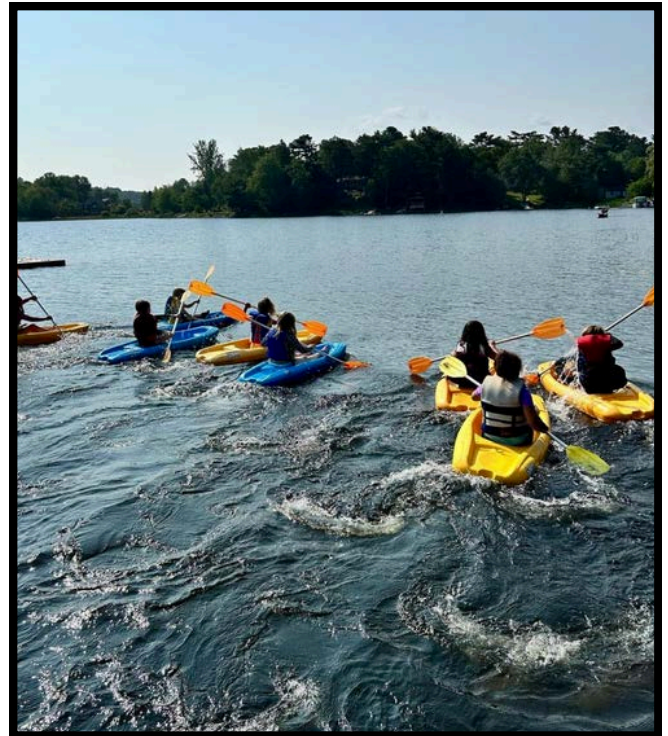




#BestSummerEver

Weekly Herald

U8 Gold Rush Regatta A Success!



Lots of fun was had and everyone did their very best in the races. We are so proud of your success!

#BestSummerEver

Photo of the summer!?!



Let's Talk About...

Illness

If your child is not feeling well, it is important that you keep your child at home. Thank you for your help in keeping everyone happy and healthy this summer.

best. Summer. ever.

just got Longer!

CHEEMA AQUATIC CLUB

Limited SPACES

End of Summer 5-Day Skill and Fitness Camp

Dates: August 26 to 30

Time: 9:00 am – 4:00pm
(drop off starts at 8:30, pick up by 4:30)

U12 and U14

Cost: \$215.00

Participants can expect to have focused coaching on their paddling technique and to be pushed a little bit more to enhance their fitness level. Great for participants considering year-round programs.

www.cheema.ca/register



Email:
summer@cheema.ca

Web:
www.cheema.ca

Jibbitz for Sale

Get 'em while they're hot, for as long as supplies last.

1 for \$7
2 for \$12

All proceeds go to support Cheema!
Email/etransfer: tbarbrick@gmail.com




www.facebook.com/groups/CheemaAquaticClub
www.facebook.com/cheemaracing



www.instagram.com/cheemaracing

Canteen Corner

BEST. SUMMER. EVER.


Canteen Menu

Snacks Apple Sauce \$ 2.00 Gold Fish \$ 2.00 Popcorn (microwave) \$ 2.00 Trail Mix \$ 2.00 Fruit to Go \$ 1.00 Bagel \$ 3.00 Muffin \$ 2.00 Apple \$ 2.00 Clementine \$ 1.00 Banana \$ 1.00 Cookie Packs \$ 2.00 Gummies (2 packs) \$ 1.00 Choc Bars \$ 2.00 Cookie \$ 1.00 Candy Bags \$ 1.00 Chips \$ 2.00	Beverages Yogurt Drink \$ 2.00 Water \$ 1.00 Sports Drink \$ 3.00 Juice Box \$ 1.00
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August 6-9, 2024
Lunch Options (11am to 1pm only)

Tuesday: Grilled Cheese Sandwich \$4.00

Wednesday: Paddle-A-Thon Lunch BBQ Provided

Thursday: Pizza \$ 5.00

Friday: BBQ
Hot Dog \$ 3.00
Hamburger \$ 4.00
Cheese Burger \$ 5.00

Cool Treats
Freezies \$ 1.00
Ice Cream Sandwich \$ 2.00
Popsicles \$ 1.00

Questions:
tim.hilton@cheema.ca

Set up or add money to your paddler's tab by emailing funds to canteen@cheema.ca. Please include your child's name in the notes.

Canteen E-transfers



If you receive a notification that your canteen etransfer has been received by a board member (ie. Jeff Keizer), rest assured the money is going directly to Cheema's bank account. There is a glitch with East Coast Credit Union's system that uses the account signatories' names instead of the organization name.

Set up or add funds to your child's tab by emailing canteen@cheema.ca. Please do not forget to add the paddler's name in the notes section (especially if you child has a different last name).

Questions about the canteen should be directed to tim.hilton@cheema.ca



If you need information about your child's canteen tab or wish to communicate information to the canteen staff, please stop by the canteen during drop off and pick up.

So many regattas!

Congratulations to all our athletes who have been participating in regattas over the past couple of weeks. You have done Cheema #proud. All the regatta results can be found at <https://www.adckc.ca/2024-schedule-and-results>



CHEEMA SHOP



cheema.entripyshops.com



#goSLOANgo
#Cheemaproud
#goKATIEgo

Women's C2-500 M Schedule

August 6

Heat 2 6:10 am AST

Quarter Final 8:20 AST

August 9

Semi-Final. 5:30 am AST

Finals begin at 7:40 am AST



Stream the races on CBC Gem

**Find the entire Team Canada
race schedule at
<https://olympic.ca/schedule-paris-2024-olympic-games/>**



Pathway to the Podium



Pathway to the Podium BRONZE

CERTIFICATE OF ACHIEVEMENT

This certificate is proudly
presented to

for successfully completing paddling skills at the Bronze Level

Date

Commodore

Best.Summer.Ever.

Pathway to the Podium certificates are being presented throughout the summer to your paddlers as they learn specific skills. Paddlers can earn Bronze, Silver and Gold levels.

When your child receives their certificate, it is a testament to their development and the new paddling skills they are learning this summer.

Congratulations everyone!

Friendly Reminders

Don't
Forget!

Please remind your paddler to:

- apply sunscreen
- drink lots of water
- bring their running shoes
- only put recyclables in the blue bins
- flush the toilets after use and place paper towel in the garbage cans