

# Tips for Paddlers

To help you become an integral member of **Kukui'ula Outrigger Canoe Club**, here are some tips to smooth the learning curve. Always feel free to ask a coach or experienced paddler about anything on or off this list!

- 🛶 **Self management**—be responsible for your own needs. Make sure you are prepared for any and everything at practice...come early to warm up and stretch and make sure you have what you need
  - Proper attire: covered thighs to avoid chafing, hat, gloves, sunscreen, chapstick
  - Water—**cannot** be floating around in the canoe!—secure it or wear it
  - Paddle (if it's yours put your name and phone number on it)
  - Tennis shoes if running becomes part of the workout
  - Goggles if you need for long distance swim
- 🛶 **Etiquette in the canoe**
  - No talking! The only voices while paddling are the steersman and the person calling changes (seat 1 and 2 may talk to each other to regulate stroke rate, keep motivated, etc.)
  - Stay focused on paddling—sight-seeing causes your focus and energy to be pulled out of the canoe—looking at other canoes or scenery is an energy drain that everyone else in the canoe can feel
  - Do not speak to other paddlers in other canoes
  - Use appropriate language
  - Do whatever is necessary to avoid colliding with another canoe—even in a race
- 🛶 **Listen to the steersman and coaches**—they have a purpose and a plan so be confident in their decisions
  - Go to the canoe and seat the coach tells you without question or comment
  - Follow their instructions every time without talking about it
  - **Never** talk back to coaches
  - Be open to "input" and don't take it personally!
  - Let coaches instruct other paddlers....don't give advice or correct anyone else!
- 🛶 **Learn paddling terminology**
  - Canoe parts (see club web site for diagram)
  - Paddling commands
    - *Ho'omakaukau!* (pronounced *Hoh oh MAH cow cow*): means get ready to paddle; response is "ai" meaning yes.
    - *Huki*: means Pull! (another command to start paddling)
    - *Kahi*: means to pull water under canoe from the side; directed usually at seat 1 and 2 to bring the bow around; assume this means to the left since doing so to the right would lead to huli
    - *Lawa*: means enough or stop
- 🛶 **Attitude at Practice**
  - Do not come to practice or expect to paddle if you are sick or injured
  - Arrive early, healthy, with energy for a workout (if you're sick let the coach know but stay home)
  - If you get injured during practice report it to a coach immediately
  - Participate in rigging, transporting canoes
  - Take initiative to make sure everything is ready
    - Safety ring
    - Bailer
    - Transport wheels
  - Remove and store/put on canoe covers
  - Store club paddles after practice and keep shed neat and clean, closed and locked up
  - Coil and stow hose in shed
- 🛶 **Be Part of the Ohana**
  - Always be a respectable representative of the club while paddling and at paddling events
  - Attend races and club events even if you are not selected to be in a crew, support your team!
  - Support the club by participating and volunteering for committees and at club-sponsored events