

THE CATCH



South Niagara Canoe Club Newsletter Volume 8 Issue 2

March 2018

Ask the Warlocks ...

Who are the Great Lakes Paddlers?

Last year, the Warlocks formed a partnership with members of other dragon boat teams from London and Quinte (Belleville) to form a crew with enough paddlers of certain age groups, ages 49 and up (Senior B) and ages 59 and up (Senior C). They called themselves LNQ, London-Niagara-Quinte. This year, they changed their name to Great Lakes Paddlers to better showcase their Canadian roots on an international stage. They have about 60 paddlers from ages 24-77.



11th IDBF CLUB CREW WORLD CHAMPIONSHIPS
Szeged, Hungary, 17-22 July 2018



What are the benefits of training with other paddlers and other coaches?

With a roster of about 60 paddlers, the Great Lakes Paddlers can enter different crews in National championships (e.g. a mixed team and a women's team), thus the Warlocks can represent SNCC at National and International races, and they can experience a "collegial competitiveness" both on the water and off the water that pushes the athletes to their best performance.

Who is Verna? Verna Dalglish is a Warlock turning 78 years young who is looking forward to returning to Szeged for another Club Crew World Championships.

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

Do you have any advice for new paddlers going into their first races?

Believe in yourself.

Stay focused on your technique.

Prepare yourself with physical training and paddling practice, also eat well, sleep enough, and watch videos of good paddling technique prior to competition.

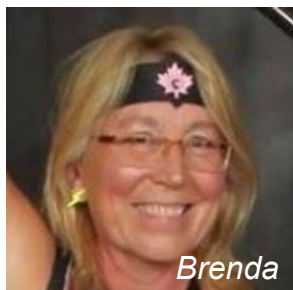


Ask Hope Floats ...

The International Breast Cancer Paddling Commission (IBCPC) is holding an international non-competitive participatory dragon boat festival in Florence, Italy from July 5-8, 2018. This festival showcases Breast Cancer Survivors teams and for the first time since its institution in 2005, the IBCPC FESTIVAL will be held in Europe! The 2018 Festival will involve 129 teams from 17 countries and will welcome from 4,000 to 5,000 people from all over the world. The participants are mainly women between the ages of 20 and 80, who will meet to take part in the exciting Dragon Boat races. There is also three days of intense program activity: demonstrations, workshops and social events aimed at awareness and dialogue within the large international community of "Breast Cancer Survivors", in addition to the dragon boat races!

The following questions were answered by Hope Floats paddlers Brenda Arndt, Ann Reid, and Linda Sage.

2018
**DRAGON BOAT
FESTIVAL**
FLORENCE



Brenda

How many people from SNCC are attending the IBCPC Participatory Dragon Boat Festival in Florence, Italy? 11

How did you first hear about the IBCPC Dragon Boat Festival?

- **Brenda:** Several Hope Floats members went to the 2010 festival in Peterborough. I first learned of it when they came to practice the day after the event with their festival t-shirts and exciting stories.



Ann

- **Ann:** I heard about the IBCPC races from Carolyn Swan soon after joining the BCS dragon boat team that she started by having a meeting at the Silver Spire church in St. Catharines. I saw the ad for BCS in the newspaper and went to find out what it was all about. I had never been on a team and the women were so friendly so I joined and have been hooked ever since.

When did you first attend? Was it what you expected? What did you take away from the experience?



Linda

- **Brenda:** I attended the festival in October 2014 in Sarasota, Florida. It was everything and more than I expected. I was awestruck by the sea of pink at the opening ceremonies and every minute thereafter was a profound connection with thousands of survivor athletes. At the end of the festival, I felt inspired to become more fit and a better paddler in spite of my physical challenges.

- **Ann:** This will be my third IBCPC experience. I attended Peterborough here in Ontario, Canada and Sarasota, Florida.

- **Linda:** First one was Sarasota, Florida. Was way more than what I expected, 2014. The comradary [sic] was amazing. We got to learn so much more about our team mates.

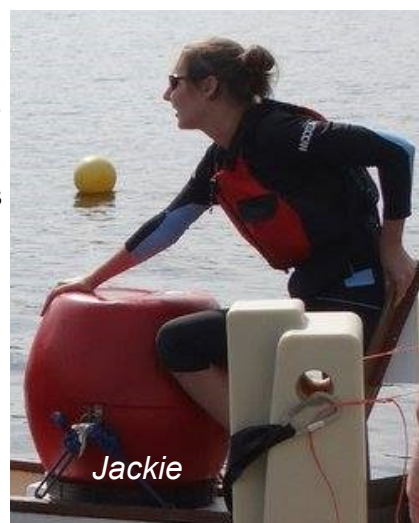
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Why are you attending the festival again?

- **Brenda:** I am attending for myself and to introduce as many of my fellow BCS athletes to this amazing celebration of life, wellness and fitness after a breast cancer diagnosis. The connection with athletic and dedicated people who have had a similar journey and face the same uncertainty as I have inspires me to face each day with determination and happiness no matter what. I

am also attending to honour the memory of a lost crew mate, **Jackie Harper**. Jackie attended the IBCPC in Sarasota, Florida as she was nearing end stage breast cancer. **Jackie was Wonder Woman**, and attending that festival was the last thing she crossed off her bucket list. Our drummer let us know when she had to pull her paddle, and during those moments, we pulled together even stronger and paddled for her, never allowing Jackie to be a burden in our boat. She gave us so much, it was the least we could do. Attending the 2018 IBCPC Dragon Boat festival was her dream, and getting our crew there was my promise to her. In her memory, we are Wonder Woman's Warriors and we are going to Florence, Italy.



- **Ann:** The sisterhood that is felt being with so many other BCS's is amazing! It is so much fun, and emotional. I feel so proud of everyone in attendance. I have not travelled much in the past and this is my first time being part of a team. I love both! I hope to be able to attend more IBCPC races in the future years.
- **Linda:** Attending again because it is such an amazing experience. We will be among hundreds of Breast Cancer Survivors who have faced the same challenges that we have. Those who have not experienced the fear, uncertainty & pain that we have gone through would not understand. It is also a fun time, & a time to bond with your teammates & a time to meet others like us. There are also information booths & seminars about BC.

What advice would you have for novice paddlers at SNCC to prepare for their first race/regatta?

- **Brenda:** Pay attention to the coaches, ours are second to none. If you have questions, don't be shy, ask. Don't worry that you are new or feel that you are not good enough. You are good enough, and between now and then you will be even better.
- **Ann:** The experience is amazing!
- **Linda:** Train, get in shape & focus. Also, enjoy the experiences.



Wonder Woman's Warriors

March

The following calendar of events is not yet complete but will help members to plan ahead for the next few months.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	March Break					
18 Training camp, WIFC	19	20 Welland Civic Square	21	22	23	24 Dragon Boat planning meeting, WIFC
25	26	27	28	29	30 Good Friday	31



Warlocks event



Recreational Dragon Boat event



Hope Floats/Wonder Woman's Warriors event



Canoe Kayak event



Board meeting



Other event

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2 Easter Monday	3	4	5	6 Oh Canada Eh, fundraiser	7
8 Training camp, WIFC	9	10	11	12	13	14 Training camp, WIFC
15	16	17	18	19	20	21
22	23	24	25	26	27	28
Training camp, Sarasota, Florida						
29	30					

Events to come: Moving Day, Dragon boat steering training camp, Jackie Harper Memorial, Night Paddle, and fundraising events. See our website, **SNCC.CA**, or ask your coach for more details on events currently posted.

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Victoria Day	22	23	24	25	26
27 Training camp, on water	28	29	30	31		

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Ocup #1, Ottawa
3	4	5	6	7	8 Coach Workshop, GTA	Welland DB festival
Coach Workshop, GTA Training camp, on water	11	12	13	14	15	16 Ocup #2, location TBD
17	18	19 NCCP Competition, Montreal	20	21	22 National Team Trials, Montreal	23
24 National Team Trials, Montreal	25	26	27	28 Ontario Team Tour/training camp, Ottawa	29	30

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Ontario Team Tour/ training camp, Ottawa 	2	3	4	5 IBCP Dragon Boat Festival, Florence, Italy	6	7
8 IBCP Festival, Florence, Italy	9	10	11	12	13	14
15	16	17 IDBF Club Crew World Championships, Szeged, Hungary	18	19	20	21
22 IDBF, Szeged, Hungary	23	24	25	26 Watch on TV! Junior/U23 World Championships, Plovdiv, Bulgaria	27	28
29 Junior/U23 Worlds, Plovdiv, Bulgaria	30	31				

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Ontario Summer Games, London, ON	3	4
5 Ontario Summer Games, London, ON	6 Civic Holiday	7	8	9	10	11
12	13	14	15	16	17	18 Ocup #3, Welland
19 Ocup #3, Welland	20	21	22	23	24	25
26	27	28	29	30	31	Sept 1
National Championships, Sherbrooke, QC						



Facebook



Instagram



Twitter



Youtube

SNCC.CA

Next issue: beginning of April 2018
 Pictures and story ideas for **The Catch** can
 be e-mailed to: kat_reardon@hotmail.com

September

Sunday	Monday	Tuesday	Wednes- day	Thurs- day	Friday	Satur- day
						1 Nationals, Sherbrooke, QC
2 CanMas, Sherbrooke, QC	3 Labour Day	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 Ocup #4, Ottawa
30 Ocup #4, Ottawa	Keep reading the Catch for further event updates!					