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# ADCKC WINTER NEWSLETTER

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Winter 2019 - 2020



This document will keep you informed on all things paddling related that have happened in the Atlantic Division





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## | Fitness Combine 2 |

The second ADCKC Fitness Combine took place at the Shearwater Fitness & Sports Centre Boundary Rd, Shearwater, NS on January 4th. More than 70 athletes from seven clubs came together to compete in six challenges:

1. Flexed Arm Hang
2. Plank
3. Pushups
4. Vertical Jump
5. Sled Pull
6. Beep test

The six challenges were chosen to test the athletes' strength, stamina, endurance, and overall athletic grit to determine the fittest athlete and paddling club.



Jake Jeannot showing Atlantic Division athletes how to perform a proper plank at the Fitness Combine



Athletes participating in the fitness combine getting a tutorial of all of their challenges

*Women - Top 3 Rankings*

Name	Club	Age	Vertical Jump (in)	Sled Pull (sec)	Flexed Arm Hang (sec)	Plank (sec)	Push-Up	Beep Test (score)
<b>Enya Pouliot</b>	SA	17	23.3	11.6	41.67	300	40	7.5
<b>Emily MacPherson</b>	SA	16	17.6	10.91	52	300	39	6.2
<b>Shane Macmillan</b>	CH	13	19.7	11.72	35.81	229	22	10.9

*Men - Top 3 Rankings*

Name	Club	Age	Vertical Jump (in)	Sled Pull (sec)	Flexed Arm Hang (sec)	Plank (sec)	Push-Up	Beep Test (score)
<b>Eric Chouinard</b>	SE	15	24.6	9.28	72.3	300	63	13.4
<b>Jai Paliwal</b>	PI	15	22.4	10.53	73.9	233	41	12.4
<b>Iziah Storm</b>	CH	13	23.5	14.97	50.47	300	46	11.3

*Sports Excellence Lead Jake Jeannot leads the athletes in a pre-challenge warmup*



*Sled Pull challenge designed for testing strength*



| Fitness Combine 3 |

The third and final ADCKC fitness combine was conducted at the Shearwater Fitness & Sports Center on February 22nd.

More than 50 athletes came together in the final attempt to push the rankings of their previous combine scores. This last combine determined not only the top three most fit athletes but also the fittest paddling club using a combined point system. The point system took into account all three Fitness Combines to conclude which athletes and what club was the highest performing amongst the U14 and U16 age categories.



Male athletes beginning the final challenge of the day; the beep test. →

*Women - Top 3 Rankings*

Name	Club	Age	Vertical Jump (in)	Sled Pull (sec)	Flexed Arm Hang (sec)	Plank (sec)	Push-Up	Beep Test (score)
<b>Enya Pouliot</b>	SA	U18	21.2	10.10	41.10	300	52	9
<b>Lily Baert</b>	SE	U18	17.9	11.80	42.44	300	41	11.9
<b>Ava Carew</b>	SE	U16	18.5	9.42	55.42	150	50	9.4

*Men - Top 3 Rankings*

Name	Club	Age	Vertical Jump (in)	Sled Pull (sec)	Flexed Arm Hang (sec)	Plank (sec)	Push-Up	Beep Test (score)
<b>Jai Paliwal</b>	SE	U16	22.4	8.92	90	195	58	13.7
<b>Eric Chouinard</b>	MM	U16	26	8.13	84.43	300	64	0
<b>Ethan Page</b>	SE	U14	21.0	12.5	58	300	42	11.8

## *Overall Rankings*

### *U14 Men - Fittest Athlete / ZAK STORM*



Zak Storm is a kayaker from Pisiquid Canoe Club in Windsor. Though only 13 years old, Zak had proven to be stiff competition for even the U16 athletes let alone U14 athletes. He remained within the top five rankings of all athletes throughout the entirety of the three Fitness Combines and prevailed on top of the list overall. Zak's athletic ability will be a force to be reckoned with during the 2020 Summer paddling season.



### *U14 Women - Fittest Athlete / MAURA MACUMBER*

Maura Macumber is a Kayaker from Pisiquid Canoe Club in Windsor. Similarly, Maura is younger than most of the Fitness Combine competitors. However, at age 12, she too proved to be fierce competition for the U14 women. Maura sat in the 10<sup>th</sup> - 12<sup>th</sup> range amongst everyone for the combine series but lead the U14 women's category with ease despite her younger age.

### *U16 Men - Fittest Athlete / ERIC CHOUINARD*



Eric Chouinard, a kayaker from Senobe Aquatic Club, set the bar high for the Fitness Combine series. Eric remained amongst the top two athletes often battling out first place with Jai Paliwal, a fellow teammate from Senobe. Eric decided to sit out during the beep test of the final Fitness Combine due to an injury. A move that could drastically impact his overall score. However, due to his exceptional scores in the previous combines, Eric still finished first overall in the U16 Men's category.



### *U16 Women - Fittest Athlete / EMILY MACPHERSON*

Emily MacPherson is an upcoming athlete from Pisiquid Aquatic Club. She showed admirable consistency through all of the challenges demonstrating a multi-faceted athletic ability overall. She also remained amongst the top three athletes during all Fitness Combines. Emily's consistency paid off as she was ranked the fittest top female U16 athlete in the division.

 **Mental Health Campaign - “By the athletes, for the athletes.”** 

Sports Excellence Lead, Jake Jeannot, and honorary Team Atlantic Captain, Bret Himmelman have come together to form the beginning of an athlete-uniting mental health initiative “by the athletes, for the athletes”.

The goal is to develop a platform to create awareness, provide support and support fundraising initiatives. This goal supports the mission of creating a safe environment at each club and every training group. The initiative will select one athlete from each club as a representative to establish an athletes board which will then host meetings and collaborate. The board will determine what avenues could provide the most benefit for the club’s athletes.



↑ *Honorary Team Atlantic Captain Bret Himmelman*



↑ *ADCKC’s Sport Excellence Lead, Jake Jeannot*

If there are athletes who are interested in in being involved in this campaign, please do not hesitate to reach out to either Jake Jeannot or Bret Himmelman for more details about how you can become involved in this sport-advancing movement.

 Atlantic Division Paddlers Take the Field 

This March while many athletes traveled to various training camps in Florida for the Winter season, athletes from several clubs stayed behind and came together to train as one group. This group of young athletes conducted circuit training, interval runs, and also played soccer every Monday at the East Coast Varsity Dome in Woodside.



*Athletes play soccer at the ECV dome in Woodside*

The training group was organized for athletes whose coaches, or assistant coaches were away training the groups at the Florida camps. This gave the athletes at home a chance to remain fit and continue developing their skills during the Winter.



*Athletes doing a full-body circuit workout at the Racing Center*





## COVID-19 Update



The COVID-19 virus has played a major role in the change of operations in the clubs and the division as a whole. Officials have followed the progression of the virus for the past couple of months to determine to what degree it will impact the Summer paddling season.

On March 13<sup>th</sup> a response from Canoe Kayak Canada asked the following measures to be taken to manage the spread of the virus:

- All paddlers in Canada should remain in Canada
- Paddlers in Europe should return home and self-quarantine
- Those at Florida camps should make their own decisions. No new members, friends, or relatives should join
- If clubs can isolate the athletes and take reasonable preventative measures in Florida, they should do so

As of March 15<sup>th</sup>, the following has been recommended as precautionary measures to mitigate the spread of the virus for the Atlantic Division.

All clubs should:

- Suspend training for a minimum of three weeks effective March 15<sup>th</sup>
- Be professionally cleaned/disinfected during the suspension of training

Any additional updates will be communicated to clubs.

*\*The measures stated above are fully supported by the Atlantic Division of Canoe Kayak Canada\**