



#BestSummerEver

Weekly Herald



SUMMER PROGRAM GUIDE

2024



Cheema Aquatic Club sits on the ancestral, unceded, and unreserved territory of the M'Swaga Nation. As Peace and Friendship Treaty beneficiaries, we have a responsibility to continuously educate ourselves and work in solidarity with M'Swaga and other Indigenous communities. We also recognize the histories, contributions, and legacies of the African-Nova Scotian people who have been here for over 400 years.

Have you read the 2024 Summer Program Guide?

It's FULL of all the information you need to know about your child's summer at Cheema.

The document is available on our web site on [under news](#) on the main landing page. www.cheema.ca

If there is something we've missed in the document, please let us know so we can improve upon it for next year.

Maskwa Regatta Results

Bathroom Etiquette

Summer Program Guide

Upcoming Events & Regattas

Paddle-A-Thon

Canteen

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





Let's Talk About... Washroom Etiquette

We've had a few issues with washroom etiquette in our first week of programming. Parents, we are asking you to have a conversation with your paddler about the following:

1. Using way too much toilet paper to the point of clogging toilets.
2. Not flushing toilets after use.
3. Leaving taps on. (Our taps do not automatically turn off).
4. Boys, please lift the seat.
5. Using way too much hand soap. We went through enough to supply a highway gas station this week.

Our washroom cleaners and plumbers for clogged toilets are VOLUNTEERS. We appreciate your help in making their jobs a little easier.



Canteen E-transfers

If you receive a notification that your canteen e-transfer 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.

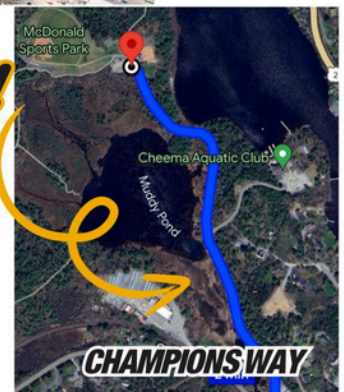
Set up or add funds to your child's tab by emailing canteen@cheema.ca. Please do not forget to add the paddler's name in the notes section (especially if you child has a different last name).

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

PLEASE SLOW DOWN



...THIS IS NOT!



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



www.instagram.com/cheemaracing

Upcoming Events

JULY REGATTA SCHEDULE

6 JULY	U16+ CREWS @ MASKWA
10 JULY	U12/U14 SINGLES @ MASKWA
18 JULY	U10 @ PISQUID
20 JULY	U12/U14 CREWS @ LAKE BANOOK
26-28 JULY	U16+ ATLANTIC CHAMPS @ LAKE BANOOK



www.cheema.ca

CHEEMA AQUATIC CLUB

U23/JUNIOR WORLDS/OLYMPIC HOPES

PEP RALLY


Thursday, July 11, 2024
2:00 pm

Join us for a send off of epic proportions for Cheema's National Team athletes

U23 Worlds (Plovdiv, Bulgaria July 17-21)
Jacy Grant - Women's Canoe

Junior Worlds U18 (Plovdiv, Bulgaria July 17-21)
Cameron Hall - Men's Canoe
Ella Cozens - Women's Canoe
Emerson Eisener - Women's Canoe

Olympic Hopes (Szeged, Hungary September 19-22)
Megan Thompson - Women's Canoe
Alec MacAulay - Men's Canoe
Emerson Eisener - Women's Canoe



FOLLOWED BY MAKE YOUR OWN ICE SUNDAE EXTRAVAGANZA

MARK YOUR CALENDAR

CHEEMA AQUATIC CLUB

ROAD TO PARIS PEP RALLY

July 17, 2024
5:00 pm
Cheema Aquatic Club

Wear Red

BBQ by donation to support Sloan's CANFund Pledge

Photos with Sloan

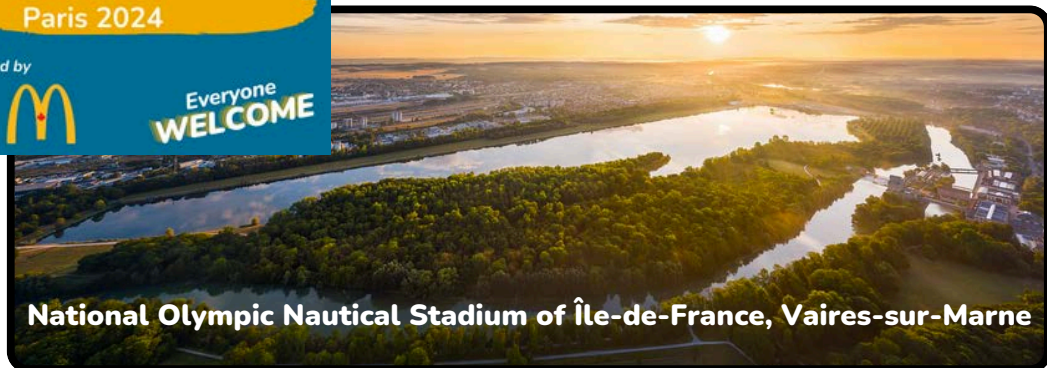
Chances to win Team Canada gear

Sloan MacKenzie, Olympian Women's C2-500m Paris 2024

supported by  **Everyone WELCOME**




#goSloango
#Paris2024
#PepRally
#goCanadago
#Sloan&Katie2024





PADDLE-A-THON

WEDNESDAY, AUGUST 7

2024 GOAL = \$18,000

- Your paddler will receive their pledge package the week of July 8th.
- There will be incentive prizes at various fundraising milestones.
- Day of Paddle-A-Thon includes club paddle, BBQ, games, activities, water balloons, candy toss.

**FUNDS RAISED SUPPORT PRIORITY CLUB EQUIPMENT INVESTMENTS
2024 PRIORITY=NEW BOAT TRAILER**

THANK YOU IN ADVANCE FOR YOUR SUPPORT!

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

Cool Treats

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

Beverages

Yogurt Drink \$ 2.00
Water \$ 1.00
Sports Drink \$ 3.00
Juice Box \$ 1.00

July 8-12, 2024

**Lunch Options
(11am to 1pm only)**

Monday: Mac 'n' Cheese \$ 5.00

Tuesday: Grilled Cheese Sandwich \$4.00

Wednesday: Chicken Wrap \$5.00

Thursday: Pizza \$ 5.00

Friday: BBQ

Hot Dog \$ 3.00
Hamburger \$ 4.00
Cheese Burger \$ 5.00

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.



Our new swimming program starts July 8th. If you would like more information, please reach out to registrar@cheema.ca

#bestsummerevers
sponsored by



Strong results at U16+ Regatta

Event #3: U16 Women C4

1st Sno~Wood-Meisner-McFeters-Thompson
2nd Eisener-MacKenzie-Andrews-Cooper

Event #4 U16 Men K2

2nd Colville-Barbrick
7th Brown-Hubbard

Event #5 U16 Men K2

6th Francis-Arruda

Event #6 U16 Men K2

3rd Foran-Leslie

Event #7 U18 Women K4

3rd LeVasseur-Landry-Gaudet-Kerr

Event #8 Open Men C2

2nd Hall/Giles

Event #9 Women IC4

1st Thompson-Cooper-Meisner-Sno~Wood

Event #10 U18 Men K2

4th Brown-Quigley

Event #11 U18 Men K2

4th Colville-Hubbard

Event #12 Open Women C2

1st Cozens/Eisener

Event #14 U18/Open Women IC4

1st Eisener-Cozens-MacKenzie-McFeters

Event #15 Open Men K4

5th Brown-Barbrick-Colville-Quigley

Event #16: U16 Women K2

4th Gaudet-Bowers
5th Williams-Kerr

Event #19 U18/Open Men IC4

3rd MacAulay-Campbell-Deal-Hall

Event #20 U16/Open/PaddleALL Men K1 Touring

3rd Garber (U16)
1st Lirrette (Open)

Event #21 PaddleALL Women K1 Sprint

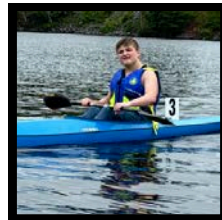
1st Payton Dicks (U16)
1st Ashley Thomas (Open)

Event #23 Open Women K4

4th Landry-LeVasseur-Gaudet- Bowers

Event #25 Open Men K2

6th Brown-Barbrick
8th Colville-Quigley



Event #26 U16 Women C2

1st Meisner-Thompson
2nd MacKenzie-Cooper
4th Sno~Wood-Andrews

Event #29 U18 Men K4

3rd Quigley-Brown-Colville-Barbrick
5th Francis-Hubbard-Leslie-Arruda

Event #31 Open Unified Women K2

1st Thomas-LeVasseur

Event #32 U16 Unified Men K2

2nd Sankey-Arruda
3rd Barbrick-Conrad
4th Garber-Hubbard

Event #33 Open PaddleALL Men K1 Sprint

1st Casey
2nd Tyler

Event #34 U16 Unified Women K2

1st Dicks-Gaudet
2nd Hughes-Kerr

Event #35 U16 Women C15

2nd - Stott (Cox)

Event #36 U16 Men K4

1st Hubbard-Brown-Barbrick-Colville

Event #37 U16 Men K4

3rd Foran-Leslie-Arruda-Francis

Event #38 U18 Men C2

3rd Hall-Campbell

Event #39 U18 Women K2

4th Landry-LeVasseur

Event #40 U16 Women K4

3rd Gaudet-Williams-Kerr-Bowers

Event #43 U16 PaddleALL Men K1 Sprint

2nd Milo Sankey
3rd Liam Conrad

Event #44 U16/Open PaddleALL Women K1 Touring

1st Hughes (U16)
1st Thomas (Open)

Event #45 Open Unified Men K2

1st Tyler-Quigley
2nd Casey-Brown
5th Lirette-Colville

Event #46 Open Mixed C15

3rd Lamontagne (Cox)

*Good!
Luck!*

U12/U14 Singles Regatta paddlers competing on July 10