
ATLANTIC DIVISION CANOE/KAYAK CANADA

Fall Newsletter - 2020/2021



Fall 2020 - 2021

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ADCKC X-Country Run



The Atlantic Division athletes took to the Waverly Street Overpass for this year's Annual X-Country Run. The weather was warm and the athletes were fast. The U16 Athletes participated in the 8K run and the U16+ completed the 14k run.

The athletes below represent the top three fastest times for the men's and women's categories within each distance:



| Placement | 8K Mens | Time | Placement | 14K Men | Time |
|-----------|--------------------|-------|-----------|------------------|---------|
| 1st Place | Iziak Storm | 35.50 | 1st Place | Neil Lang | 56.20 |
| 2nd Place | Conrad Hoogerboord | 37.00 | 2nd Place | Keaton Brown | 57.20 |
| 3rd Place | Owen MacDoald | 37.55 | 3rd Place | Shawn Amirault | 58.02 |
| Placement | 8K Women | Time | Placement | 14K Women | Time |
| 1st Place | Ella Cozens | 39.01 | 1st Place | Shane Macmillan | 1.03.54 |
| 2nd Place | Brianna Smith | 39.33 | 2nd Place | Marlee MacIntosh | 1.04.12 |
| 3rd Place | Anna Hetzler | 41.05 | 3rd Place | Jenna MacKay | 1.07.40 |

Welcome Kevin McIntyre

Welcome, Kevin McIntyre! Kevin is ADCKC's new Regional Coach. Kevin started his athletic career 23 years ago at Balmy Beach and has been involved in CanoeKayak ever since. He's first coached at Balmy Beach, Pickering Rouge, and, most recently, at Mic Mac AAC.

Kevin's most excited about getting to work with coaches and athletes by helping them achieve their goals within his new role. Additionally, Kevin looks forward to becoming a representative of the sport and expanding to other Atlantic Canadian communities.

Some of the primary responsibilities of the Regional Coach role:

- Coaching and developing skills of Team Atlantic athletes
- Providing club support for coaches and implementing new ways to improve CanoeKayak in Atlantic Canada
- Giving athletes new and exciting opportunities to elevate training experiences (ex. New team practices and regional, national, and international travel opportunities)

We're incredibly excited to have Kevin on the team. He has years of hands-on experience and the drive to push Canoe/Kayak in a desirable direction for everyone.



U12/U14 Team Atlantic Training Sessions

In November, our U12/U14 athletes had a chance to try out the ADCKC Racing Center gym. Each discipline including men's kayak, women's kayak, men's canoe, and women's canoe met to take part in a team bodyweight endurance workout. They had a chance to work out, meet other team athletes, and work on goal setting for the upcoming year.

U12/14 Men's Kayak group →



← U12/U14 Women's Canoe