a yoga session surrounded by friends and beautiful scenery. It will allow you to fulfill your social needs and your physical needs while keeping the people you care about safe.

Paddle! Now there's a crazy idea! Get your team together, rent some canoes, kayaks, paddle boards, whatever you can get your hands on and paddle together. A group activity like this keeps your team at a distance from one another while getting you all out on the water.

Take the opportunity to train. Race each other, practice drills or just have fun. We have already seen so many of our amazing members do this on our Instagram feed. Get out there, get together and practice safe distancing.

Get your brain into sports. We all miss sitting together in our dragon boats, eager to race, to practice and be together. We can still do many of the things we love about dragon boat – we just need to modify it. Wear a mask to keep yourself and others safe and we'll be out on the water before we know it!

Modified sports will help keep our mental states in good shape as well as our bodies. We can be together, even if we're six feet apart.

Have you found an engaging way to keep sports a part of your regular routine? Share it with us! Dragon Boaters everywhere might be depending on it.

2022 Winter Olympics and Paralympics



February 4-20, 2022. Bing Dwen Dwen is a cheerful panda who is the mascot for the Beijing 2022 Winter Olympics. “Bing” means ice and also symbolizes purity and strength, and “Dwen Dwen” represents children. The mascot embodies the strength and willpower of athletes and will help to promote the Olympic spirit. Recognised as a Chinese national treasure, the panda is deeply loved by people from all over the world.

March 4-13, 2022. Shuey Rhon Rhon is a Chinese lantern child, whose design features elements from traditional Chinese paper cutting and Ruyi ornaments. The Chinese lantern itself is an ancient cultural symbol in the country, associated with harvest, celebration, prosperity and brightness. "Shuey" has the same pronunciation as the Chinese character for snow, while the first "Rhon" in Chinese Mandarin means to ‘to include, to tolerate’. The second "Rhon" means ‘to melt, to fuse’ and ‘warm.’ Combined, the full name of the mascot promotes the desire of having greater inclusion for people with impairments throughout society, and more dialogue and understanding between the cultures of the world.



February Birthdays

Canoe/Kayak

Aiden Davis

Trish Pecore



OC-1

Nicholas Clulee

Dragon Boat

Remo Battista

Linda Bell

Andrew Dempsey

Nalini Dempsey

Tina Ferrari

James MacArthur

Aldo Munoz

Ann Reid

Canoe Kids Camp

It's never too early to plan for summertime! Share the news that Canoe Kids Camp registration will open on February 11. Stay tuned to SNCC.CA for more details.



Next issue: March 2022

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



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