



CLUB NEWS

WWW.MASKWA.CA

Fall 2025

COMMODORE'S MESSAGE



Peter Giles,
Commodore

Happy October, Maskwa families! I hope you were all able to take some time to rest and recover in between a busy summer and the fall season. Maskwa continues to be successful on and off the water, and you can read plenty about that in this newsletter, recapping recent triumphs and highlighting upcoming projects. There are many reasons for all of us to be proud of this club's accomplishments.

Late this summer, while many of you were at Nationals, I was invited to an event at my childhood canoe club. I had a nice evening there, and shared lots of memories with old friends and new members. I hope that all of our Maskwa members will someday feel the same nostalgia and affection for Maskwa that I do for Orenda! I really believe that this sport, and our Atlantic Division clubs in particular, are a treasure, and it was fun to be reminded of what I loved about Orenda.

At the same time, the experience reminded me that the kind of success we are having now is not guaranteed. If we want all of this success to be sustainable and enduring, we need everybody pulling together. I really appreciate all of the ways that our athletes, coaches, staff, volunteers, and parents are working to make Maskwa more successful every day. Thank you for all of your contributions.

COACH NEWS

We have reached the end of another racing season and what a year it was! From NTT#1 in May through Atlantic Masters Champs in September, Maskwa athletes raced to success at every step along the way in 2025 – congrats to all of our athletes, parents, and coaches on another great year! In addition to our third straight National Championship, Maskwa once again brought home Atlantic Championships at U12/U14, U16+, and Masters levels this year, which really shows the depth of talented and hard working paddlers at the club right now.

As we work on and off the water this fall, we are focused on maintaining or improving on these successes in 2026 – many of our HP paddlers have their sights set on representing Canada at the 2026 Jr/U23 Worlds which will take place in Dartmouth, and everyone has eyes on bringing home another National burgee from Ottawa next August!



Christian Hall,
Head Coach

Coaching Hire Announcement:

In September, we were pleased to welcome **Lily Baert** to the new position of Athlete Development Lead! In this role, Lily is responsible for building the next generation of Maskwa's paddlers, through recruitment from the Summer Program and leadership with our year-round Development and Academy programs. Lily was a long-time coach at Senobe, where she most recently was the Lead Coach for the club's U12/U14 programs. As an athlete, Lily has represented Canada at the 2018 Pan American Championships and the 2022 World University Games, and she was a six-time medalist at the 2022 Canada Games.

We were also pleased to announce that **Morgan Pugh-Toole**, long-time Summer and year-round Maskwa coach, has now joined the full-time coaching team in the role of Academy Coach & Masters Lead. Morgan has been a member of the Maskwa community for almost 20 years and will continue her coaching role within the Academy program while adding overall leadership of Maskwa's growing Masters program! Morgan has been a part of the coaching team at Maskwa since 2016 and was recently part of the coaching staff for Canada at the 2025 Olympic Hopes Regatta in Czechia.

PROGRAM NEWS

DEVELOPMENT & ACADEMY



Lily Baert,
Athlete Dev. Lead

The Development group has been working hard this fall and paddling lots of kilometers on the water. The group also competed at the U12/U14 End of Summer Sprint. In addition to paddling, the group has been focused on running, and have shown great improvement in fitness and effort!

The Academy group is excited to be back on the water for fall training. They are practicing 8 times per week with a mix of small boats, running, rowing erg, and weights. The first regatta of the Fall was the U12/U14 End of Summer Sprint, on Lake Banook, followed by the ADCKC Long Distance Regatta. They also recently competed in the Richard Dalton Classic at Cheema!

MASTERS

After a summer of hard work and dedication, the Maskwa Masters had another outstanding season! We welcomed a record 48 participants to the program this year, creating one of our strongest groups yet! Twenty Masters represented Maskwa at Nationals and the CANMAS National Championships, bringing home multiple medals, capturing the Nationals Masters burgee, and earning an impressive second-place overall finish at CANMAS! To top it all off, Maskwa once again claimed the Masters ADCKC Championship title. Congratulations to everyone on these incredible achievements!

As we wrap up our on-water season, the Masters are still going strong, tackling long-distance workouts and participating in the Richard Dalton Classic Long Distance Regatta. Great job to all!



Morgan Pugh-Toole.
Masters Lead

NATIONALS 2025 WRAP-UP

by Head Coach Christian Hall

After 5 fantastic days on the water in August, Maskwa won its third consecutive National Championship in 2025. After very tight 2023 and 2024 regattas, Maskwa led from wire to wire in 2025, finishing with 869 points, ahead of Rideau with 475 and Lac Beauport with 458. It was a total team effort, with the club bringing home the Senior Womens, Para, and Masters burgees, and finishing 2nd or 3rd in U16 Mens, U16 Womens, U18 Mens, U18 Womens, and Senior Mens as well.



There were too many top performances to name everyone, but standout performers included Matt Brown, who won three C1 gold medals and added two more in C2, Hayden Quillan who swept all four general para singles events, the U16 mens K4 crew of Ben Walker, Luke Mackenzie, Christos Giannou, and Will Townsend, who won gold in both the 500m and 1000m events, and the always strong C15 crews, who took gold in 6 separate events! On the C15 front, special congrats are in order for the Senior Womens crew, coxed by Doug Ellery, who won Maskwa's first ever gold in that event, and the U16 Mixed



crews, coxed by Doug, Bret Himmelman, and Christian, who swept the podium positions in a C15 race for the first time in CKC history.

On Sunday, August 27 it was the Masters turn as they competed at the CanMas regatta, also in Regina! Our Masters group powered through to their best ever points finish (582) and second overall in the standings, behind only the host club, Wascana. In a hectic one-day event, every Maskwa masters athlete won at least one medal - special shout outs to Barry MacPhail and Hillary Hall who brought home 8 gold medals each and to the Mens and Mixed C15 crews for winning gold!

Overall our trip out west to Regina was a big success - Maskwa brought almost 100 athletes for Nationals/CanMas and every person left with at least one medal, demonstrating the fantastic depth and talent within our club! Congratulations to all of the athletes, parents, coaches, supporters, and volunteers who played a role in this success. Winning Nationals is a total team effort and we showed once again we are the best team around!



★ CHECK THIS OUT ★



50/50 CASH RAFFLE

in support of Maskwa Athletes attending Spring Training Camp 2026!

FOR PRICING & TO BUY TICKETS, VISIT:

<https://www.rafflebox.ca/raffle/maskwa>



AGD-360391-25 Draw Date: Nov 11th 2025

The Maskwa clothing store will be open again soon, with lots of options for Maskwa spirit wear (store will be open in time for orders to arrive by the holidays). An email will be sent to all members once it is open, so stay tuned for more details!



We recently celebrated our summer paddling season with a **Maskwa Awards Night** and potluck — a great evening recognizing the fantastic accomplishments of our athletes and coaches. Awards were presented to the top athletes in each age category and to our amazing summer coaches. Congratulations to all who were recognized!

