

Winter Training

2023 has begun and so has training for the Paddling Season. Our athletes in both Canoe/Kayak and Dragon Boat have been hard at work in gyms and in the paddle tank at the Welland International Flatwater Centre (WIFC) to build strength, endurance, flexibility, technique, and camaraderie.

From Head Coach Rob Smith:

We are into our 2nd phase of winter training where the HP [high performance], U14 [athletes under 14 years old] and Masters [athletes over 20 years old] have adapted to the Weights, Runs and Paddle Pool workouts where they can be pushed a little harder in their training...We have new members joining the group each week.

Ontario Team Athletes have been invited to go on a Cross-Country Ski trip Feb 2-5. [SNCC has four athletes who are nominated to the Ontario Team: Austin and Aimee Pigeon, Marilyn Abbs, and Lindsay Davis. See the SNCC FaceBook page or further in this newsletter for more details.]

Following that, The Pigeons, Sarah Lowry and I will be heading to the Ontario Team Spring Camp in Florida March 12-April 1st.

From Coach Brenda Arndt:

The [winter] program has 50 registrants. They train 1, 2 or 3 times per week...Some Masters athletes sometimes attend on Saturday mornings. When these athletes attend, they do the gym workout and the tank workout. The Sticks Mobility session was opened up to Masters and para athletes, a few did attend.



A Sticks Mobility session with instructor Cindy Van Dyke, Registered Massage Therapist.

The exercises in Stick Mobility improve range of motion, muscle activation, coordination, and body awareness to build a strong foundation for better movement. The increased mobility can improve rotational power and reduce risk of injury.

You can still sign up for Winter Training with SNCC.
Go to SNCC.CA for details.

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

I Remember: The Night of December 15 in Downtown Welland

From the Blog "from a reporters notebook: reflections on life in my hometown" and featured on SNCC'S FaceBook page.

It was approaching the middle of December, 1972 and there was a buzz in the air. No...It wasn't Christmas, it was another historic event.

Relatively few people alive today remember a time when the shipping season meant traffic tie-ups as the bridges went up to allow the passage of the ships. But at last, the end was in sight. The new canal channel

east of the city was almost ready, waiting for the old canal to close for the season so the plug could go in and the rail lines graded to meet ones in the new tunnel.

In the early evening, December 15, throngs of Wellanders converged on the downtown to see the last boat pass under Main Street bridge. It was bitterly cold and it was snowing but still they turned out. The bridge had been raised about an hour before the ship could be seen. There was excitement in the air. Two searchlights, one at each end of the bridge sent pencils of light into the sky adding to the festive mood.

The siren sounded to signal the boat's approach. Normally this would lead to many groans but that night it led to cheers. Everyone jockeyed for position to get a good look. I had picked a spot in the parking lot at the end of Division Street along the canal. I already had my photo idea in my head, the ship passing under the bridge with the two searchlight beams crossing overhead. Now if only they could all come together.

Slowly the *Georgian Bay* appeared, slowly moving under the bridge. My luck was with me...I got the searchlight beams where I wanted them. Slowly the ship moved on to much applause and cheering and singing from the thousands who had gathered.

Next the bridge started its slow descent. When it was down and the gates went up a sea of Wellanders flooded onto the bridge deck, shoulder to shoulder. No more waiting for ships!

Festivities continued into the night. The Kiwanis Club who organized the event had "Last Boat" souvenir mugs made for the occasion and they were put to good use, toasting to that last boat!

There were a couple of boats after that but they were canal service boats.

Now the big job begins. Connect the rail lines to the tunnel at Townline Road, remove the sections on the new canal that couldn't be excavated until the rail lines were rerouted. And then the new canal had to be flooded, a very slow task, all before the new shipping season opened in the spring of 1973.

There was much celebration that night but then the following year nostalgia took over. As much as they were glad to see the unimpeded traffic flow, many Wellanders expressed missing seeing the ships of the world pass through their city.

Cec Mitchell is a long-time Wellander and former Tribune photographer who retired from the newspaper in 1995.



Cec Mitchell shows his photo taken the historic night of December 15, 1972 of the Georgian Bay as it passed under Main Street bridge. It appeared on page 1 of the next day's Tribune. /Joe Barkovich file photo.

RBC Training Ground

Posted to the SNCC FaceBook page December 5, 2022.

RBC Training

Ground is a talent identification and athlete funding program designed to find young athletes with Olympic potential, and provide them with the resources they need to achieve their podium dreams.

With the belief that high performance sports should be accessible to all athletes that are talented, qualified and have the will to compete, this program travels the country searching for athletes between the ages of 14 and 25 that will fuel the Canadian Olympic pipeline.

Athletes are assessed using basic tests that indicate speed, strength, power and endurance capabilities. Thousands of Canadians across the country participate in RBC Training Ground each year. There are 12 National Sports Organizations recruiting athletes through RBC Training Ground in 2023 including the sports seen in the above image as well as Boxing Canada, Luge Canada, Rugby Canada, Triathlon Canada, and Volleyball Canada.

Congratulations to SNCC's Austin Pigeon for placing in the top 20 of future Olympians! **#GoSNCCGo**



ICYMI

Last night RBC Training Ground announced the top 30 athletes that will be receiving funding to help them as they chase their podium dreams.

Huge congrats goes to the 4 canoe kayak athletes who made the cut:

Canoe Sprint:
Craig Johnson
Austin Pigeon ←

Canoe Slalom:
Owen McKay
Isaac Zimmerman

//



TOP 30 RBC FUTURE OLYMPIANS

11	MICHAEL GORE	ROWING
12	LOUIS GROLEAU	FREESTYLE
13	ALLISON JAKEWAY	ROWING
14	CRAIG JOHNSON	CANOE (SPRINT)
15	RYAN KULBACKI	SPEED SKATING
16	OWEN MCKAY	CANOE (SLALOM)
17	MAIJKEN MEINDERTSMA	ROWING
18	PAUL PAETZEL	ROWING
19	AIMÉ PERREAULT	SPEED SKATING
20	AUSTIN PIGEON	CANOE (SPRINT)



Ontario Team Program

Posted to the SNCC FaceBook page December 9, 2022.



From [Canoe Kayak Ontario's website](#): The purpose of the Canoe Kayak Ontario (CKO) Sprint's Ontario Team Program is to support Ontario High Performance and Development athletes in their pursuit of achieving world-class results at the highest levels of international competition. Upward progression by an athlete towards the National Team and achieving international podium performances are the program's objectives.

The CKO Sprint's Ontario Team Program offers four types of support: Ontario High Performance Sport Initiative program, Ontario Athlete Assistance Program, the Ontario Development Team, and the U14 Academy Team. Selection criteria and program descriptions are available via the CKO Sprint website. Support can include coaching, training, and financial funding (to train and to compete).

SNCC is proud to have four athletes who are nominated to the Ontario Team Program! **#GoSNCCGo**



Austin Pigeon, Men's Canoe: Ontario High Performance Sport Initiative Program, Quest for Gold—Ontario Athlete Assistance Program.

Aimee Pigeon, Women's Canoe: Development Team Program.

Marilyn Abbs, Paracanoe: Development Team Program.

Lindsay Davis, Paracanoe: Development Team Program.

Fundraising

SNCC's Paracanoe athletes, Marilyn Abbs and Lindsay Davis, have been fundraising to support their podium goals for 2023. Their first fundraiser of the year has ended. Between the Little Caesars Kits sold and direct donations to date, the Paracanoe team raised \$400.00! The athletes wish to thank all who supported them.



On to the next fundraiser! Do you have a sweet tooth? Sales of Purdy's Easter chocolates are in support of the SNCC Paracanoe Team - online sales only, no cash sales.

See the **SNCC FaceBook** page for more details on delivery of pizza kits and for the link to the Purdy's Easter Chocolates fundraiser.



Lindsay and Marilyn at the 2022 Canoe/Kayak Sprint National Championships

SNCC on YouTube



Ann



Linda

Lorna

Kendra

Check out SNCC's YouTube channel. Some of our latest videos include an ad by SkyScene Niagara TV encouraging people to "Come Paddle With Us." It features many SNCC members

including Ann, Linda, Lorna, and Kendra! Also, here's Marilyn demonstrating her workouts and what she's accomplished.



Marilyn Abbs 2 minute p-erg

Learn to Paddle



Ann Marotta
January 8 at 10:27 PM

What a great time getting to know a new group of paddlers today in the "Learn to Paddle" session side by side along with some of our regular crew who volunteered to help out! Still more free sessions available. Paddles up....lookin good!!

31 21 comments 1 share Seen by 141

Top comments

Virginia Poyner
Thank you for sharing!!! Do you practice in the pool?
Like Reply Share 2w

Ann Marotta replied · 4 Replies

Lynda Lemon
Great job 🙌 The session was very well organized and presented.
Like Reply Share 2w

Ann Marotta replied · 1 Reply

Laura McLeod
Had such a great time. Looking forward to joining
Like Reply Share 2w

Nancy Martin replied · 2 Replies

Learn to Paddle Dragon Boat sessions took place in December and January. The program was well received with 11 new dragon boat members joining SNCC since November 1. This program is free for participants and is fully paid for by the Hope Floats Grow Grant.

Registration is OPEN!

It's time to start thinking of Summer Camp! Registration is open for SNCC's Canoe Kids Camp and the new Youth Racing Camp. See SNCC.CA for details and to register. Discounts available for siblings and financial assistance is available to those who qualify. Early drop-off and late pick-up available.



Canoe Kids Camp

Choose a week of camp for kids ages 8-13.

NEW YOUTH RACING CAMP

An eight-week camp for kids ages 10-15 to try the competitive side of canoe/kayak.

Board of Directors

Tracey Pigeon is Commodore of SNCC as well as co-Treasurer until her term ends in November 2023.

Alan Wright is the new Vice-Commodore of Canoe Kayak.

Mark Swan remains Vice-Commodore of Dragon Boat.

Annie Eckhardt remains Co-Treasurer.

Bernadette Morrissey remains Secretary.

Debbie Rajczak remains Registrar.

Kathleen Reardon is the new Communications Director.

Michelle Lowry is a new Director at Large.

Carolyn Swan is another Director at Large.

February Birthdays

Canoe/Kayak

Nicholas Clulee

Aiden Davis

Aldo Munoz

Trish Pecore



Seasonal Employee

Trent Campbell



Alumni

Tim Ostiguy

Dragon Boat

Remo Battista

Linda Bell

Susan Brucato

Andrew Dempsey

Nalini Dempsey

Linda Emslie

Tina Ferrari

Melissa Hessels

James MacArthur

Aldo Munoz

Barbara Perry

Ann Reid

Next issue: March 2023

Pictures and story ideas for **The Catch** can be emailed to Kathleen: [kat_reardon@hotmail.com](mailto:kath_reardon@hotmail.com)



SNCC.CA