



# Balmy Beach Canoe Club News

April 2004

## Commodore's Report



## Commodore's Message - Eleanor McIntyre

Welcome back!!! Now that spring is officially here and daylight saving time has arrived our thoughts turn to summer and the paddling season ahead of us. We've had a very strong winter training program this year so lots of you are in tiptop shape for the start of the season. Others of you have been skiing, playing hockey, working out at your gym throughout the winter in an effort to stay fit. Bravo! That's certainly the proper way to go about preparing for the racing season. For winter couch potatoes like myself now's the time to get up and get moving, the first regatta of the season is less than two months away!

The Executive has had a busy winter preparing for the "season", we've been attending to things like insurance, staffing, fund raising, travel planning, marketing, and a multitude of other administrative details that make this place happen. Many thanks to the members of the Executive who have worked so diligently this year to prepare for the summer.

Throughout this newsletter you will find information on Registration dates including our Open House BBQ on Saturday, May 29<sup>th</sup> at Ashbridge's Bay. Please plan to attend to meet the coaches and fellow paddlers and families.

Fundraising is a necessary part of our Club's activities. Through fundraising we are able keep our registration costs reasonable and continue to offer our full range of programs. We have two major fundraising activities planned during the next two months and we encourage you all to participate. We also encourage you to bring forward any new fundraising ideas that you may have.

First is our **200Club on Friday April 23<sup>rd</sup>**. This evening includes a dance, a silent auction and an elimination draw. Details of the evening are included in this newsletter. Get your friends, family and neighbors together to enjoy this fun filled evening.

Second is our 2<sup>nd</sup> annual Golf Tournament held on **Tuesday June 15<sup>th</sup>** at Glen Cedars Golf Club held in partnership with the Beaches Business and Professionals Association. See the ad in this newsletter for further details.

We are also looking for volunteers to help at these and other events throughout the summer. One idea that we have is to sell cold drinks and healthy snacks at the Bay during paddling season. If you are interested in taking on this role please contact me.

If you have any questions or suggestions regarding the Club feel free to contact me or any member of the Executive. Here's to a safe and happy paddling season!

## BEACH CHARITY GOLF CLASSIC June 15<sup>th</sup>, 2004

The Balmy Beach Canoe Club and The Beaches Business & Professional Association is pleased to announce the second annual **Beach Charity Golf Classic, Tuesday, June 15<sup>th</sup>, 2004** at Glen Cedars Golf Club. Last year's tourney was a great success, and we're looking forward to bigger and better things this year.

It's being held to raise funds for the **Balmy Beach Canoe Club** and the **Beaches Business & Professionals Association (BBPA)** with a portion of those proceeds to be donated back to the community, specifically the **Toronto Police Service 55 Division's Community Scholarship Program**.

There are three ways for you and your company to sponsor this exciting event:

- donate an item for the Silent Auction or participant prizes for the awards ceremony
- sponsor a hole (\$500)
- golf at the event including dinner (\$175 per person)

If you would like support this exciting event, please contact Bob Stuart at 416-495-6256, Rick Arends at 416-948-8291, or the BBPA's General Manager, **Cindy Fuller**, at **416-693-2272**, or by e-mail at [info@bbpa.ca](mailto:info@bbpa.ca).

We look forward to seeing you on June 15<sup>th</sup>!!



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## A Few Words from our Head Coach - Rob Stott

This spring we had nine paddlers who attended the Spring Training Camp with the Ontario Team in Indialantic, Florida. Kevin McIntyre is down in the sunny south for six weeks. Those who went for three week duration were: Julia Fremeau, Will Campbell, Danielle Arends Dylan McIntyre, Chris Mehak and Bojana Prekic. Alex Potter and Liz McKeever went for two weeks. The weather was reportedly good and everyone remained healthy.

COACHING STAFF FOR 2004 IS CLOSE TO THE SAME: There are a few changes to our lineup for coaches for the upcoming season. The biggest change is Leigh Roworth moving from Bantam Coordinator to being in charge of our Summer Sports Camp. Christine Bain will take over our Bantam Program as Coordinator as well as run the popular Atom program. Pat Casey continues as Development Coach (as he has all fall and winter) while Tim Sweeney returns as coach of the Competitive Bantam program which was launched last year.

Sara Jones and Mari Ellery return as the masters Coaches and Shawn Dinn will help out when he's not getting married, fighting fires, or going to France on a honeymoon.

Ross Bain will again act as Assistant Head Coach and will coach the older boys War Canoe. Ross is graduating with his engineering degree this spring and won't be working a day job this summer. He says he wants to be able to hang around the Club more, but we all know he wants to do some long weekend trips to Halifax!! Hmmm.....

WINTER TRAINING APPRECIATION: the following had exceptional attendance: Bantam group – Ellie Owens and Caroline Cook; Development Group – Dylan Harding and Luke Martelli; High Performance – Kevin McIntyre, Chris Mehak and Will Campbell. In Masters, there were too many people to mention here!!! (though I don't think Grudy was one of them)

**LAUNCH DAY FOR DOCKS - Sunday April 18<sup>th</sup> at 10:00 am. Everyone welcome!!!**

## Summer's Travel Report from our Travel Coordinators

- Mary Catherine Mehak & Mark Potter

It will soon be time again for the Club to start traveling to various regattas in Ontario, Quebec and of course Nova Scotia for the Canadian Canoe Association National Championships (CCA). A small number of the High Performance group will travel to Montreal in mid May for the first National Team Trials, with the second trials occurring in mid-July again in Montreal. Both the Ontario Team Trials (again for the High Performance Group) and the WOD Trials/Championships will be held in Welland – the Ontario Team Trials on the last weekend in June and WOD's in early August. August will see our Bantams traveling to London for the Ontario Summer Games. North Bay for the Ontario and Cloverleaf Championships, and Dartmouth Nova Scotia for CCA and CANMAS which will run from Wednesday September 1 through Sunday, September 5.

Interspersed among these more distant, overnight destinations are about 10 club-based events in the immediate area – including our own Regatta which will be held on Toronto Island on Saturday, July 17. And despite all of this activity paddlers and their families will enjoy five – count them FIVE – weekends off this summer, (well for most of us anyway)! June 19 (except for Masters); July 3 (except for pre-Canada Games Team); July 31; August 14 and August 28.

**And here's a head-up for families and Masters making travel arrangements for CCA: Tango is offering very reasonable fares to Halifax for the end of August. Although the paddlers will travel together as a team, and these arrangements are yet to be finalized, families and Masters are encouraged to take advantage of these inexpensive airfares and book now.**

## BBCC Open House & BBQ!

New members wanted for Atoms through to Masters so invite your friends to the BBCC Open House & BBQ on Saturday May 29<sup>th</sup> 9:30am – 1:00pm at the Ashbridges Bay Boat House.



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## Safety Column

### - Ross Bain

As the club's new Safety Officer I have been asked to put together a few helpful hints that we can all be reminded of as we move into a new paddling season. At the 2003 CCA AGM, the first National Code of Safety was adopted and it will be part of my job this year to work with the coaching staff and the athletes to make sure that all rules are followed. This column will likely become a regular feature in this newsletter in an effort to make all, more safety conscious at all times while at the canoe club.

Of most important concern over the next couple of months will be the increased risk due to cold water. The club has long had a separate set of rules to handle the periods in early spring and late fall. But as anyone who has fallen-in in June can attest to, the water will remain cold long after the air temperature has begun to warm up. Here are a couple of things that all paddlers should be aware of at this time of year:

- All paddlers paddling before May 1<sup>st</sup> must complete a cold-water waiver. This is a separate waiver, beyond the one on your registration form and explains the extra rules, specifically governing the mandatory use of lifejackets.
- No paddler shall be on the water until a coach boat has left the dock. Further, during practice, the paddler shall be in visual contact with the coach boat.
- Never paddle alone. There are plenty of people down at the club and there is no excuse for not being able to find someone of similar ability to paddle with.
- Whenever possible, carry a lifejacket in your boat even if you are not required to wear it.

In the event that you do capsize, the same things that are taught in the summer months can be used now:

- Flip your boat upright immediately and stay with it. It is the best life preserver you will ever have.
- Attempt to lift some of your upper body up onto the deck of your boat and out of the water
- Avoid wasting your energy by yelling for a motorboat. That's what your training buddy should be doing.

- Once you have been picked up and brought back to shore, shower and change into something warm.

If you see someone fall in, here are some things you can do to help:

- Get the attention of the motorboat. Don't stop yelling until you see the boat speeding towards you!
- Stay with the person in the water. Talk to them. Tell them to relax and that the boat is on its way.
- If possible position yourself beside the person in the water. By using the two boats as pontoons, the person in the water may be able to lift themselves considerably out of the water and the cold.

It is important to know that there is always a risk of falling in. No one is too good or too experienced to bring a change of clothes with him or her. Even if you don't fall in, you'll likely be wet at the end of a practice, so bring something warm to put on afterwards. And remember this may mean more than those stylish school or work clothes you wear down to practice.

**Our Major Fundraiser of the Year happens on Friday, April 23<sup>rd</sup> with**

**Silent Auction** bidding starts 7:00 p.m.  
**200 Club Draw** starts 8:00 p.m.  
**Go Freddie Go** rockin 'n rollin 'til 1:00 a.m.

Purchase a **200 Club** membership at \$100 to participate in the elimination draw or share one with family/friends – (it is not necessary to purchase a 200 club ticket to attend the event)

Dance tickets available at \$15 each

Everyone is welcome!!



## Spring/Summer Registration

Atoms to Masters registration dates & places are:

**Friday April 23** at the 200 Club event  
**Saturday, April 24th** 9:30am to 11:00am in the lounge of the main club  
**Saturday May 29th** 9:30am-1:00pm at the Boathouse at Ashbridges Bay, (Open House)

## ANNOUNCEMENTS

### *A sister for Willow*



Congratulations to Head Coach Rob Stott and his lovely wife Kim and big sister Willow (2 years old) as they welcomed baby Ruby Frances Stott on December 8<sup>th</sup>, 2003. Ruby weighed in at 7 lbs 10oz.

### ***Shawn Dinn look-alike needed!***

Word has it that Shawn Dinn has not yet been able to secure a day off from his job as a Markham firefighter to be present at his own wedding in Lanark, Ontario on July 3<sup>rd</sup> this year. Chantal is now accepting applications for stand-ins for the groom's spot, which at press time remains vacant.

### *Leigh is getting Married*



Best wishes to Leigh Roworth and John Salter on their recent engagement. Leigh has been involved in every capacity at BBCC from paddler to Bantam Coordinator to Sports Camp Director. A summer 2005 (after paddling season of course) wedding is planned. Does this mean John will finally pick up a War Canoe paddle and join Leigh on the water?



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## 2004 Regatta Schedule

<b>DATES</b>	<b>Western Ontario Division Regattas</b>	<b>Provincial / National / International</b>
Saturday/Sunday, May 5/16		National Team Trials I Olympic Basin, Montreal
Saturday, June 5	London (long distance)	
Saturday, June 12	Mississauga	
Saturday, June 19		Sydenham, Master class
Saturday/Sunday, June 26/27		Ontario Team Trials, Welland (tbc)
Thursday, July 1	Dominion Day Regatta	
Saturday, July 3		Pre-Canada Games, Regina
Saturday, July 10	West Rouge	
Sunday, July 11	Sudbury Masters	
Saturday, July 17	Balmy Beach (Toronto Island)	
Saturday/Sunday, July 17/18		National Team Trials II Olympic Basin, Montreal
Saturday, July 24	WOD Bantam (Richmond Hill)	
Sunday, July 25	Richmond Hill Masters	
Saturday/Sunday, July 24/25		Canada Cup Invitational Rideau, Ottawa
Saturday/Sunday, August 7/ 8	WOD Trials/Championships Welland	
Wednesday, August 11	WOD Atom Championships Toronto Island	



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<b>DATES</b>	<b>Western Ontario Division Regattas</b>	<b>Provincial / National / International</b>
Thursday/Friday, August 19/20		<b>Ontario Summer Games,</b> London, Bantam Class
Sunday, August 22		Cloverleaf North Bay Canoe Club
Monday/Saturday, August 23/28		Olympics Athens Greece
Wednesday/Saturday, September 1/4		Canadian Championships Dartmouth
Sunday, September 5		CANMAS
Saturday, September 18	Akawe, Brantford (Pauline Johnson Memorial Regatta)	
October (td)		OCSRA long distance regatta



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## Spring Weekly Training Schedule ~ High Performance Group

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
M O R N I N G	6:00 a.m. HP Masters		6:00 a.m. HP Dev		6:00 a.m. HP Masters	7:30 a.m. HP 8:00 a.m. Dev 8:30 a.m. CB 10:00 a.m. Bantam	11:00 a.m. Masters
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
E V E N I N G	4:00 p.m. HP 5:00 p.m. CB Dev	4:00 p.m. HP 5:00 p.m. Dev 5:30 p.m. Bantam 7:00 p.m. Masters	4:00 p.m. HP 5:00 p.m. CB	4:00 p.m. HP 5:00 p.m. Dev 5:30 p.m. Bantam 7:00 p.m. Masters	4:00 p.m. HP 4:30 p.m. CB Dev		

*Program start dates:* **Bantams** ~ May 1st

**Masters** ~ May 2<sup>nd</sup> for pm and Sunday practices, May 25th for am practices

**Comp Ban** ~ April 24th

**Development** ~ is on a transition schedule for April. After Easter they will paddle at the Bay on Mondays 5:30pm, Tuesdays & Thursdays 4:15pm and Fridays 4:15pm and will continue doing Weights at the Main Club on Wednesdays 5:15pm and Saturdays 10:00am