

# KEEPING THE PASSION

## A BCS PADDLERS' SEMINAR SERIES

An examination of post-treatment physicality and moving forward as paddlers during our pandemic hiatus from paddling

I've had the privilege of being the coaching advisor to Vancouver's Abreast in a Boat for many years and have enjoyed their high energy and strong camaraderie; banding together to build athleticism, strength and mobility after treatment.

This series strives to give resources and a sense of community to BCS paddlers and their coaches; those who are now losing a second season to COVID-19 and our Oceanic friends who can paddle now and wish for some more off-water tools. Two of the seminars will provide on-land training suggestions to help paddlers gain paddling readiness and to feel like they are still, indeed, paddlers. The third seminar, will provide specific stretching and strengthening exercises as well as valuable breast massage techniques we can do for ourselves to encourage tissue healing, increase lymphatic drainage, decrease scar tissue adhesions and address shoulder injuries, while promoting postural awareness.

Seminar #	Presenter	Date	Time (PST)	Topic (details below)
1	Dawn Leonard	Saturday, April 10	5:00-6:15 pm PST	The Breast and Shoulder Health of BCS Paddlers: Tools For Self-Care
2	Kamini Jain	Saturday, April 17	5:00-6:15 pm PST	How To Be A Paddler When We Can't Paddle: Pandemic and Off-Season Approaches
3	Susannah Steers	Saturday, April 24	5:00-6:15 pm PST	Integrated Movement: Preparing Your Body For Paddling and Healthy Living

**\$60 + 5% GST**

**Recordings will be available for a limited time after each seminar**

## SEMINARS AND SPEAKERS

### The Breast and Shoulder Health of BCS Paddlers: Tools For Self-Care

#### Presenter: Dawn Leonard

Breast cancer treatments introduce a variety of challenges to shoulder mobility and strength and breast comfort in a way that few of us are originally equipped to address. Breast health is Dawn's passion, and, in this seminar, she will share with us a number of tools we can use to help us overcome these challenges. She will teach stretching and strengthening exercises to keep our bodies strong and healthy as we prepare for or engage in paddling activities. She will also teach us breast massage techniques we can do for ourselves that will help us embrace this area of our bodies, encourage tissue healing, increase lymphatic drainage, decrease scar tissue adhesions and address shoulder injuries while promoting postural awareness.

#### About Dawn



Dawn has over 20 years experience as a Registered Massage Therapist and is a life-long learner and dancer. She has been an instructor at Langara College in the Registered Massage Therapy Program for the past 4 years and is currently doing her Masters of Education at Simon Fraser University.

Dawn's passion for education and breast health started about 10 years ago with a desire to educate women on how to achieve optimal breast health and has evolved into supporting individuals through breast cancer treatments, breast augmentation (reduction, implants and top surgery), as well as general support for breast health.

In her off-time Dawn can be found walking her French bulldog, Lucy, in the endowment lands or on the sea wall.

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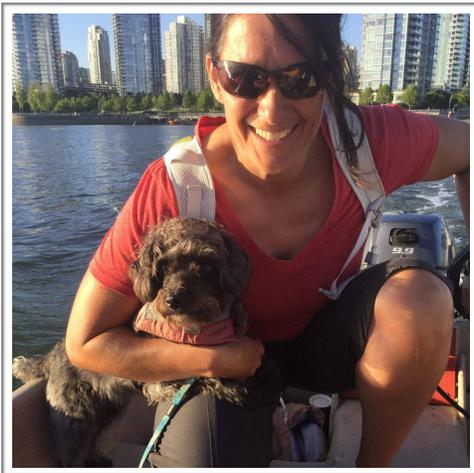
# How To Be A Paddler When We Can't Paddle: Pandemic and Off-Season Approaches

**Presenter: Kamini Jain**

Coming up on our second season without dragon boats can challenge our identities as paddlers. Kamini will examine how, during this time of hiatus, dragon boat paddlers can train like athletes to stay engaged and moving toward the skills and abilities they will need once we have our beloved sport back. When we are back in the canoe, these training tactics can be used between workouts and in the off-season to support better health and performance.

## About Kamini

A two-time kayak Olympian (2000 & 2004), Kamini has since devoted herself to a variety of paddlesport races, enjoying both sprint and distance, and outrigger, dragon boat and surfski. This journey has earned her world championship medals in outrigger sprint, outrigger distance and dragon boat. In addition, she has two top 4 performances at the coveted OC-6 change race, Na Wahine O' Ke Kai. Her current canoe of choice is V-1. Combining high-level training and full-time coaching in a variety of paddling disciplines has allowed Kamini to examine paddle sports in a way that few people have had the opportunity to do. Her experiential knowledge is supported by master's degrees in both physiology and leadership.



The value of BCS paddling has a special place in Kamini's heart having been AIAB's coaching advisor for many years and having breast cancer as a strong presence in her family.

Kamini is frequently seen around False Creek Racing Canoe Club and regattas accompanied by her furry co-coach Taro.

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# Integrated Movement: Preparing Your Body For Paddling and Healthy Living

**Presenter: Susannah Steers**

The body is a complex web of interconnected systems working together. Every movement, no matter how small, is a whole body movement! Learning how to organize and coordinate these systems well improves motor control, stability, strength, stamina and overall mobility - and helps to prevent injuries too. This has obvious benefits to paddlers!

Pilates, done right, works to create strong stable and efficient movement patterns, well supported by the inner structure of the body and builds a sense of ease and flow in movement. People often describe a sense of being stronger with less effort. That extra "saved" energy can then be used to build velocity and power to your movement, and improve stamina and range of motion.

For paddling specifically, this method of integrating movements is useful in creating a more stable structural foundation and building more optimal load transfers through the body in motion. This means more efficient power transfer for stronger strokes and better stamina overall. For breast cancer survivor paddlers, who have undergone surgeries and treatments, learning efficient integrated movements becomes especially important to facilitate the effective use of each joint used in paddling and, hence, maximize ability and enjoyment.

Please attend in loose fitting clothing and have an available piece of floor in view of your screen.



## **About Susannah**

[www.movingspirit.ca](http://www.movingspirit.ca)

Susannah's first foray into Pilates came as a dancer in the late 1980's. Her commitment to it came when it proved to be the best remedy for her knees, which had been trashed after years of misuse. She went on to certify as a Pilates teacher in 1996. Over the years, Susannah continued her study of the Pilates method with elders and industry-leading master

teachers. In 2002, Moving Spirit Pilates was officially born. Seeking a still deeper understanding of the body in motion, she continued to study with practitioners on the forward edge of their fields in movement, medicine, physical conditioning, bodywork and therapy. In 2016, Susannah completed a Clinical Mentorship in the Integrated Systems Model; improving assessment skills and learning to identify and prioritize drivers of dysfunction to support more accurate exercise intervention.

New this year, Susannah partnered up with friend, colleague and physiotherapist Gillian McCormick to produce the "Small Conversations for a Better World" podcast. In this interview-style podcast, they aim to explore the question, "what is health?" They're talking to experts, influencers and thought-leaders about the vast array of factors that influence health for individuals, families, communities and the planet. Season 1 is available now! Tune in and join the conversation! Find the show on all your favourite podcast platforms.

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### Some times in other cities, for your reference

Please double check these times are accurate as day-light savings time-changes may have changed time differences since publication.

Vancouver (PST)	Toronto/ Philadelphia (+3h)	Buenos Aires (+4 h)	Hong Kong (+15h)	Sydney (+18h)	London (+7h)
Saturday, 5:00 PM	Saturday, 8:00 PM	Saturday, 9:00 PM	Sunday, 8:00 AM	Sunday, 11:00 AM	Sunday, 12:00 AM

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### Other information

- Seminars will be approximately 60 minutes plus 15 minutes of questions
- **Please check your junk folders for emails from Kamini.** You will be emailed all the information you need but it could direct to your junk folder. If this happens for a group email it may also happen for individual replies too. If you have not received information a couple days before the first seminar, please email Kamini.

- The meeting platform will be RingCentral Meetings, which is the same format as Zoom. Participants will be sent a meeting link. A download is required on some devices. The meeting room will open 15 minutes prior to each seminar for participants to check in and test their set-up. It will open 30 minutes prior to the start of the first seminar of the series to allow extra time for problem-solving if needed.
- Each registration includes an attendance to each seminar for one person for a total of three seminars.
- Barring recording malfunctions, recordings of each seminar will be available for a limited time after each seminar. No malfunctions have occurred in the 10 months of online courses to date.