

Coach KC

Thank you, KC for taking the time to answer some questions for the Catch.

Where are you from (hometown, home club)?

I was born in Montreal, Quebec and I started paddling at Pointe Claire Canoe Club. Then when I moved to Oakville with my family, I paddled for Burloak and Mississauga and later (I) moved to Balmy Beach Canoe Club when I finished University to pursue my dream of making the Olympics. Presently I am with SNCC.

How did you get your start in paddling sports?

My mother wanted me to get out of trouble and thought the Summer program at the (Pointe Claire) Canoe Club was a good start. Which I found strange because I was already doing so many different sports before. (Thanks Mom!)



*Photo from KC's
Olympic Profile*

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

My most memorable paddling experience was the race that qualified my partner Genevieve Orton and I for the 2016 Rio Olympics in K2. We had a hard start to the season getting let go (from) the team due to our poor result the year before. Knowing this was my last chance at achieving my (Olympic) dreams I was able to be in control of my own decision instead of following someone else's. But what I learned from the experience was (that) sometimes you need to take the path less travelled. Because if you're scared and you never take the first step forward, you'll never know what you could have been able to accomplish.

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

I have many memorable coaching experiences but my favourite was seeing Josh Abbott-Tate and Austin Pigeon win the U16 Men's C2 at 2019 Nationals; it was the first Canadian Championship crew boat medal for both the club and the athletes and it was great to see all their hard work from the summer pay off. Seeing their happy faces at the end of the race made me proud to be part of their journey.

What is it like being with SNCC?

It's like being with family. I love seeing returning members, new members, and members that just stop by to say hello. SNCC has a great sense of community and I love that about this club. I love it!

How do you find it coaching during 2020?

I have to say it was tough at first not only with Covid but (also) having a newborn and juggling life with work. But I have a great coaching staff, athletes, and board members that have helped us achieve great lengths while keeping everyone safe. All in all, it is an adjustment but it (is) great to see people on the water again.

Continued next page.

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

To work as a team with SNCC to bring a healthy and competitive culture that centers around enjoying working hard and building each other (up) and every individual character. (All) while maintaining a sense of community.

What else should the SNCC membership know about you?

- I love all types of cheese (really who doesn't).
- I told myself (that) if I didn't make the Canadian (Olympic) Team the year after I graduated from University then (I) wanted to be a dog sledding guide in Alaska and compete in the Iditarod.
- I just bought a surf ski and my goal is to paddle from Niagara to Oakville by the end of next year (2021).



Photo provided by KC of SNCC's youngest member — Gabrielle Dalton.



Watch KC's Hero of Play video on YouTube here <https://www.youtube.com/watch?v=7jaBOJOYY2c>.

Below, KC representing SNCC's para program at Niagara ParaSport in 2019.

