

THE CATCH



South Niagara Canoe Club Newsletter

August 2017

Congratulations to all the Athletes that compete this weekend at the Balmy Beach Regatta (July 16)! It was great to see the group growing in the competitive feel and having fun. We had some great races and results following some great weather over the weekend. As we keep growing we are excited to see these athletes grow and come together as bigger club.

July 29-30 SNCC will be competing in 30 events racing in singles, team boats and even a war canoe to qualify for 2017 Nationals in Welland Ontario. It will be a great opportunity for the sprint paddlers to showcase all their hard work from the season.

To all the parents and members that help load boats, volunteer and or assisted in anyway with the bake sale over the weekend, your contribution supports the athletes tremendously.

With the development of our youth kayak and canoe, continued growth in recreational dragon boat, and successes in competitive dragon boat, SNCC is on the way to our best season yet!

Good Luck to everyone in all the upcoming events

Sincerely,

KC Fraser

Head Coach of SNCC



Photos from SNCC's Sports Group Facebook page.



More photos from the Balmy Beach Regatta



*Photos from
SNCC's
Sports Group
Facebook
page.*





Fundraiser to benefit the SNCC Canoe/Kayak Programs



Monarch Caterpillar & Cage: \$10.00 Donation

Monarch Chrysalis: \$10.00 Donation



egg 3 – 5 days



caterpillar 9 – 14 days



chrysalis 9 – 14 days



Butterfly

You can order from Brenda at: bngmonarchmotel@outlook.com or find her at recreational dragon boat practice at the Boathouse, Mondays and Wednesdays from 6:30-8:00pm

A portion of the proceeds will go towards Canoe/Kayak programs while a smaller portion will go to SNCC's general revenue. Brenda will provide you with care instructions for the caterpillar and a few days worth of caterpillar food. Milkweed will keep nicely in the fridge. After that, you will need to find milkweed for the caterpillar.



Caterpillars will be available from Brenda until the end of August.



News from our Crews: Warlocks

Photos and text from the Warlocks Facebook page:

Many thanks to our partnership team for hosting our second training camp in preparation for the Canadian National Championships coming up in three weeks at the WIFC in Welland, Ontario. The weather cooperated, and there were many smiles and laughs combined with hard work.

Two training sessions and fitness testing Saturday, followed by a team dinner at a local watering hole. Sunday dawned bright and sunny, and got our final training session in before the clouds rolled in.

The best stories happen at camp, and our grand finale was watching our coaching team

"paddle" to shore 😊 :) Video review by the team to follow!



The Warlocks training at Quinte Rowing Club in Belleville, Ontario.





Facebook



Instagram



Twitter



Youtube

SNCC.CA

Next issue: beginning of September 2017
Pictures and story ideas for **The Catch** can
be e-mailed to: kat_reardon@hotmail.com

News from our crews:



Recreational Dragon Boat

On July 8, 2017, members of SNCC Hope Floats, SNCC Waves of Women, and SNCC Canal Dragons competed at the Hamilton Waterfest Dragon Boat Race Festival at BayFront Park. They partnered with Harbour Hooligans and had a great day competing in 200m, 500m, and 2000m races!! Well done!

Photo from Ann Reid's Facebook page.



Seven signs that dragon boating is taking over your life:

7. After a meeting at work you form a line outside the boardroom and high-five everyone as they file out.
6. You shuffle passengers around in your car because it feels "right-heavy".
5. After a night of heavy drinking you only feel comfortable walking around so long as you're "feathering".
4. At business meetings, you can't resist the urge to turn and repeat everything said loudly so the people at the back of the room can hear.
3. You drive your car with half your body hanging out the driver's side window.
2. You never take the bus, go to the movies, or show up at meetings without a butt-pad.
1. You can't drive your car unless someone sits behind you and yells instructions.



The **Canadian National Dragon Boat Competition** is being held this weekend **August 4-6** in Welland

at the WIFC. Volunteers are needed!

A simple & easy volunteer signup, including roles to be filled and shift detail can be found here: <http://www.signupgenius.com/go/508084cacad2baafe3-20171>

For questions and further information: volunteer@canalcorp.ca

Helping out at WIFC events provides benefits for SNCC. It's win-win! Thank you!

