



The PADDLER

The newsletter of the Collingwood Dragon Boat & Canoe Club • Spring, 2010



Photo by Scoop

James Haney was just one of a number of club members who took advantage of poolside training sessions with coaches Anne Baker and Christine Linton on Tuesday nights at the Y. For more on the coaches' plans for 2010, see Page 2.

BRIAN
Saunderson



COMMODORE

Spring has come fast and early this year (so far). Two weeks ago there were more than 20 ice fishing huts on the harbour, and now the ice is out.

I have had some excellent paddles in both the K-1 and the C-1 and am looking forward to another spectacular summer of paddling, socializing and training with all of you.

I know most of you were active this winter, downhill or cross county skiing, snowshoeing, working out and honing your technique on Tuesday nights at the YMCA pool.

The Board was also active over the winter planning for the 2010 season. Our mission this summer is to branch out and grow our programs and our membership.

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2008 Board of Directors

President: Brian Saunderson
Vice-president: Doug Linton
Treasurer: Ian Whitton
Secretary: Ian 'Scoop' Adams
Directors at Large: Doug Moles, John Carswell

Interested in lending a hand? Speak to a member of the executive, or the chair of the committee you'd like to help out...

A note from the coaches...

It's been a good winter of training for me, as the pressure is off as far as international competition goes, so I've done my best to enjoy myself at the gym with no testing to worry about.

Consequently I feel a lot better at the end of this winter than at the end of the last few winters. Still, it's been a challenge getting those regular workouts in when work has taken me out of town so frequently.

Makes me think about all of the Sidelaunchers' busy lives, and appreciative of the work that people have put in over the "dryland" season.

It's been great seeing so many folks at the Y, especially those who came out to pool paddle.

We had a dedicated group of regulars!

Pool paddling has been an excellent way to get ready for the on-water season. It was great to be able to stand beside people as we worked on the technical aspects of each part of the stroke and to see the dramatic changes that people made as a result of having that focused practice.

Once we're on the water we'll start all over again with all of the technical work. We'll also start by getting in a really good base, doing long easy to moderate pieces to start the season off.

It won't be long, though, before we will be ramping up for our first regatta in early June. I can't wait to do our

CHRISTINE
Linton



first starts!

The races we have on our schedule are as follows at this point:

- Mississauga, Sunday June 13: 200-metre format
- Sudbury Dragon Boat Festival, July 17th: Phoenix is expecting us and is planning a men's/women's mini-training camp on the following day.

- GWN in Toronto, Sept. 11/12: There are plans for a new Friday evening social event

So that's just 10 weeks until our first regatta. If you haven't been getting regular strength and cardio exercise over the winter, NOW is a good time to get started!

Anne and I will be in touch once we are back from training camp to set up our first practices. We'll likely start with two evenings a week (Tuesday/Sunday) and then get started with mornings when it's light enough.

Please commit yourself to getting out to those early practices, as the technical work and base building will be important before we start to get race-ready.

Looking forward to seeing you on the water!

Christine

ANNE
Baker



I am expecting a good start on the water, thanks to the fabulous weather, people having consistently come to paddle pool, or training hard on the trails or in the gym.

Hopefully we can get our dragonboat on the water early. Let's hope the good weather holds at the end of April!

Both Chris and I will have had a week at training camp with top-level coaches, and expect to bring back lots of good ideas from there - as well as an excitement of being back on the water.

There will be the usual changes for The Sidelaunchers: some people will be joining us for the first time, some are in their second year, some have injuries, or are sitting out of the boat this year. We will be happy to see everyone, especially at those early morning paddles!

We also have a new regatta in Mississauga this year, which is known for its fun atmosphere. It's a bit later than Pickering, so we'll have had lots of on water time by the time we get there.

See everyone soon: Paddles Up!

Anne

Club Social

The Collingwood Dragon Boat & Canoe Club will be holding a social event in conjunction with club members who are taking part in the Ride to Conquer Cancer, Wednesday, April 14 at 6 p.m. in the Timber Room at Swiss Chalet. Get a quarter-chicken dinner or vegetarian entree, plus soup or salad, for \$22; a portion will go to Ride to Conquer Cancer.

It's also a chance to socialize with your fellow club members, and find out more about the 2010 paddling season.

Municipal Grant!

Thanks to the hard work of club member Chris Skelton, the Collingwood Dragon Boat & Canoe Club has secured a heritage grant of \$2,500 from the Town of Collingwood.

The money will be used to complete window screens and stucco on the west side of the boathouse.

Commodore's Message, cont.

We have set the fees for 2010 and you will be happy to know there are no increases this year. In fact, the recreational membership fee has been reduced from \$155 to \$134 as part of our effort to branch out and grow.

We plan to actively market the recreational program to attract new members and utilize the stable boats we purchased last year.

The Club has also purchased two more Baumier K-1s from Sudbury as entry-level kayaks. The Board sees the recreational side as a growing market with the Shipyards development progressing and the imminent arrival of harbourfront residents looking for an outlet to enjoy the outdoors and the waterfront.

The Club is introducing a Performance Paddling Program designed to introduce paddlers of all ages to sprint boats especially our youth members. We are very fortunate to have the knowledgeable assistance of Eve Loek, Karen Lukanovich and Bill Trayling for both designing and implementing the program.

The program will be run in three-week sessions with two to three outings per week. The first session will begin in late June and the second will in August.

The Dragon Boat program will be stronger than ever this year under the continued guidance of Christine and Anne. Christine is running the High School Program again this year as part of the Club's efforts to branch out and attract new members.

Doug Linton is working on the Paddle Camp and we are anticipating another excellent summer with capacity attendance. We have secured some additional funding for the bursary program through the generosity of the Optimist Club and the Ro-

tary Club of South Georgian Bay.

We look forward to introducing more local youths to paddling sports this summer through the bursary program.

We have established our schedule of events for the summer and it will be a busy one. We are hosting the second annual Collingwood Sprint Regatta on July 10 in the Collingwood Harbour. This year we expect more than 100 participants and it will be a busy and exciting weekend.

Please mark that date on your calendars and volunteer your time to make this event a success.

The Club will be hosting the second annual Open Water Race on Saturday August 21. This year the event will be part of a race series which will include races in Ottawa, Gananoque, Toronto and Collingwood.

Chris Skelton has kindly allowed us to use the Porter Skelton headquarters to work on boats in preparation for the upcoming season. The Struer K-4 and K-2 have been transported to the shop and work is underway as I write this. Anyone interested in working on the boats please let me know and I will include you on our work party roster.

As the weather improves we will be organizing some boathouse work parties to clean and paint in preparation for our spring opening. I will be sending out an email shortly announcing the timing of the work party so stay tuned.

Our Club is a living organic entity. Over the past six years we have established our roots and grown our membership and programs. Our Club is healthy and growing and we must continue to nurture it and keep it healthy. Each member is a critical part of our Club and I am asking for your help as we continue to grow our Club, establish our roots and branch out this year.

See you on the Docks.

Brian

2010 fees

Please note: Program fees - except for the family membership - *do not* include the annual membership fee.

Annual membership: \$35
 Competitive dragon boat crew: \$250 (inc. rec/open paddle)
 Rec/open Paddle: \$99
 Paddle Camp: \$225/week
 Family: \$600

Fees for other programs will be announced in the near future... watch your email boxes for registration forms in the next couple of weeks...

The Collingwood Dragon Boat & Canoe Club has received support from:

THE ONTARIO TRILLIUM FOUNDATION  LA FONDATION TRILLIUM DE L'ONTARIO



Submissions

Have an item of relevance to club members? E-mail Scoop at jaimiek@sympatico.ca in order to disseminate it to the rest of the membership.

We'll also be posting occasional updates on our blog at the club's Web site at www.collingwooddragonboats.ca, and on Facebook.

Editor: Ian 'Scoop' Adams