
ATLANTIC DIVISION CANOE/KAYAK CANADA

Summer Newsletter - 2020/2021



Summer 2020 - 2021

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Paddling Lives Here

Pagayer Vit Ici



Sprint Canoe Kayak Back-In-Action

COVID-19 gave us an opportunity to appreciate what it's like when our favorite sport is impacted by uncontrollable factors. Athletes were asked to take time off the water and await further instruction to accommodate provincial legislation around social distancing. Athletes had little to no expectation of training this summer let alone competing in any regattas.



As restrictions began lifting athletes, coaches, and board members started preparing for paddling to begin. Eventually team boats were reintroduced, and athletes could finally begin working alongside their teammates with up to ten athletes. As time went by, athletes went back to training full-time followed shortly by our first organized master's regatta on July 24th, 2020.



In addition to our first master's regatta back, the Atlantic Division hosted a variety of competitions including the U12/U14 Championships, Atlantic Team Trials, and several status regattas at all levels of competition. Since the first regatta there have been a total of 16 organized regatta days to make sure athletes could continue to train, grow, and succeed despite the unexpected circumstances this paddling season.





Paddling Travel Camps

The Atlantic Division of CanoeKayak Canada continued to expand the travelling camp program to new areas in **Cape Breton** this summer. Travelling camps are a chance for communities, that otherwise would not have a chance to experience paddling, to try out different racing boats.



ADCKC staff takes ten to fifteen boats, paddles, and all the equipment needed to host a few groups of twenty young athletes and run a skills session. Athletes get a chance to try different boats, gain their balance, and begin working on their technique. Atlantic Division staff collectively visited several *Cape Breton* locations including **Eskasoni**, **Myra River Provincial Park**, and **Potlotek** on six occasions between July and September.

Check out our highlight video about the paddling camps in Eskasoni and Myra River Provincial Park on the ADCKC Facebook page!



New Head Coaches of 2020

We are pleased to announce two new head coaches this summer year:

Christian Hall & Josh Nowen



← **Josh Nowen - New Pisiquid Head Coach**

"I fell in love with the sport of canoe/kayak at a young age and have it to thank for life-long memories, friendships, and instilling life skills that I use every day. Through my coaching, I have always made an effort to pass along and foster the same love and passion for the sport that I have. Pisiquid is a place where I can see myself taking the next step in my career and growing with the club in the coming years. As a coach, having seen how far the club has come in the last few years, it is very exciting to envision how it can continue to grow in the next five years with the right help, leadership, and direction. I believe with my passion for the sport, dedication, work ethic and drive to help all my athletes find success, I could be the one to continue to build on the existing foundation while developing the growth of the high-performance program to see athletes from Pisiquid at the provincial and national level."



← **Christian Hall - New Maskwa Head Coach**

"I'm incredibly excited to get to work with the athletes, parents, coaches, and board at Maskwa! I've seen the growth and success of the club over the last decade and can't wait to build on that solid foundation. Our sport is so special in that an 8-year old getting in a boat for the first time and a high-performance athlete competing internationally can be part of the same team and I look forward to delivering quality programs for all parts of the Maskwa family."



2020/2021 Atlantic Team

Congratulations to all of the skilled athletes selected for the **Atlantic Team** for the **2020 - 2021** year.
Below are the athletes selected in each discipline and age group.



ParaCanoe

Senior Athletes

Jacob Woods
David Waters

Women's Canoe

U12 Athletes

Victoria Tran
Maira Malek
Elle MacKenzie
Claire Sanford
Clara Whytewood
Phoebe Murphy

U16 Athletes

Jacqueline Moore
Sarah Neville
Faith Anderson
Miranda James
Aja Deeble
Katie MacMillan
Jayden Kendziora
Ella Adams

Open Athletes

Jessica MacKay
Marlee MacIntosh

U14 Athletes

Ella Adams
Amelia Smith
Jayden Zedziora
Mia Fabrizi
Erika Fabrizi
Erika Cox
Lauren Yeadon
Julia Snelgrove
Chloe Brake
Ella Cozens
Olivia Harrison

U18 Athletes

Ava Carew
Sloan Mackenzie
Geneva Bond
Jacy Grant
Jenna MacKay
Lindsay Murray

Women's Kayak

U12 Athletes

Maira Malek
Olivia Murphy
Ava Woodman
Ava Cacao Ewing
Emilee Vaters
Caroline Hilton

U16 Athletes

Ivy Murphy
Raine Myers
Fiona O'Donnell
Molly Rusinak-Short
Livia Nauss
Shaela Tobin
Mya Cowper
Brianna Smith

Open Athletes

Riley Melanson
Laura MacKinnon

U14 Athletes

Maura Macumber
Jenna Wile
Shane Macmillan
Myah Cacao Ewing
Abigail Page
Ella Taylor
Kyanna Hope
Claire Naugler
Charlotte Hilton
Megan Gallahue

U18 Athletes

Lily Baert
Anna O'Brien
Emily Munroe
Riley Gray
Emily Parsons
Sophie Bouvette

Men's Canoe

U12 Athletes

Eli Cowper
Rylan Carrigan
Zachary Flynn
Angus Flynn
Mathew Brown
David Ackerman

U16 Athletes

Eric Chouinard
Matther Zinck
Jai Paliwal
Seamus Cote Moss
Brandan Canning
Zachary Wincey
Daniel Pike
Ethan Page

Open Athletes

Brett Himmelman
Connor McGregor

U14 Athletes

Duncan Giles
Thomas Tran
Mitchell Meisner
Joshua Fraser
Matthew MacDonald
Etienne Chenard
Tyler Lane
Liam O'Neill
Jacob Sampson
Alexander MacNeil

U18 Athletes

Matthew Koch
AJ O'Connell
Nikolas Koch
Andrew Billard
Logan Thom
Elliott Thrush

Men's Kayak

U12 Athletes

Rylan Carrigan
Eugene Legge
Hayden Dill
Ryland Firth
Vander Tobin
Madoc Tobin

U16 Athletes

Ethan Firth
Alex Erith-Ellwood
Eli Nowlan
Sam Amirault
Devin Joy
Ben Carew
Nathan Leger
Note Davies

Open Athletes

Jack Hall
Lochlin Cranston

U14 Athletes

Elliott Kavanaugh
Kai Tobin
Sam Allison
Iziak Storm
Nicholas LaPierre
Nicholas Albert
Carter Naugler
William Kooyman
Cameron Greenlaw
Leif Mitchell

U18 Athletes

Ian Gaudet
Craig Johnson
Xavier LeVasseur
Cole Parsons
Keaton Brown
Liam Ring



Fundraising for Canoe Kayak Diversity

The Atlantic Division conducted a t-shirt fundraiser during the Atlantic Team Trials to raise money for two separate organizations responsible for improving diversity in sport including **FunSport** and **TeensNowTalk**.

Check out the t-shirts below!



Every athlete at the Atlantic Team Trials received this year's regatta shirt. A percentage of sales from the shirts were donated to **FunSport** and **TeensNowTalk** to allow more minority athletes to participate in sport. To this date, the T-Shirt fundraising initiative raised **\$3,080.00** for these two organizations.

Learn more about Fun Sport and TeensNowTalk here!

Fun Sport: <http://www.funsports.fun/about-us/>

TeensNowTalk: <https://teensnowtalk.com>



U12/U14 Championships

Below are the results of the top three athletes/teams in each race final at the **U12/U14 Championships**

Event #110	U14 Women K1	1000m	Final A
Lane	Name	Club	Time
5	Maura Macumber	PI	4:49.148
4	Jenna Wile	PI	4:51.062
6	Shane Macmillan	CH	4:52.398
Event #112	U14 Men C1	1000m	Final A
Lane	Name	Club	Time
5	Duncan Giles	SE	5:13.323
4	Thomas Tran	MA	5:19.119
2	Mitchell Meisner	CH	5:35.698
Event #116	U12 Men C2	500m	Final A
Lane	Name	Club	Time
4	Angus Flynn / Zachary Flynn	MA	2:47.807
5	Mathew Brown / Quintin Bugden	MA	2:53.297
3	Nolan Mitchell / Theo Junaid-MacNeill	BA	2:57.921
Event #118	U14 Women C4	500m	Final A
Lane	Name	Club	Time
5	Erika Cox / Jayden Kendziora / Amelia Smith / Victoria Tran	MA	2:31.380
4	Lauren Yeadon / Mia Fabrizi / Chloe Brake / Sienna Jones	CH	2:41.992
6	Julia Snelgrove / Rachel Smith / Phoebe Murphy / Edie Schroeder	BA	2:43.078
Event #120	U14 Men K4	500m	Final A
Lane	Name	Club	Time
5	Sam Allison / Gabriel Henry / Nicholas Albert / William Kooyman	CH	1:47.911
4	Iziak Storm / Carter Naugler / Rylan Carrigan / Evan Moser	PI	1:51.039
6	Neil Rissesso / Elliot Kavanaugh / Kai Tobin / Ben Robichaud	SE	1:52.701
Event #122	U12 Women C1	500m	Final A
Lane	Name	Club	Time
5	Victoria Tran	MA	2:54.190
6	Moira Malek	SE	3:03.666
4	Elle MacKenzie	CH	3:03.668
Event #124	U12 Men K1	500m	Final A
Lane	Name	Club	Time
5	Rylan Carrigan	PI	2:16.363
6	Eugene Legge	CH	2:26.880
3	Hayden Dill	PI	2:27.258
Event #126	U14 Women C2	1000m	Final A
Lane	Name	Club	Time
5	Amelia Smith / Victoria Tran	MA	5:22.997
4	Erika Cox / Jayden Kendziora	MA	5:31.523
6	Julia Snelgrove / Olivia Harrison	BA	5:37.891
Event #114	U12 Women K2	500m	Final A
Lane	Name	Club	Time
5	Maddie McCarthy / Olivia Murphy	BA	2:22.102
4	Moira Malek / Paige Doody	SE	2:25.634
3	Ella Williams / Sophia Kerr	CH	2:31.322
Event #130	U12 Women C4	500m	Final A
Lane	Name	Club	Time
5	Cora Muise / Phoebe Murphy / Grace Theunissen / Olivia Murphy	BA	2:47.695
4	Julianne Tran / Victoria Tran / Avalyn Lefebvre / Emmie Wang	MA	2:54.661
6	Elle MacKenzie / Claire Sanford / Sophia Kerr / Marcy Meisner	CH	2:59.701
Event #132	U12 Men K4	500m	Final A
Lane	Name	Club	Time
5	Hayden Dill / Xander Woodward / Rylan Carrigan / Max Wood	PI	2:13.498
4	Vander Tobin / Marcus Lockyer / Lucas MacLean / Madoc Tobin	SE	2:19.164
6	Eli Strum / Patrick Comeau / Caden Kelly / Brayden Carrigan	PI	2:22.224

Event #134	U14 Women C1	1000m	Final A
Lane	Name	Club	Time
5	Ella Adams	MM	5:52.282
6	Amelia Smith	MA	6:12.158
4	Jayden Kendziora	MA	6:12.296
Event #136	U14 Men K1	1000m	Final A
Lane	Name	Club	Time
5	Elliot Kavanaugh	SE	4:27.191
4	Kai Tobin	SE	4:30.829
2	Sam Allison	CH	4:38.634
Event #138	U12 Women C2	500m	Final A
Lane	Name	Club	Time
3	Olivia Murphy / Phoebe Murphy	BA	2:47.620
5	Julianne Tran / Victoria Tran	MA	2:48.194
4	Elle MacKenzie / Claire Sanford	CH	3:00.149
Event #140	U12 Men K2	500m	Final A
Lane	Name	Club	Time
3	Marcus Lockyer / Lucas MacLean	SE	2:30.801
5	Finn St-Hilaire / Ryland Firth	OR	2:31.983
4	Brayden Carrigan / Caden Kelly	PI	2:34.753
Event #142	U14 Women K4	500m	Final A
Lane	Name	Club	Time
4	Jenna Wile / Maura Macumber / Holly Schofield / Claire Naugler	PI	2:04.740
5	Shane Macmillan / Charlotte Hilton / Claire Tolson / Megan Gallahue	CH	2:09.276
6	Ella Taylor / Fiona Day / Carley Frizzle / Cicely Harnum	CH	2:11.506
Event #144	U14 Men C4	500m	Final A
Lane	Name	Club	Time
5	Kai Tobin / Duncan Giles / Elliot Kavanaugh / Tyler Lane	SE	2:29.332
4	Joshua Fraser / Thomas Tran / Cameron Macphee / Alexander Macneil	MA	2:40.349
6	Mitchell Meisner / Gabriel Henry / Etienne Chenard / William Kooyman	CH	2:52.319
Event #146	U12 Women K1	500m	Final A
Lane	Name	Club	Time
5	Moira Malek	SE	2:41.533
4	Olivia Murphy	BA	2:43.801
3	Ava Woodman	PI	3:02.696
Event #148	U12 Men C1	500m	Final A
Lane	Name	Club	Time
5	Eli Cowper	SE	3:19.167
6	Rylan Carrigan	PI	3:20.011
4	Zachary Flynn	MA	3:44.319
Event #128	U14 Men K2	1000m	Final A
Lane	Name	Club	Time
5	Elliot Kavanaugh / Kai Tobin	SE	4:00.763
6	Sam Allison / Nicholas Albert	CH	4:07.302
4	Iziak Storm / Carter Naugler	PI	4:17.098
Event #152	U14 Men C2	1000m	Final A
Lane	Name	Club	Time
5	Duncan Giles / Elliot Kavanaugh	SE	5:26.800
4	Thomas Tran / Joshua Fraser	MA	5:52.257
2	Mitchell Meisner / Etienne Chenard	CH	6:12.889
Event #154	U12 Women K4	500m	Final A
Lane	Name	Club	Time
5	Olivia Murphy / Maddie McCarthy / Ava Cacao Ewing / Lyla Boychuk	BA	2:37.594
6	Ava Woodman / Josephine Hoegg-Chapman / Gabby Rolfe / Addison Hilden	PI	2:41.404
3	Paige Doody / Moira Malek / Emily Doody / Naomi Stewart	SE	2:42.386
Event #156	U12 Men C4	500m	Final A
Lane	Name	Club	Time
5	Xander Woodward / Rylan Carrigan / Hayden Dill / Max Wood	PI	3:06.111
4	Angus flynn / Zachary Flynn / Quintin Bugden / Mathew Brown	MA	3:09.721
6	Brayden Carrigan / Caden Kelly / Hunter Eisner / Patrick Comeau	PI	3:25.785
Event #150	U14 Women K2	1000m	Final A
Lane	Name	Club	Time
6	Moira Malek / Abigail Page	SE	4:56.229
5	Maura Macumber / Jenna Wile	PI	5:00.417
4	Myah Cacao Ewing / Sarah Johnson	BA	5:05.421



Atlantic Team Trials

Below are the results of the top three athletes in each A final race at the
2020 Atlantic Team Championships!

Event #81	U18 / Open Men C1	200m	Final
Lane	Name	Club	Time
5	Andrew Billard (U18)	MA	43.462
4	Bret Himmelman	MA	43.750
6	Connor McGregor	MM	45.302
Event #82	Open Men K1	200m	Final
Lane	Name	Club	Time
5	Jack Hall	BA	38.864
4	Lochlin Cranston	BA	40.610
6	Caleb Gray	SA	42.174
Event #86	U16 Men C1	200m	Final A
Lane	Name	Club	Time
4	Jai Paliwal	SE	46.488
5	Eric Chouinard	MM	47.308
3	Matthew Zinck	SE	49.418
Event #84	U18 Men K1	200m	Final A
Lane	Name	Club	Time
5	Ian Gaudet	BA	38.326
6	Craig Johnson	SE	39.557
7	Carson Leslie-Sproule	MM	39.585
Event #90	Open Women K1	200m	Final
Lane	Name	Club	Time
6	Brooklyn Wodehouse	EXH	45.312
5	Riley MELANSON	CH	46.944
4	Samantha Stien	EXH	47.856
Event #91	Open Women C1	200m	Final
Lane	Name	Club	Time
4	Jessica MacKay	MA	51.959
6	Marlee MacIntosh	MA	54.439
7	Olivia Fogarty	SA	55.967
Event #92	U18 Women K1	200m	Final
Lane	Name	Club	Time
4	Lily Baert	SE	45.642
5	Anna O'Brien	SE	45.948
7	Emily Munroe	BA	46.426
Event #89	U16 Men K1	200m	Final A
Lane	Name	Club	Time
5	Devin Joy	MM	40.792
4	Eli Nowlan	SE	41.274
3	Ethan Firth	OR	41.759
Event #96	U16 Women K1	200m	Final A
Lane	Name	Club	Time
5	Ivy Murphy	BA	46.541
4	Raine Myers	BA	48.703
3	Fiona O'Donnell	SE	49.276
Event #98	U16 Women C1	200m	Final A
Lane	Name	Club	Time
5	Aja Deeble	MM	54.045
6	Sarah Neville	BA	54.717
4	Jacqueline Moore	SE	55.659
Event #93	U18 Women C1	200m	Final
Lane	Name	Club	Time
5	Sloan MacKenzie	CH	49.736
4	Ava Carew	SE	51.304
3	Geneva Bond	MA	51.798



A Message from our Officials/Volunteers

“We were a very fortunate sport this summer with being able to have competitions before many other sports. Our Atlantic Division worked hard with the province to allow this to happen and a big thank you to them. The regattas started off in mid-July and we had a large number of participants that competed all summer. Overall, we had two regattas per age group which was 16 regatta days and over 100 hours of racing. All of the officials would like to say thank you to all of the athletes for competing hard, their sportsmanship, and staying positive during this time.”

Erin Schaus - Atlantic Division Officials Coordinator