



#BestSummerEver

Weekly Herald



Amazing Send Off for #TeamCanada



and ice cream...don't forget the ice cream!



Weekly Awards Congratulations!

🏆 Hard Hat of the Week:
Jordan Hubbard

🏆 Teammate of the Week:
Ewan Francis

Upcoming Events

MARK YOUR CALENDAR

CHEEMA AQUATIC CLUB

ROAD TO PARIS PEP RALLY

Wear Red

July 17, 2024
5:00 pm
Cheema Aquatic Club

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

A few details:

Please participate in Sloan's Pep Rally on Wednesday. Sloan started as paddler in our summer program and will be an inspiration to your paddler as an amazing example that the sky is the limit in paddling!

There will be a BBQ in support of CANFund which supports high performance athletes like Sloan (**donation in CASH accepted**) and cotton candy for all the paddlers.

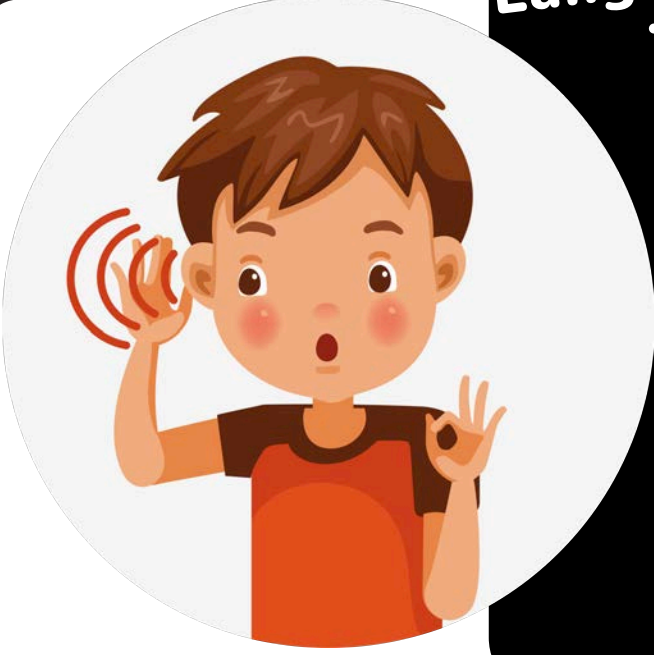
There will be a bar featuring product from Nine Locks. Payment through **credit or debit card**.

Please wear **RED**. Let's show our our pride and belief in Team Canada.

Sloan will present Pathway to the Podium achievement certificates (Summer to date) to summer program recipients.

Let's Talk About....

Language



- Coaches are reporting some challenges with some paddlers using inappropriate language, as well as engaging inappropriate topics of conversation.
- Coaches consistently address this behaviour as it is in violation of our Cheema's code of conduct for all participants.
- Please have a discussion with your paddler about appropriate language/topics of discussion while attending Cheema.

Listening

- Please reinforce with your paddler the importance of actively listening when their coach is speaking to them, individually or the group.
- They are missing out on important safety, paddling techniques and program information.
- It also makes the group difficult to rally and make the most of their programming day.



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



Our new swimming program has commenced. It's not too late to register for sessions. If you would like more information, please reach out to registrar@cheema.ca



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



www.instagram.com/cheemaracing

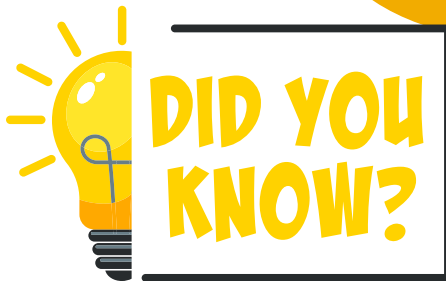


PADDLE-A-THON

WEDNESDAY, AUGUST 7

- Pledge packages will be distributed this week.
- 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
2024/2025 PRIORITY = \$50,000 FOR NEW BOAT TRAILER



If every paddler raised \$75, we would exceed our fundraising goal.

WIN!


For every \$25 your paddler raises, they will receive a ballot to win **\$250 Cheema Bucks** towards 2024-2025 program fees.

THANK YOU IN ADVANCE
FOR YOUR SUPPORT!


2024 PADDLE-A-THON Prize Structure

Top Individual Fundraiser
The Top Individual Fundraiser receives a \$75 credit for Cheema Gear PLUS a gift card valued at 10% of total funds raised (rounded down) PLUS \$10 Plympium gift card (Must raise a minimum of \$700)

Top Fundraising Team
The Top Fundraising Team (calculated by avg. pledge of the TOTAL members in the group) will enjoy a group Pizza Party/week of August 19).



2024 PADDLE-A-THON

SPONSORED BY: 

Paddler's Name:	Age Group:	
Coaches' Name	Pledge Sheet of	
DONATIONS		
Donor's Name	Pledge Amount \$	Pledge Amount Paid
Total Pledges (this sheet):	\$	
Total Paid (this sheet):	\$	
Total Outstanding (this sheet)	\$	

*Please return all pledge sheets and collected money to your coach.
*Additional pledge sheets available from your coach.
*Please return all pledge sheets; used and unused.
*To be eligible for prizes, all donations must be received by the end of the program day on August 15, 2024.

GRAND TOTAL OF PLEDGES PAID: \$ _____ (all pledge sheets combined)
GRAND TOTAL OF PLEDGES OUTSTANDING: \$ _____ (all pledge sheets combined)

Prize Structure

- Raise \$425 → \$40 gift card
- Raise \$325 → \$30 gift card
- Raise \$225 → \$20 gift card
- Raise \$175 → \$15 gift card
- Raise \$75 → \$5 gift card
- Raise \$50 → Ice cream coupons

... cotton candy, candy toss, games and activities on August 7.

ma Bucks!
5 you raise, you will be entered in a draw for \$250 Cheema Bucks used for registration fees for the 2024-25 paddling season.

... cumulative unless otherwise stated. In order to be eligible for prizes, all be received by the end of the program day on August 15, 2024. Pledge money by e-transfer to paddleathon@cheema.ca. Give pledge coach to facilitate draw for those who donated to your efforts.

#bestsummerevers
sponsored by



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

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 15-19, 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.



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



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.

We ♥ our Volunteers

Thank you to our Pep Rally/Ice Cream
Sundae volunteers:

Charlotte Lamontagne
Denise MacKenzie
Bryan Millard

70's Landscaping Dirt Crew

Sharon Cake in
"The Cake Shop" Boat Repair

Tim Hilton
Parent Volunteer, Canteen

Tracey Barbick
The Jibbitz Lady

#TeamCheema Regatta Gear

GET YOUR CHEEMA REGATTA GEAR

Wear your
Cheema pride!



E-transfer funds,
size(s) and quantity to
nadine.lamontagne@cheema.ca

Order by Thursday, July 15

Sizing Chart is attached.

Delivery in time for ADCKC Champs and CKC Nationals

SIZE CHART

SIZE	LENGTH	1/2BUST	SHOULDER	SLEEVE
XS	72cm / 28.3in	49cm / 19.3in	46.5cm / 18.3in	24.5cm / 9.6in
S	74cm / 29.1in	53cm / 20.9in	48.5cm / 19.1in	25cm / 9.8in
M	76cm / 29.9in	57cm / 22.4in	50.5cm / 19.9in	25.5cm / 10in
L	78cm / 30.7in	61cm / 24in	52.5cm / 20.7in	26cm / 10.2in
XL	80cm / 31.5in	65cm / 25.6in	54.5cm / 21.5in	26.5cm / 10.4in
2XL	82cm / 32.3in	69cm / 27.2in	56.5cm / 22.2in	27cm / 10.6in
3XL	84cm / 33.1in	73cm / 28.7in	58.5cm / 23in	27.5cm / 10.8in
4XL	86cm / 33.9in	77cm / 30.3in	60.5cm / 23.8in	28cm / 11in
5XL	88cm / 34.6in	81cm / 31.9in	62.5cm / 24.6in	28.5cm / 11.2in
6XL	90cm / 35.4in	85cm / 33.5in	64.5cm / 25.4in	29cm / 11.4in
7XL	92cm / 36.2in	89cm / 35in	66.5cm / 26.2in	29.5cm / 11.6in



Note: Manual measurement may exist 1-2cm difference. Please check and compare the size carefully before buying!

CHEEMA SHOP



cheema.entripyshops.com

Don't
Forget!

Friendly Reminders

Please remind your paddler to:

- apply sunscreen
- drink lots of water
- bring their running shoes



Caring for our Club: A Shared Responsibility

Site and facility cleanliness and maintenance are a shared responsibility. The bathrooms were greatly improved this week BUT but we did have to replace a \$100 hand towel dispenser. Costs like these add up quickly. Regular reminders to your paddler are greatly appreciated.

Wars & Fours



The paddler's war canoe skills as well as K4s and C4s (wars and fours) are developing very nicely. These team boats are great for spirit, basic skill development and building lifelong friendships. We are looking to seeing them shine at regattas this summer.

U12/14 Regatta at Maskwa a huge success for Cheema!

Results Source: ADCKC website

Event #1: U12 Men's K1

1st Marshall Hayes
3rd Gregor O'Hearn
4th George McKim

Event #2 U12 Men K1

5th Tavis MacDonald

Event #3 U12 Men K1

4th Jordan Hubbard
6th Carter Smith

Event #5 U12 Men K1

2nd Luca Giordano
4th Domenico Zappia
5th Kenzie Colville
6th Dax Walsh
8th Emmett Hilton

Event #6 U12 Men K1

2nd Weston Beaver
3rd Atlas Kocabas

Event #9 U14 Women C1

3rd Rory Sno-Wood
5th Charlotte Cooke

Event #12 U12 Women K1

3rd Madeline Stewart
4th Violet Manley
5th Josie Haverstock

Event #14 U12 Women K1

4th Callie Bowman
5th Chelsea Keizer

Event #15 U12 Women K1

3rd Tessa Mitchell
5th Catherine Pannoza
6th Ellie MacKinnon

Event #16 U12 Women K1

1st Heidi Dunbrack
6th Madeleine Isenor
8th Aine MacCormack

Event #17 U12 Women K1

6th Maya Harel

Event #19 U14 Men C1

2nd Max Brien
6th Ryerson Eisener

Event #20 U14 Women K1

1st Grace Hilton
2nd Payton Dicks

Event #22 U14 Women K1

1st Vanier Stone
2nd Lexie Swann
3rd Ava Manley
4th Abigail Cornelius

Event #23 U14 Women K1

1st Leighton Mulder

Event #25 U14 Women K1

3rd Isla Creech

Event #27 U12 Men C1

1st Blake O'Hearn
2nd Griffin Turton

Event #30 U14 Men K1

3rd Erik Nilsson
5th William Francis

Event #31 U14 Men K1

6th Aiden Smith

Event #32 U14 Men K1

5th Daniel Yurkevich
7th Lior Yurkevich

Event #33 U12 Women C1

1st Vienna MacLean
3rd Erica Sheppard

Event #34 U12 Women C1

5th Ellie Greenough



*Good!
Luck!*

July 18, 2024 | U10 (PI/CH/SA) | Pisiquid - Windsor, NS
July 20, 2024 | U12/U14 Crewboat Regatta | Lake Banook