

Doug Jones SNCC's Competitive Dragon Boat Coach

Contributed by the Warlocks.



Doug Jones, a retired Secondary School Physical Education Head, began coaching SNCC's Welland Warlocks in 2010 when he was invited by Stefan Fridriksson, a former member of SNCC, to coach his competitive running club in dragon boating as a cross-training exercise.

Doug came to dragon boating from an extensive background in coaching canoeing. In his youth Doug was a triathlete and a canoeist who paddled with Burlington's Mohawk Canoe Club. He became an accomplished Flatwater Canoe coach, training numerous medal-winning crews at club, national and world levels including the Olympic Games held in Los Angeles, USA (1984) and Seoul, South Korea (1988).



National Team Picture, Eric Smith and David Frost, Coach Doug Jones, 1988 Olympics, Seoul



National Team picture, Eric Smith and Steve Botting, Coach Doug Jones, 1984 Olympics, Los Angeles

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Doug preps Senior C Canadian National Team to race at 2013 IDBF World Championships in Szeged, Hungary.

Doug's coaching strengths include the ability to motivate athletes to meet their potential. He is the key to the success of SNCC's competitive Dragon Boat crew, the Welland Warlocks, as well as the success of our Canadian National Senior C (60+ years old) Dragon Boat crews, competing successfully under Doug's leadership as Program Director and Head Coach at IDBF's Championships in Szeged, Hungary (2013) and Welland, Ontario (2015).

It takes a particularly unique, skilled and knowledgeable coach to bring together paddlers from across Canada, with different stroke techniques and, in a relatively short period of time, prepare them for international competition, paddling with a common stroke and synergy as if they had been paddling together for years.

Doug was recognized for his exemplary coaching skills, by being inducted into the Welland Sports Wall of Fame, 2019 and was the recipient of the Outstanding Coach Of The Year award in 2019.

Doug brought these coaching talents to SNCC. In addition to coaching the Welland Warlocks, SNCC's competitive dragon boat program, Doug assists, when needed, with our Recreational, Canoe/Kayak and Special Needs programs. He has prepared local community teams to participate in the Welland Dragon Boat Festival and has served as a member of SNCC's Board of Directors.

Finally, Doug has been an advocate for Welland's International Flatwater Centre, raising awareness of its potential as training and racing facility for dragon boating. Doug's expertise in coaching the Welland Warlocks' Winter Program at WIFC has attracted many competitive dragon boat paddlers from the GTA and Niagara Region, providing these athletes with the opportunity for a year-round training program, contributing additional financial support to SNCC and bringing recognition to our club as a leader in Canada's Dragon Boat community.



Doug and SNCC Welland Warlocks compete at Hamilton's Dragon Boat Festival in 2019



Winter Training at WIFC



Doug and grandson receiving the Outstanding Coach Of The Year award in 2019. Doug was inducted into the Welland Sports Wall Of Fame, 2019