

Coach Tim Ostiguy

Tim is our 2020 Program Leader/Club Administrator. His position is funded by the Canada Summer Jobs Grant and his responsibilities include: coaching High Performance with KC, ZOOM workouts, and program development. Welcome, Tim!

Where are you from?

Tim: I grew up about 20 minutes outside of Kingston, Ontario in a quiet little area called Perth Road Village. I briefly paddled for a club in Sydenham for two summers.

How did you get your start in paddling sports?

Tim: I got my start in paddling at the age of 10 in Sydenham, Ontario. My sister wanted to do a sport of her own to get away from her two younger brothers so my parents enrolled her in paddling. She had one whole practice to herself before my brother and I made the case to our parents to let us join too.

We would bike down to the club twice a day in the summer, for a grand total of 32 km on the bike each day. The ride to practice was picturesque, we lived near an old railway line converted to a trail that took us directly to the club. I never would have thought that I would be doing the same thing over a decade later just on another trail (Welland Canal Trail).

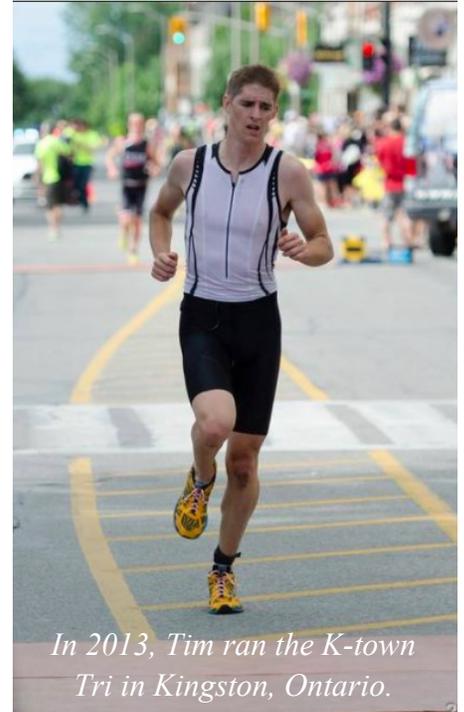
I decided to stop by the Olympic Basin in Montreal while I was living there to watch a National Teams Trials. It was at that point in 2018 that I knew I wanted to take up the sport for a second time.

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

Tim: In the two short years that I paddled I was fortunate enough to compete at the Cloverleaf competition in Lac-Sergent [Québec] and experience the Ontario Summer Games. I made countless memories both at the regattas and with the friends I made along the way. Racing in team boats at a young age I learned a lot about how important it is to work as a team. Before knowing the term I learned the idea of synergy.

What is it like being with SNCC?

Tim: I absolutely love how close the paddling community is over here (even when they have to stand at least 6 feet apart)! Coaching with KC has been an incredible opportunity to learn from one of Canada's best kayakers (and coaches). Everyone I've met to date has been incredibly welcoming and I feel lucky to be part of such a great group of people!



In 2013, Tim ran the K-town Tri in Kingston, Ontario.

Photo supplied by Tim.

Continued next page.

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

Tim: My goal is for everyone to enjoy their time at the club, whether they are in the developmental, para, or a high performance group. As a former exercise science student (before transferring) I see an immense value in teaching youth the skills required to be active and healthy for life. While not everyone I coach will continue to paddle for life I want them to have a foundation and understanding of fitness that provides them with the confidence and know-how to be fit for life.

I think the sport of paddling has the potential to increase participation across the province. The Welland Canal is a beautiful spot to paddle and I think that it would be amazing if more people were introduced to a sport that is so richly connected to Canada's past.

What else should the SNCC membership know about you?

Tim: They should know that I enjoy learning. I try to read a bit of everything, so if any members want to make book suggestions I would love that!



Photo supplied by Tim.

Excerpted from The Catch Newsletter, Volume 10, Number 7, July 2020