

PADDLES UP!

November 2004

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Start of the K-1 and C-1 at the 2004 Canadian Marathon Canoe Championships

Canadian Marathon Canoe Championships 2004

By Doug Archibald NSMCA

The 2004 Canadian Marathon Canoe Championships, hosted by the Nova Scotia Marathon Canoe Association, were held in Dartmouth Nova Scotia from Aug.19-22. With co-operation from the Atlantic Division of the CCA, the Nationals were held on the Dartmouth Lakes, long recognized as a prime location for national and international paddling events.

Ninety paddlers participated, representing 6 provinces, 4 states and 7 age classes from bantam to Masters III. Race conditions proved favourable with the rains and heavy winds making their presence known only during the nights.

The race venue, consisting of 3 lakes and a 1 km canal, provided four distinct courses, each of which were tailored to an appropriate age and race class.

The Seniors and Masters I competed on a 22 km course with two 480 m portages; Masters II and III were spared the portage over a 20.5 km route where as Juvenile, Junior, Sea Kayak and Stock paddled 18 km with a 100 m portage. The Bantam, Recreation, Adult / Youth and North Canoes paddled 2 laps of Lake Banook for 5 km.

The event was focused on Lake Banook where existing infrastructure (judges tower, office space, boats, accommodations, etc) were all readily available and close at hand.

The Saturday night banquet and awards ceremony, attended by 120 paddlers and friends, was held in the historic Banook Canoe Club on the shores of Lake Banook. An evening of comradery, good food, music and draw prizes was enjoyed by all.

With support from corporate sponsors, municipal and provincial gov'ts, the CCA, local paddling clubs and associations and many dedicated individuals, the event, 2 years in the planning, proceeded smoothly and efficiently. The organizing committee wish to thank all who helped and participated for making the event a success!

For a more in depth look at the event, the course, the results, you are directed to the NSMCA Web site:

<http://chebucto.ca/SportFit/NSMC/marat2004.htm>

Next year, 2005, the Canadian Marathon Canoe Championships will be held in conjunction with the World Masters Games in Edmonton Alberta, July 22-31. See you there! Keep your paddles wet!

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Canadian Canoe Association
Association canadienne de canotage



The 2004 Turkey Bowl Long Distance Regatta

By Charles Slade

This year's Ontario Sprint Racing Affiliate's long distance regattas was held in Ottawa on the Sunday of the Thanksgiving Weekend and aptly name the Turkey Bowl.

The event was held to coincide with Trevor Marshall's CCA training camp for development class athletes. The event attracted 116 men and women paddlers from across Canada. The participants raced in a singles 12,000 metre event starting at the Rideau Canoe Club on the Rideau River and paddling up stream 6000 metres and back 6000 metres. The singles event was followed by an 8 km. run along the Rideau Canal.

There was then time to relax and enjoy a BBQ and prepare for a race later in the afternoon for doubles and fours over the same course.

I believe that an entry of 116 athletes for an event of this kind is a record for Canada.

During the event Adam vanKoeverden visited the Rideau Canoe Club. This was a thrill for everybody and an opportunity to offer him personal congratulations on his performance in Athens.

On the Friday night prior to the event all the athletes were invited to a turkey dinner at the to the event all the athletes were invited to a turkey dinner at the Navy Club to compensate for the dinner they were missing at home with their families.

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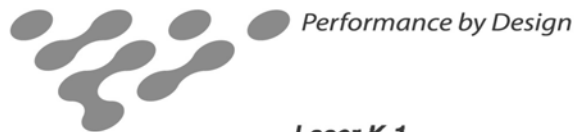
New member at Lac Beauport!!

Anne Delisle and André Couture from the Club de canoe-kayak Lac Beauport just had their second child, Louis. He was born on November 7th. Grand father, Georges Delisle, Commodore of the CCA and grand mother, Alice, are very proud grand-parents!

It is a girl!!!

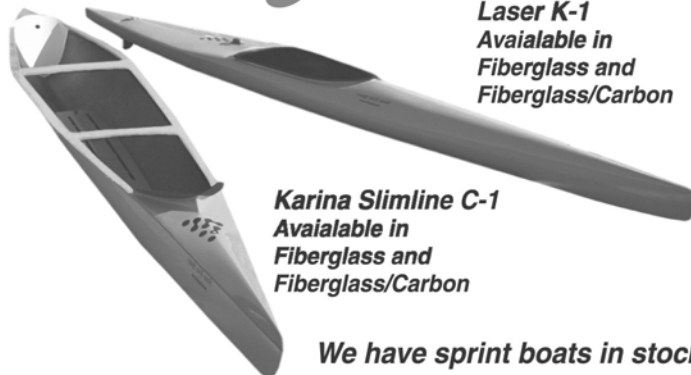
Joanne Devlin, coach at the Greater Edmonton Canoe Club, just had her first child. Ava Lucy Lee Morrison was 7.5 lbs when she was born. Congratulations Joanne and Ron!

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MASTERS MUSINGS

By Glen Benison

Where's Waldo?: The search party continues for Reed Oldershaw. A most valuable master paddler to have in your crew, Reed moved earlier this year from Ontario to Nova Scotia. He seems to have gone AWOL during the journey. Burloak missed his team synergies this past season and Banook had hoped to get him into their red and white. Keep the search going....we all need him back on the water regardless of with whom.

A Prankster Among Us: This is how the story goes from what has been told to me. Banook's Masters coach Greg Murphy received a clandestine phone call one Sunday morning. "We have something that belongs to you," said a muffled voice. "What is that?" asked Greg. "You know what I am talking about." (click).

At some time during the post Canmas dance at the Banook clubhouse, the coveted Burgee had been lifted by a band of vagrants. A note was left behind saying the Burgee was taken on a mission to the 'west' and would be returned to its rightful owners in due time. The Burgee was then brought to Ontario in the duffel bag of an unnamed traveler and a photo was taken with one of the Burgee's previous recipients. The Burgee and photo were then mailed back to Nova Scotia within the week. A note enclosed was signed: 'The Pirates of Lake Ontario'. Ummmmm.

The Best of Sports' Cliches: forget about the old humdrum sayings like 'you have to give 110%', or 'you can't leave anything in the tank', or 'we have to fight like there is no tomorrow'. Now hear this as told on the CBC Olympic telecast: coach Scott Oldershaw told his K-1 hopeful, Adam van Kouerden, that **'today you might have to go somewhere you have never been before'**. Such inspiring words have stirred me so much I can't get out of my head. Adam, of course, went to that 'somewhere' in Athens and took us all along for the wondrous ride.

The Black Trophy: This glorious old silver cup still grabs the dreams of young men as it has for many decades and this past summer on the choppy waters of Lake Banook it was a family affair. Three Russell brothers (Andrew, Benjamin and David – can you beat that!) joined forces with Banook clubmate Chris Chaisson to walk to victory by 12 seconds over a crew from Saskatchewan. The Russell brothers are the sons of former Banook master paddler Bob Russell which goes to show that Masters can't be all that bad, can we, to spawn such specimen.

And Now for the Ladies: A beautiful large silver cup has now been donated and awarded at CCA to the winners of the Ladies Junior C-4. The trophy is called the 'Island Canoe Club Trophy' and was generously donated by four Island Canoe Club guys who in 1954 won not only the Black but also Senior C-4 the same day and the North American championship that same summer...a feat never to have been repeated. Thanks to the 'Island Four from Fifty-Four': Art Dierden, Paul Lambert, Jack Hayward and Gus La Mantia for helping to put the Ladies Junior race on the map. In case you haven't seen a Ladies Junior C-4 race, it is one of the more exciting events on the card. Let them now have their own dreams of chasing a cup of significance.

The inaugural winners of the Island Trophy were from Orenda (of Nova Scotia) and around the podium someone was heard to say that this trophy may forever after be known as "The Pink". Go for it.

The Young Man and the C: Senobe's star master C-1 paddler, Bill Lobban, seemed reluctant to admit to advancing age and mistakenly entered himself in a younger man's C-1 event at Canmas this past summer. Not to worry though for Bill sucked it up and won gold in the younger man's race and was the first guy in seven years to knock Jean Louis Beaumont (Lac Beauport) off the gold medal stoop of the podium. Lobban who jumped from fourth place last year to gold this year gives credit to better preparation and to less partying. (Isn't that a bummer). I say Bill should leave the younger guys alone and go back up with the old guys where he belongs.

On Being an Olympic Gold Medallist: Burloak Canoe Club had a 30th anniversary banquet planned for several months and ticket sales soared from 125 to 375 once clubmate Adam van Koverden came home with Olympic gold and everyone became anxious to rub shoulders with him. It was a great night of food and dance and if you were there and touched the gold, it was quite the thrill. Following that, where else in this world can a group of battered masters be lugging a war canoe out of the water and up the stairs and pass the latest great Canadian sports hero as he carries a beginners K-1 to the dock to introduce a brand new and awestruck member to our sport.

The Old Lady and the Podium: in the last issue of this newsletter there was mention of the great 42 year old Birgit Fischer of Germany who won another Olympic gold (her 8th, I believe). Fischer was seen on our TV screens powerfully stroking the German Women's K-4 crew to an exciting win. The rest of the story though may even be of more interest. I have been told that the venerable Birgit had to beat out a young 17 year old girl for the final seat in that K-4. A tough task indeed. The girl she beat out..... was her own daughter. Love you too, Mom.

The Rivi: every September the Burloak club holds a 4KM all-comers race on their Sixteen Mile Creek. You race in either C-1 or K-1 and you get to negotiate a handicap with race organizer Scott Oldershaw. Don't expect to pull a fast one on Scott who has records and times for twenty plus years and slots you in where only he believes you should be. The race starts with the person deemed to be the slowest and the others are stagger-started thereafter in order of ability. The first to the finish line, in spite of total race time, is declared the champion. This year, the Masters prevailed to take home the trophies. Jason Perry won the C-1 and Rich Carson the K-1. The fastest time of the day went to young buck, Adam Oldershaw, who for that great effort only got an honourable mention.

The Guts and Glory award: if there was such an award for the Rivi race, it would have gone to master Kevin Nicholson who has previously only been known as the father of multi CCA medallist Mallory. Kevin, paddling in his daughter's Simon River C-1, was doing well until going into the half-way turn. There in the heavy traffic he took the turn too wide and while trying to avoid beaching upon the shoreline, he was flung out the side of the boat. No quitter, Kevin swam his boat to shore, adjusted his block and got back in the race. Trying to close the gap that had now opened between him and the field, Kevin leaned heavily into the paddle forcing his every muscle into the task. His paddle suddenly snapped at the shaft and into the water he went again. Our Grizzly Adams then swam to shore for the second time that day, climbed up through the poison ivy of the steep embankment to go to the club to get another paddle. A young boy standing nearby exclaimed to his father: "I want to be like him, Dad." When Kevin got back in his boat he raced proudly to the finish line only to find that the officials' table had been packed away and the bar-b-que and back-slapping were well under way back at the clubhouse.

Email: gbenison1@cogeco.ca

WELCOME TIMEX CANADA!

"The Canadian Canoe Association is pleased to welcome a new corporate partner to our team. Timex Canada and the Canadian Canoe Association have cemented an agreement that will provide product for all athletes and coaches on the National Slalom and Sprint Teams.

The partnership will enable the Canadian Canoe Association to equip athletes and coaches with a variety of valuable training and competition tools including heart rate monitors, speed and distance watch units and data link watches. Timex Canada will be designated as the "Official Timepiece of the Canadian Canoe Association".

The paddling community across Canada welcomes Timex Canada and looks forward to a rewarding partnership over the next years."





Tim Schaus and his son, Michael, from the Banook Canoe Club, are both 2004 Canadian Champions (Tim: Master B K-1 1000m / Michael: Juvenile K-1 200m and Juvenile K-2 200m). Father and son have their names on the CCA Plaque given to the canoe club after the 2004 National Sprint Canoe Championships.



"The Sudbury Canoe Dragons Team of the **Sudbury Canoe Club** took a group of severely handicapped youth out for a paddle. The proper supervision and safety measures were taken of course. The kids had a sleepover party at the local retirement home (kids with a disability never get invited for a sleepover). It happened two months ago. The kids are still talking about it every day! It has raised our club's profile a lot in the community, even though it that was not the intention." -- Gergeby Lanci, SCC

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Plastex Composite wishes to thank the Junior & Senior National Sprint Teams & the National Marathon Team for the opportunity to be part of their successes in the 2004 season.

Once more thank you for being part of the Golden moment and the excellent performance at the Olympics Games & all best during the off-season

Dragon Boat Paddlers, Club and Companies ,
find out about the new Plastex - Carbon Kevlar Dragon Boats –
In 2004 Season, 27 Boats were sold in North America!



JOB OPPORTUNITY NORTH BAY CANOE CLUB

The North Bay Canoe Club is now accepting applications for the positions of **Head Coach and Assistant Coach**. The NBCC is a well established racing club, located on beautiful Trout Lake and has enjoyed developing several Olympians over the years. The club has an extensive boat bay and is located on Olmsted Beach. NBCC is now searching for hard working leaders that will ensure the delivery of top quality racing programs designed for all ages and ability levels. The individuals will participate in developing membership growth strategies and have a passion for paddling and youth development. Our compensation package will include a base salary and a bonus structure based on program growth.

We require a mature head coach and assistant ready to commit to the continued growth of our sprint programs. Membership or eligibility in the Canadian professional Coaching Association is desirable. The coaches are expected to establish and develop technical expertise within all our programs and mentor and develop junior coaches. This is an excellent opportunity for a head and assistant coach that are hard working, motivated and who can demonstrate technical excellence and documented coaching success to a club that is eager for growth.

If you are interested in responding to this posting or if you would simply like more information, please contact Vicky Paine-Mantha at vpmantha@cogeco.ca. The head coach position may become a year round position depending on 2005 membership growth and financial ability of the club by Sept 2005. Applicants should include resume, coaching and paddling qualifications list, including current CPR and First aid, Safe Boating Course, swimming qualifications and at least 3 references. Start dates are negotiable.

Start Date: April 1-15, 2005 for Head Coach
StartDate: May 15-31, 2005 for Assistant Coach
Application deadline: January 20, 2005

CANOEING AT 2009 CANADA GAMES

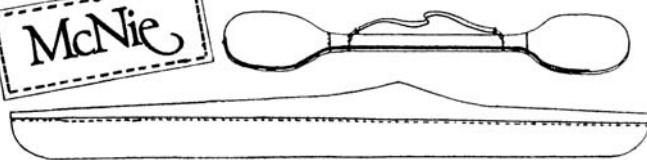
Sprint Canoe has been pre-selected to the 2009 Canada Games. The Canada Games Council announced this Fall, the sports which met their standards of pre-selection. Sprint Canoe is among only 12 sports which met this standard. CCA's club expansion program, Aboriginal Paddling development program and the High Performance successes have all been contributing factors to their decision. "Our sport is along way from where we were in 2000 when CCA was on the verge of being thrown out of the 2005 Canada Games", says Anne Merklinger, CCA's Director-General.

The host Province for the 2005 Canada Games is Prince Edward Island. John Edwards, CCA's Domestic Development Director recently visited the Island with Rowing Canada representatives. Many sites were visited. The tidal qualities and the extensive mud flats on most of the rivers present major obstacles to having a full nine lane course however, some promising venues were visited.

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PaddleALL

Including people with a disability in paddling programs?

Chantal Pettitclerc, Kirkby Côté, Benoît Huot, Chantal Benoît, Jeff Adams...Do these names sound familiar?

Yes, these high-performance athletes were all medallists at the 2004 Athens Paralympic Games. At some point in their life, they were included in a sport. They took advantage of it and achieved great things with their own potential.

During the past twenty-five years, sports for people with a disability have been developed at many levels in Canada. Specific programs for people with a disability have been put in place by various sport organisations. Canada was a great leader in promoting accessibility and inclusion of people with a disability. Now, Canadians are more aware of the various disabilities and are able to adapt their recreational and sport programs accordingly. It has been demonstrated that practicing physical activity or being involved in a sport is empowering for people with a disability.

Many sports are very well organised at both the National and International level (eg. Swimming/ Wheelchair Basketball/ Track and Field). However, not all sports are yet delivering programs for this specific population. The Canadian Canoe Association, as the National governing body for the sport of canoe and kayak, has had a strategic objective for a number of years to advance the participation for people with a disability. The entire Association is willing to become pro-active in this area because it would ultimately have a significant effect upon all member clubs. National sprint organizations have a responsibility to deliver quality program for all Canadians including persons with a disability.

The sport of canoeing presents some real opportunities to advance in this area. **It is possible to adapt paddling programs and include people with a disability.** The example of the British Canoe Union (BCU) is a great one for the growth of our sport. The BCU now includes races for people with a disability during the British National Championships. The Brits also have a structure in place with Regional Coordinators located across the United Kingdom as contact persons. They took a great lead so far.

Like the BCU, the CCA could become a leader in the area of developing programs for people with disability and make a real difference for our sport in Canada and in your community.

For more information about the Paddle All Program please contact Catherine Gosselin-Després at catherine@canoekayak.ca

The section below will give you some information about sports for people with a disability and other related links:

Sport Links:

Canadian Paralympic Committee: www.paralympic.ca
International Paralympic Committee: www.paralympic.org
Canadian Special Olympians: <http://www.cso.on.ca/>
Special Olympics (International): <http://www.specialolympics.org>
Canadian Wheelchair Sport Association: <http://www.cwsa.ca/>
Canadian Cerebral Palsy Sport Association: <http://www.ccpsa.ca/>

Other Links:

Best Buddies Canada: <http://www.bestbuddies.ca/>
Autism Society of Canada : <http://www.autismsocietycanada.ca/>
Canadian Down's Syndrome Society : <http://www.cdss.ca/>
Canadian Center on Disability Studies: <http://www.disabilitystudies.ca/>
The Inclusion Press and Network: <http://www.inclusion.com/>
Disabled People's International: <http://www.dpi.org/>

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RULE CHANGES AT 2005 CCA AGM

Once again, 2005 is a competition rule change year for the Sprint Canoe discipline of the Association. Clubs should now be thinking of putting together rule changes they think will be beneficial to the Association. The deadlines for the submission of rule changes are the same as in previous years. The CCA-Sprint rules stipulate that submissions for rule changes must be submitted in writing to the CCA National office no later than 60 days in advance of the CCA AGM. Therefore, for 2005, the deadline is March 8th. The Domestic Development Committee of the Association has its scheduled winter meeting on January 21st and 22nd. Proponents of rule changes are encouraged to submit their proposals to the DDC for review and comment if they want to improve the chances of their proposals being ratified at the AGM.

SPORT CANADA BACKS CCA'S ABORIGINAL PADDLING INITIATIVE

The Sprint Racing Discipline of the CCA has received one of the largest grants ever made to a national sport organization for its Aboriginal paddling initiative. Minister Owen announced the support in September of a 4 year contribution totalling \$384,000. These funds are earmarked to improve the accessibility of Aboriginal Canadians to sprint canoe kayak paddling. The success of the application was in large part due to CCA's building of a coalition of support including the Canada Games Council and the Aboriginal Sport Circle. One of the first activities was an Aboriginal Paddling Conference held in Montreal on November 20th and 21st. Representatives from across Canada attended. They shared ideas and compared notes as to the most effective way to achieve CCA's goals. The next edition of Paddles Up will include an article on the results of the conference. For more information on the initiative contact John Edwards at jhedwards@canockayak.ca



Members of Pemberton, Ridge and Pointe Claire Canoe Clubs attend the World Outrigger Sprint Championships in Hilo, Hawaii in August 2004 as members of the Jr. Team.....led by Dr. Hugh Fisher

CCA is the Top National Sport Organisation in Canada

OTTAWA - The Coaching Association of Canada announced today that former diving coach Donald Dion of Montreal, Dana Dickinson of Tracey Mills, N.B., and the Canadian Canoe Association won its major awards for 2004. In addition, Canadian gymnastics coach Kelly Manjak of Calgary was announced as the recipient of the Jack Donohue "Coach of the Year" Award, which is presented annually by the Canadian Professional Coaches Association.

The Canadian Canoe Association is the first recipient of the Ignite™ "Outstanding National Team Performance" Award. It is awarded to a national sport federation in recognition for outstanding performances by its national team during the past year. Canadian paddlers performed brilliantly at the Olympic Games led by Adam van Koeverden's gold and bronze in men's kayak and a bronze for Caroline Brunet in women's kayak.

The Petro-Canada Coaching Excellence Awards were also announced. They are presented to coaches whose athletes won medals over the past year at open world championships, Olympic Games, Special Olympics World Games, or Paralympic Games. Scott Oldershaw, double Olympic medallist Adam van Koeverden's personal coach and, Frédéric Jobin, coach of Caroline Brunet will both receive this award.

Press Release published by CAC on October 27th, 2004

NEWS FROM THE ICF CONGRESS!!!

-The focus of the ICF will be to improve C-boat participation in both flatwater and slalom.

-Canada submitted a letter to the ICF and Host Organizing Committee requesting that the Women's C-1 and C-2 events be included as exhibition events on the 2005 World Championship Program.

-Pre World Junior Slalom Championships will be hosted in Solkan, Slovakia on July 9-10 2005.

-World Dragon Boat Championships will be held in Casteldefells, Barcelona in June of 2005.

-Canada has been lobbying for a number of years to increase the number of racing opportunities for U-23 teams. In the past years, Canada has asked the permission to participate in the European U-23 Championships. Once again, the European Canoe Association decided they would keep the U-23 Championships a "closed competition" for the next four years. The President of the Association encouraged CCA to write a letter requesting that Canadian be permitted to race exhibition at the 2005 European U-23 Championships.

- The ICF Board of Directors recently passed a by-law that requires all Standing committees to have at least one female member on the committees.

Canadian Canoe Association



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ATTENTION READERS!

This is your publication and we look to the readers to help make it the best it can be! Please take a moment to jot down your comments and fax to (613) 260-5137 or e-mail to jhedwards@canoekayak.ca.

Let us know about upcoming events, comings and goings, and other happenings in your area, so we can let your canoeing friends know across the country! Submissions can be emailed to the above address (please reference *Paddles Up!* as the subject).

The deadline for submissions to the next issue of *Paddles Up* is, January 14th 2004

Paddles Up Editor: John Edwards
Layout by: Catherine G. Després

The Canadian Canoe Association acknowledges the support of the Government of Canada - Ministry of Canadian Heritage (Sport Canada) and the following corporate partners for their assistance:

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