

New staffers, upcoming deadlines and an exciting Hawaii paddling program

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## Welcome

Welcome to Paddles UP, FGPC's newsletter on various topics about club activities. In this issue we discuss recent staff moves, various program deadlines, a call for volunteers to help with the Nanaimo Dragon Boat Festival, and a new, exciting Hawaii paddling program.



**Adam Black, Waterfront Fitness's new manager.**

## New gym manager at Waterfront Fitness

We're pleased to announce that Adam Black is now the manager of Selkirk Waterfront Fitness as Vicky Doucette has scaled back to pursue a full-time opportunity as a trainer for the Canadian Armed Forces.

Adam has been an invaluable part of our team since June 2016.

Adam has a degree in Sport and Fitness Leadership with a specialization in exercise and wellness, along with CrossFit Level 2 and Precision Nutrition Level 1 credentials. He is passionate about improving individual health and fitness, and making exercise enjoyable to people from all walks of life.

Vicky has scaled back her role at FGPC, but we aren't saying goodbye to her. She'll continue to work in the mornings with personal training clients, and to operate the gym's social media pages.

Thank you Vicky for your work over the years. And congratulations to Adam on his new position.



**Dhruvi Raichada**



**Seela Lapp**

## New Summer Students at FGPC

**Seela Lapp** is FGPC's group bookings assistant, but she's doing more than this important job, working at Waterfront Outfitters, our Kids Paddlesport camps, steering for dragon boat teams and more.

Seela is an anthropology student at UVic in her 3rd year. She comes to FGPC with lots of experience in paddlesports.

**Dhruvi Raichada** is FGPC's new event assistant, working on helping FGPC's Nanaimo Dragon Boat Festival and other events run as smoothly as possible. Dhruvi is a third-year business student at the University of Victoria.

Dhruvi has worked on events at the University of Victoria Students' Society, organizing multiple large-and-small-scale events.

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## Program deadlines

### **July 15: BC 55+ Games Dragon Boat team athlete registration**

This year's BC 55+ Games dragon boat races are being produced by FGPC in Victoria on Thursday / Friday 15-16 September.

This is the chance for FGPC paddlers to represent Victoria at a provincial level.

Are you interested in competing? Program details are in the link below, but you have to hurry. Fees must be paid by Friday July 15th.

<https://www.fgpaddle.com/55-plus-club-crew-program/>

### **July 1: Nanaimo Dragon Boat Festival team registration**

The Nanaimo Dragon Boat Festival is going to be a fantastic, fun event, and a welcomed return to dragon boat racing on Vancouver Island.

Team registration deadline is July 1, 2022, for the July 9-10 event.

Teams can sign up at <https://fgpcshop.com/ndbf>










# Volunteers needed for Nanaimo

The Nanaimo Dragon Boat Festival wants YOU.

We're looking for up to 200 people to help out over three days at the Nanaimo Dragon Boat Festival, July 8, 9, 10 at Maffeo Sutton Park.

You'll be helping to rebuild one of Nanaimo's signature summer festivals, one that attracts hundreds of athletes and visitors to the harbour city.

Here are the positions:

-  Set Up
-  Tear Down
-  Site support
-  Clean Up Crew
-  Dock Crew
-  Boat Holders
-  Gate security
-  Marshalling
-  Volunteer support

Interested? We'd love to have you on board. Apply here: <https://fgpcshop.com/volunteer>

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# FGPC's 2022 Hawaii Program:

For an amazing paddling experience and a great way to build your small-boat skills in beautiful warm water, you might want to consider our Hawaii Program.

This program, in Oahu, is early in December, before the mad Christmas rush hits. Participants must be confident swimmers, and have sufficient OC1 experience and fitness levels to handle 90-minute to 120-minute daily paddling sessions.

## Hawaii program quick sketch:

1. 7 days at a waterfront luxury Kailua 5-bedroom beach home (7 nights) from Sunday 4 December through Saturday 10 December
2. Location: Kailua, Oahu (a 20-minute drive north of Honolulu / Waikiki)
3. Daily access to OC1s and OC2s as well as OC6 sessions (OC6 located on Lanikai Beach)
4. Daily stroke and surf coaching by Marcus Krieger
5. Training and fun in warm-water surf in beautiful Kailua Bay as well as Lanikai Beach and "the Mokes"

## What's included:

1. Fee of \$3250 CAD per person includes:
  1. shared accommodations (up to 10 people, including coaches)
  2. shared rental vehicles, insurance and fuel
  3. daily access to carbon OC1s and OC2s
  4. onsite coaching (Marcus Kreiger)
  5. onsite guide and safety (Erik Ages, who knows the local waters, hazards and paddling zones)

**About the property:** Full kitchen, 4-bedroom / 4-bathroom on 1 acre of beachfront

1. First Floor Master Bedroom 1 = King Bed
2. First Floor Guest Bedroom 2 = Queen Bed
3. First Floor Guest Bedroom 3 = Queen Bed
4. Upstairs (Loft) Bedroom 4 = King Bed

## Payment and booking options:

1. Total of 8 participants can pay in lump sums of \$3250 CAD, or enrol in a 4x payment plan of \$812.50 in August / September / October / November
2. Participants responsible for airfare and associated Canadian ground transportation, travel insurance, incidentals, food and beverages and any damages to boats or equipment for which they are responsible
3. Participants' fees are non-refundable (unless the trip is cancelled entirely for everyone), so trip cancellation insurance is advisable
4. Participants are required to bring their own paddles and PFDs
5. FGPC staff will transport paddles for participants (at no cost to participants)
6. Leashes, huli straps and other safety gear supplied by FGPC staff

Interested? Sign up here: <https://fgpcshop.com/hawaii2022>

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