



CLUB NEWS

WWW.MASKWA.CA

Winter 2025

COMMODORE'S MESSAGE



Peter Giles,
Commodore

Happy New Year! Maskwa has had a busy fall and we are getting ready for another great summer. Summer job interviews are well underway and I am confident that we will have a great staff, as usual.

As I have been training with the Masters for the past few months, some of our infrastructure issues have come into sharper view for me. We really are bursting at the seams! I have recently had some good initial discussions with our new provincial MLA, starting a conversation about some of our facilities challenges. Some of them will require government help to solve.

I am looking forward to working with our incoming Board and new volunteers to make Maskwa even better in 2025!

COACH NEWS

Winter training is in full swing at Maskwa and athletes are working hard at the track, in the pool, in the gym, and on the road, dreaming of warmer weather either in Florida or in Halifax! Maskwa's High Performance athletes are soon heading back to Homosassa, Florida for our annual spring training camp, while those not travelling will brave the cold waters of



Kearney Lake as soon as the ice is gone! I have seen so much hard work and improvement this Winter from athletes in all of our programs and I know it will be another great year of Maskwa paddling.



Christian Hall,
Head Coach

PROGRAM NEWS

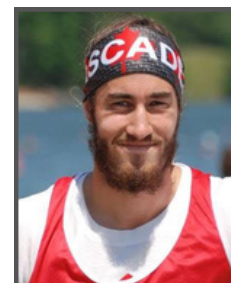
ACADEMY & MASTERS



Jacob McKenna,
Assist. Head Coach

The Academy group has been putting in the work through the offseason, training 8 times a week with Morgan, Marlee and Seamus. Their sessions have been a mix of running, weights, swimming, soccer, and plenty of fun to keep things exciting. The group is committed to maintaining this momentum as they gear up for a busy summer of racing, with sights set on the U12/14 ADCKC Championships. First though, they will participate in the ADCKC swim meet later this winter.

After a successful end to the on water season, the Masters group has been crushing their offseason training! They've been lifting heavy, tackling challenging circuits, and even adding swimming practices to their routine this year—with some brave souls even participating in a weekly polar bear dip! It's been fantastic to see the group grow with a mix of new and familiar faces and to watch everyone getting stronger over the past few months. We can't wait to hit the water again this spring!



Doug Ellery,
Assist. Head Coach



Above Left: Masters after a brave polar bear dip!

Above Right: Coach Morgan & the Rats! Maskwa Soccer League Champs.

Bottom: Development practicing yoga.

DEVELOPMENT & PARA



Savannah Sullivan,
Dev. & Para Coach

Development has been hard at work this winter with running, weights, swimming at Centennial, and multi-sport training at Sackville Heights Community Centre. We've improved tremendously since the start of the season with our body awareness, strength, and motivation.

Para trains four times a week with three days at Maskwa consisting of strength training, mobility, and ERG workouts, and swimming at Centennial on Sundays with the Masters and/or the Paddle All groups. We're working hard on the Kayak and Va'a machines as the water freezes over.



Board of Directors Update

Did you know Maskwa's Board of Directors is run entirely by volunteers? If you are looking for ways to get involved in your Club and community, we could use your help. (We promise that if you step forward to support us, this won't become a bigger time commitment than you can afford. If you have the ability and the desire - however constrained that might be - we could use your help to make Maskwa better). Reach out to commodore@maskwa.ca for more info!



Maskwa is in need of volunteers for many non-Board positions! Do you have skills or expertise in any of the below areas? We could use your help to make Maskwa better!

- finance operations and management
- human resource policy and management
- commercial partnerships and sponsorship
- marketing and membership expansion
- facility operation and maintenance
- fundraising and philanthropy
- safety and risk management
- code of conduct management

 If interested, contact Commodore Peter Giles at commodore@maskwa.ca

thank you

At our recent AGM, Board members Jen Dent (Social Committee Co-Chair), Patricia MacArthur (Fundraising Chair), Caroline Chenard (Para Rep) and Bret Himmelman (Member at Large) stepped down from their roles on the Board. We would like to sincerely thank each of them for all the time and effort they gave to Maskwa over the past year!



★ CHECK THIS OUT ★



REGISTER NOW!



BEST SUMMER EVER

Full summer and two-week paddling programs... register now at www.maskwa.ca

REGISTRATION
NOW OPEN
FOR SUMMER
2025!



50/50 CASH RAFFLE
in support of Maskwa Athletes attending
Florida Spring Training Camp!

For pricing and to buy tickets, visit:
<https://www.rafflebox.ca/raffle/maskwa-fc>
(or www.maskwa.ca)



AGD-350108254



Draw Date: Feb 14th, 2025



**MASKWA
IS RECYCLING!**

Please consider donating your household
refundable recyclables to
Maskwa's account at either:

**23 Bluewater Road, Bedford
251 Herring Cove Road, Spryfield**

Funds collected will go to the Social
Committee. Thank you for your support!

