

# *Cheema Chatter*

Cheema Aquatic Club Waverley Nova Scotia [www.cheema.ns.ca](http://www.cheema.ns.ca) September 2006

## Commodore's Comments

We had a full and active club this summer. Enthusiastic new coaches joined us from the year round paddling program and returning coaches brought their experience from past years. Our year round and senior athletes have had their efforts rewarded by qualifying for big international events, listed below. I feel satisfied that our programs are fulfilling the needs of all our communities.

For recreational paddlers, the program stresses fun and safety. As these children learn more about the sport, fitness and good technique become their goals. Athletes join the other programs gradually. They can enrol for fall or spring only or the whole year. They start with 2 days a week and increase as they get older to 5-6 days a week during all 4 seasons. Many of these athletes split their time between Cheema and their high school sports teams. Others concentrate on paddling and move up to junior and senior national teams.

This summer some of these Cheema athletes have qualified for the Jr. European Tour in Germany and Poland, the Pan Am Regatta in Mexico City, Senior World's, and the World Canoe Marathon Championships in France. In addition, Cheema sent 22 qualifying athletes to the Canadian National Championships in Regina.

For parents and athletes over 35, we have an active Master's program which provides fun, fitness and opportunities to compete at a high level.

If your children enjoyed the summer program, think about enrolling them in some of our other programs. Participation in paddling builds character and a healthy lifestyle for those interested in recreation or competition. They can set their own goals and watch the group just ahead of them to see options for their future.

***Paul Dunphy, Commodore***

## Athlete Profile

### Chelsea Carr Kinnear



Chelsea started paddling in 2002 when she was ten years old. Chelsea is proud of her 2<sup>nd</sup> place finish in K1 at the Bantam Regatta at Maskwa. Also, this year, Chelsea had a first place finish at Bantam Champs in the K4 and and took bronze in the K2 with Samantha Giffin. She has been named to the Canada Games Core Team for 2009.

Chelsea is no slouch at school either where she got straight A's last year and was given the George P. Vanier Citizenship Award for 2005-2006. This September, Chelsea started grade 9 in French immersion at Lockview High School where no doubt she will continue to contribute to the life of the school. Her contributions at George P. Vanier included being involved in peer helpers, yearbook committee, leadership group, spirit club, art club, run club and concert band as well as

being part of the cross country and track and field teams.

Chelsea's goals in paddling include improving her personal bests in both paddling and running, and making the Canada Games Team. Go Chelsea. After graduating, Chelsea plans to go to university and maybe law school with Harvard possibly being in her sights.

When she's relaxing, Chelsea likes to listen to the Red Hot Chili Peppers and loves the film Rent and the TV show Grey's Anatomy. Her favourite food is her mom's macaroni and cheese. (Great energy food)

Chelsea names two idols: Karen Furneaux "because she's gone really far with paddling and continues to be a great role model"; and "my mom, Heather Carr, because she's very smart and works hard at being a dentist but always has time for me and my brother".

## UPCOMING EVENTS

**September 16<sup>th</sup>** - *Registration for Fall training program - 8:45-11 am at the Club*

**September 24<sup>th</sup>** - *Awards/Closing banquet - St. John's United Church, Fall River - 2:30 - 5:30*

**October 7<sup>th</sup>** - *Cheema Auction - Brewster's Pub (Sobey's Mall, Bedford) - 6 pm view 7 pm sale*

**October 26<sup>th</sup>** - *Cheema AGM - Club house - 7 pm*

## Paddleathon

This year, Heather Carr spearheaded the paddleathon fund raiser which was highly successful and raised almost \$5,000 for the club. Thanks go to all those who participated in and supported this effort.

For their terrific fundraising effort, Viki Latorovszki and her PeeWee girls got to dine on 6' subs courtesy of Terry Oxford. For raising \$225 or more each, the following athletes got to dine with their coaches at Boston Pizza:

Atom: Ben Clattenburg

Liam Isnor

Hunter Dwyer

Campbell Mollins

PeeWee Boys: Evan Carr Kinnear

Marshall Hughes

PeeWee Girls: Marie Aikenhead

Kaitlin Berkvens

Megan Adderley

Samantha Mollins

Allie Campbell

Bantam Girls: Chelsea Carr Kinnear

Bantam Boys: Liam Hatton

Eric Clahane

Way to go kids!

Many thanks also to the coaches who encouraged the kids, collected the forms and ran the fun day.



Chris Brayley, Matt Oxford, Mike Hindler and Micah Wisen in the C4 on the Nationals course in Wascana Park, Regina.



Cheema's Midget Boys take the Burgee at Nationals for the second year in a row. Missing from the picture is Shaun Fair.

**Congratulations Karen Furneaux & Richard Dalton recipients of the 2006 Team Investors Group Amateur Athletes Fund Bursary**

Karen Furneaux of Waverley, Nova Scotia and Richard Dalton of Halifax, Nova Scotia, are recipients of the 2006 Team Investors Group Amateur Athletes Fund Bursary. They will both be receiving a \$5,000 bursary to assist them as high performance amateur athletes with the costs of training and competition.

Investors Group annually awards twenty \$5,000 bursaries to assist Canada's high performance amateur athletes with the costs of training and competition. Richard Irish, Assistant Vice-President, Community Affairs for Investors Group says "These 20 members of Team Investors Group, and those who preceded them, stand as role models that all Canadians can emulate whether in sports, in business or in community and community life."



Richard Dalton & Karen Furneaux receiving their awards in Montreal in July.



They just need their sombreros! Off to Mexico City in September to compete in the Pan American Games are Shaun Fair, Lyall Hatton, Erika Taras, Todd MacDonald & Connor Taras. They overcame stiff competition at Trials 3 in Montreal in July to qualify for the Canadian team.



Tyler Jones, Shaun Fair, Matt Oxford and Richard Mark won gold in the Midget Men's K4 at the National Championships at Wascana Park, Regina in August

## ***Musings from a Former Olympic Athlete – 30 Years Later***

***by Ann Dodge***



Thirty years ago in 1976 the Cheema Aquatic Club was only eight years old. Frank Garner was it's head coach and a young protégé Ann Dodge was making a name for herself in ladies kayak scene.

Frank has said that at that time Ann was the most dedicated and focused athlete he had ever coached. In 1971, at age 13, Ann Dodge was a member of the Cheema Ladies War Canoe team that won the Canadian Championship in Otterburn, Quebec. By the time she was 15 she was the top junior ladies paddler in Nova Scotia in K-1, K-2, and K-4. In 1973 she was a member of Nova Scotia's Summer Canada Games team that headed to Burnaby, B.C. She competed in the only kayak events that were open to women, the K-1, K-2 and K-4 500 meters taking gold medals home in all three events.

On the international scene two years later she placed fifth in the world in K-1

in the 1975 Junior World Championships. She became the first female paddler from Nova Scotia to make the Canadian Olympic team where she competed in the 1976 Montreal Olympics. At that time ladies only could race either K-1 or K-2 so Ann was paired up with Sue Holloway of Ottawa, Ontario. Although living most of her life in Ottawa, Sue was born in Halifax, Nova Scotia.

While racing in Montreal in the K-2 Sue and Ann became the first Canadian women to ever make the Olympic finals, placing their boat among the fastest in the world.

The 1976 Olympics were Games, which were marred by boycotts by the African nations and drug allegations. The drug allegations were rampant at these Olympics. Though at that time most of the allegations were not proven due to poor testing. Many athletes, especially the East German women swimmers and kayakers, were accused of using anabolic steroids.

**Q.** What was the feeling of marching into Olympic Stadium like for the first time?

**Ann:** This remains my most significant Olympic memory actually. Some folks have questioned what it was like to be in Canada, and more specifically in Montreal for the games rather than somewhere else in another part of the world. For me, it was the best place for the games to have taken place. When the Canadian team walked into the Olympic Stadium as the host country, some 70,000 people stood and cheered. I still get goose bumps to this day remembering what it felt like to be a part of that experience—

the deafening cheers, the excitement, the pride - it truly was a once in a lifetime experience.

**Q.** What did you learn from the experience that you used in future years or in your life?

**Ann:** I suspect there were “lessons” learned at that time that I continue to draw on today, but I am unsure if I would separate them from the myriad of lessons I that learned through my many years of being involved with sport. If I was to try and extrapolate one specific thing, it would have to be the patience that I had to display in waiting for the crew selections to be named. Although four females were named to the team, there were only 2 races: K1 and K2. The K1 selection had been made, therefore the only other race option was the K2. Much went on in order for the decision to be made, but the bottom line was that I had indeed earned the right to race in the K2 event – something that I was ecstatic about! The life lesson: hard work does indeed pay off!

**Q.** The games had some steroid abusers who would never get caught due to poor testing at that time. How did the alleged cheating countries affect your thinking?

**Ann:** This continues to have an impact on me to this very day – to the point that I completed my Masters’ thesis on the topic of cheating in sport. Although I may have been less aware of the significance of the problem in 1976, by the time that I left the sport in 1979, I had become very aware. This is a difficult topic to discuss, but in light of the evidence that was obtained from the former DDR (East Germany), one is left to question if other countries

were not perhaps following similar sanctioned doping programs with their athletes. Without hard evidence, one is left to surmise.

As part of the teaching I do with undergraduate Kinesiology students at Acadia University, the Ethics material that I cover is some of my favourite. It is interesting to lead students through the discovery process so they can draw their own conclusions about the use of performance-enhancing substances in sport. I do tell them though that I am proud of the fact that I can look in the mirror – 30 years later and say that I never took, nor considered taking performance-enhancing drugs in the interest of excelling at sport. Perhaps I could have secured an Olympic or World Championship medal had I chosen to do so, but when you believe in the inherent value of sport and the associated lessons of hard work, sacrifice, excellence, and fair play – when you see these as the true “rewards” of sporting involvement, sinking to such levels are not seen as options.

**Q.** How did the club and community show it's appreciation at the time?

**Ann:** It was yet another wonderful time to be a Nova Scotian and a Cheema paddler. There were numerous receptions and recognition opportunities. There were only 7 Nova Scotian athletes in total who competed at the 1976 Olympics, so we were a rather small group, and I was the only Canoe/Kayak athlete. There were many times over my sporting career when I was very proud to be from a small community in a small province, but I was always proud to be a member of the Cheema Aquatic Club in Waverley.

**Q. Any advice for our Cheema paddlers aspiring to reach the Olympics?**

**Ann:** Clearly, the athletes at Cheema today are very fortunate. They are reaping the benefits of the many excellent paddlers who came before them with regard to coaching, equipment, and access to opportunities. The paddlers and their parents who were around in the early days of the club, under the guidance of Frank Garner forged the way for the success that has endured at Cheema. The advice I would share is no different than what I would offer anyone attempting to succeed at whatever matters most to them in life. We all have to dream, for out of dreams come our destiny – and I'd advise dreaming big! After that, we have to make wise choices – we face thousands of options everyday in our lives. In order to succeed, wise choices are necessary ... regularly. Choices around committing ourselves to excellence, choices around tough issues, like performance-enhancing substances, and choices around what we are willing to sacrifice in order to succeed.

Although the Olympics may seem like a dream to some of the young paddlers today at Cheema, I can assure you that a young girl from a small rural community in Nova Scotia dared to dream that very thing, and lo and behold, 30 years ago it became a reality for this individual!



Isaac Smith, Andrew Pickrem, Lyall Hatton & Connor Taras won silver in the Juvenile Men's K4 at the National Championships in Regina



The Cheema camp at the Qualifying Regatta at Lake Banook



**Taking gold in the Midget women's K2 at Nationals in Regina were Sarah Giffin and Nicole Brown with Kate Bartlett and Erika Taras with silver**



**Bantam girls coached by Leslie Joudrey (back row, first left)**



**Bantam girls coached by Leslie Joudrey (back row, first left)**



**Bantam boys, 2006, coached by Robert Conrad (not pictured)**



**Cheema's recreation program kids showing off their Cheema posters. Carla Crossman back row, left, and Poet MacLean, back row, right, coached these little athletes.**



**The Atom boys and girls were coached by Joey Carter and his able assistant, Theresa Russell**



**MacLean Comstock coached the PeeWee boys. If getting them to hold still for a picture was any indication, MacLean had her hands full.**



**PeeWee girls coached by Viki Latorovski at far right.**

**Cheema had it's best Bantam/PeeWee Champs in quite some time. We won the Bantam Overall Burgee and finished in second place overall. PeeWee girls won a silver medal in the war canoe. Well done athletes and coaches.**