

Coach Janet

Warlocks Paddler Janet Corbett will coach the Canal Dragons along with Coach Evan Landry. Looking forward to dragon boating with Janet and Evan when we can all return to the water together! Stay safe everyone!

How did you get involved with dragon boat?

- There was an ad in the paper for Waking the Dragon (precursor to Hope Floats) to try dragon boating so Sue Gurney [another SNCC paddler] and I signed up.

How did you get involved in coaching dragon boat?

- I coached Grape Canadian Survivors, an amalgamated crew for the 2014 IBCPC [International Breast Cancer Paddling Commission] festival in Sarasota [Florida].

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

- I paddled in Hungary [in 2018] at the Club Crew World Championships [CCWC] with GLP [Great Lakes Paddlers]. There were over 4000 athletes competing. The GLP crew was made of something like seven different clubs who came together with the goal of making the finals. We achieved that and even brought home some medals! CCWC was designed for some fun at the ceremonies and the challenge of racing the world. That's what dragon boating is all about, fun and challenge.



Janet with Grape Canadian Survivors in Sarasota 2014.

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

- Coaching Grape Canadian Survivors was a great learning experience. Bringing together groups from different crews, with different paddling styles, watching them gel, was exciting. The spirit of the crews participating was inspiring. Having Jackie Harper in the boat giving her all was humbling. When the desire of a group of people is to get into a boat and power it down a course for that feeling of "I did it", that's what coaching is all about.

What is it like being with SNCC?

- SNCC is a small club that is able to provide excellent services. Athletes have world class coaches (and developing coaches) and members who are very dedicated and generous with their time. It also has the best water in the world!

What do you hope to accomplish as a dragon boat coach at SNCC?

- I hope to provide direction and leadership. To provide athletes with enough challenge, to develop their skills, and to have some fun while we're all learning. I look forward to working with the other coaches. If we are delayed in getting on the water (again) I would like to try doing some dryland training, in small groups if needed, and if the boats are in the water, dockside instruction.

What else should the SNCC membership know about you?

- I love dragon boating and can't wait to get back on the water!

Pictures provided by Brenda Arndt.



Janet with Hope Floats in St. Catharines, 2014.



Janet with the Warlocks in Toronto, 2019.

Excerpted from The Catch Newsletter, Volume 11, Number 1, February 2021