

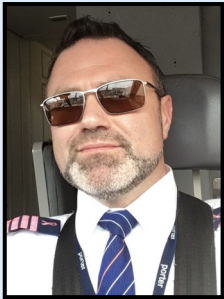


CLUB NEWS

WWW.MASKWA.CA

FALL 2023

Commodore's Message



Brian Smith,
Commodore

WHAT A YEAR!!! As 2023 comes to a close, we can proudly say it certainly was the year of Maskwa! The hard work of all our athletes paid off with a clean sweep of all the Atlantic Division Burgees, as well as being named National Champions, CanMas National Champions and National Para Champions. As the Commodore and paddling parent, I couldn't be prouder.

Thank you to all our coaching staff for their dedicated and unrelenting efforts ensuring all our athletes were able to put forward their best efforts this summer. Thank you also to the Maskwa membership, especially our countless volunteers who showed up so much this year. Without their efforts, the club simply would not work. .

I would like to take this opportunity to encourage the parents (especially those of the younger athletes) to consider filling one of the vacant board positions or becoming a member of one of our committees. Many hands make light work! No paddling experience or knowledge of required (I knew next to nothing when I started). Just a desire to improve the club for everyone's benefit. To learn more about available positions, please email info@maskwa.ca. There will also be our AGM in January, which we invite you to attend.

Next year will be another exciting year as we celebrate Maskwa's 50th Anniversary and work to defend our National Championship title. It'll be all hands on deck to make both events a success. Go, Maskwa!

COACH NEWS

What a year 2023 was for Maskwa! National Champions, CanMAS Champions, U12/U14, U16+ Champions, and Masters Atlantic Champions! If there was a burgee given out this summer, it is going to be hanging in Heritage Hall. Congrats to all athletes, coaches, parents, volunteers, and Maskwa community members for their hard work and dedication in making this possible.

With fall coming to an end, Maskwa paddlers have been putting in the kilometres on-water to start preparing for 2024. Soon docks will be in and boats will be put away for the winter and the hard work will start in the gym, pool, and on the sidewalks. With lots of teamwork and positive attitudes, I know we are in a good place for another great year in 2024.



Christian Hall, Head Coach

Program News

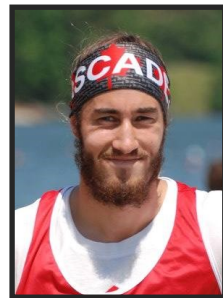
Academy & Masters

It has been a great fall season so far for our Academy Paddlers! With over 40 Academy athletes ages 12-15, it's been a hectic and rewarding start to the 2023-24 Season. Led by coaches Morgan, Jack, Seamus, and Alex, our Academy group has been paddling 6 times per week, plus multiple runs and strength training sessions. Academy paddlers competed in the ADCKC Fall Long-Distance Regatta and the annual Richard Dalton Classic at Cheema, with many showing big improvements already from the summer.

After a really hard summer of training, the Masters won the CANMAS burgee! This is the first time ever in Maskwa's 49 years of competing that it has ever been won. A big thank you to all Masters who competed at CANMAS, new and experienced! Every single person helped to achieve this amazing win. To top it off, one month later, Maskwa hosted the Masters ADCKC Championship, and we won this as well. Way to go, Masters!



Jacob McKenna,
Assistant Head Coach



Doug Ellery,
Assistant Head Coach

Development & Para



Savannah Sullivan,
Development Coach

The Development group worked hard this summer towards U12/ U14 Atlantic champs, and won 6/7 burgees and the regatta for a third year in a row! Everyone put in the effort to achieve their goals as individuals and in their crews. In the fall, Development trains 6 times a week after school. The fall is all about

working on skills/boat control and becoming better technical paddlers. Development athletes competed in two long distance regattas this fall, finishing the season with the annual RDC Long Distance regatta—paddling a minimum goal of 12K!

The Maskwa Para Canoe team consisted of 10 dedicated para athletes over the 2023 season. The team trained 3 times a week on the water towards Nationals 2023, and every athlete that competed came home with a podium standing! Para has transitioned to dry land now and hits the gym 3 times a week throughout the winter. If you're interested in more info on the Para program, please reach out to coach.savannah@maskwa.ca.

A Note from the Paddle Chair...

Submitted by Mimi Cote, Paddle Chair

I had the unique opportunity to see first hand the hard work that goes into training your Maskwa athletes. Our team of year round and summer coaches worked on and off the water to bring the highest quality of training to our club. Yes we have the numbers, but think about it, we had paddlers in every A final at Champs! Best coaches ever!

Then in the blink of an eye, Nationals were here. Nothing more exciting than hearing Senobe blow their famous "war canoe horn", as the C15 boats are hitting the 250 metre mark. The cheering becomes progressively louder as boats are about to cross the finish line! Alas... the dark blue stern of our Maskwa boat crosses first! The team spirit and camaraderie at Nationals was incredible, from the "Do it for Doug" t-shirts, to the U16 Womens pink C15, to the Senior Men's C15 wearing matching bandanas. Noteworthy also was after the boys crossed the finish line, they picked up Tony Hall, who had jumped in the water from the Judges Tower with Maskwa Flag in hand!

All this to say, in the words of Tony, it is more than winning, it is about the friendship and team bonding that Maskwa paddlers will take away for life....



Above & Left: 2023 Atlantic Champions



Right: 2023 CANMAS Masters Champions
Below: 2023 National Champions





John Moore (long-standing Maskwa member & valued Board member), recently wrote an article about the Club for the local Parkview News. Read below for some great history on our Club!

Maskwa Athletes on A Winning Streak

It could be said Maskwa athletes have had the most winning season in club history this year. In fact, Maskwa Aquatic Club, located on beautiful Kearney Lake, may have set a record for winning the most paddling events in one summer of any paddling club in Canadian history. From the lower ages on up, Maskwa pretty well won all the competitions including the National Sprint Canoe Kayak Championship held at Lake Banook in early September. It was the club's 3rd time winning the Nationals and 1st time at winning the Masters Nationals Championship. The club also has a large Para and Paddle All contingent who contributed mightily to helping win these championships.

Despite all the winning, the club's head coach Christian Hall was very circumspect about it all attributing the success the club had this season to hard work and every athlete who participated put their best effort forward. At a recent celebration banquet at Maskwa he told the athletes "There are no individual super stars here. You are all super stars". It didn't matter whether they participated in just one event or a number of them—they all equally contributed to the winning effort. It's this kind of leadership that encourages and motivates athletes to do their best whether they win a medal or not. It's a team effort and everyone is a part of that team. This is what builds great team spirit. In a world where there are so many trying to outdo one another and looking for their own self recognition at all costs, this in deed is a breath of fresh air. This is something we could all learn from whatever endeavors we may be pursuing.

... continued

We should go back in history a bit to see just how far Maskwa has come in its almost 50 years. It all began in 1974 when then Alderman Alphie Hamshaw and a few others wanted to form a paddling club on Kearney Lake. Over the years, the club slowly evolved but it also had many struggles and challenges. There are many in this community who know this history. There are many who have been members of Maskwa over the years having spent many fond summers watching their children learn to swim and paddle. There were lean times as many will recall where the club almost shut down because of declining numbers. There were lots of challenges to overcome and yet Maskwa persevered. As a friend of mine once said, "Maskwa is like a good stock . You better get in early otherwise it'll be too late.". Truer words were never spoken. In any event, the club grew, expanded its building and then grew even more. Through a succession of good coaches, solid leaders and a dedicated board of directors who were all volunteers, their mantra was to never give up.

So here we are today. The huge success Maskwa is now enjoying has taken years to develop but now a solid foundation has been built to keep this success going for I believe many years to come. Maskwa is now a paddling dynamo—the best Canada can offer and the second largest paddling club in Canada next to Rideau in Ottawa, and it's right here in our back yard. Speaking of which, Maskwa will be celebrating its 50th anniversary in 2024... Stay tuned for more details.



CALL FOR BOARD VOLUNTEERS

Have you ever wanted to get involved at Maskwa and help shape the Club? We are looking for volunteers to join the 2024 Board of Directors. Please reach out for more details if interested in any of the following vacancies:

VICE COMMODORE

TREASURER

VICE TREASURER

FUNDRAISING CHAIR

SOCIAL COMMITTEE CHAIR

EQUITY, DIVERSITY, & INCLUSION CHAIR



Email info@maskwa.ca for more details!



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