

Hanohano Outrigger Canoe Club- Mens Program

Hanohano is one word. It means Glorious, Dignified, and Worthy of Praise.

“To Do” list and recommendations:

- Put the following e-mail addresses and cell phone numbers in your computer/phone ASAP
Ty Aweau tyboyaweau@gmail.com (808)729-0182
Suzanne Serafin suzanne.hanohano@gmail.com (619) 851-5097

READ ALL e-mails from **Jess (The club secretary), Robin MacLean and Suzanne Serafin.**

- Bookmark the following pages on your computer
www.hanohano.com
www.scora.org For association information and race info each week
www.vimeo.com/hanohanosessions - training videos

Go to the vimeo page click on albums watch the **Will Reichenstien clinic** videos to familiarize yourself with the stroke

- Work on upper body muscular endurance and cardio as much as possible. The best exercises for this are swimming, rowing machines and elliptical machines with arms. Pull-ups and Plank are awesome strength exercises for paddling.
- Stretch!!!! Especially the Hamstrings.

What you might want to bring to practice:

* Water in fanny pack or backpack holder (Camelback) NO METAL BOTTLES IN THE BOAT
* A wind breaker, NOT WATERPROOF and/or a fleece vest. We won't always be in the boats and it can

get cold on the beach

* Neoprene booties

* long compression or neoprene pants to protect your legs from possible fiberglass wear in the canoes.

What you WILL want after practice

* A towel

* warm clothes and shoes to put on

Procedures:

1. Try to text the coach if your not going to be at practice
2. Check in with the coach as soon as you arrive

3. Help put the boats in.
4. After practice help with all the boats.
5. Make sure you are on the e-mail list!

Schedules and Finance:

Dues Are due April 1st. You can go to hanohano.com and pay your annual dues through the payments page. You can also give a check to Dean Kinports at practice, or leave a check in the cash box in the site equipment container. Dues are \$300 annually, and they cover practices, equipment, and a race jersey. There is a one- time initiation fee of \$50.

Race fees are paid at the end of each racing segment and are as follows:

Iron Races = \$20 (5 races)

9 man races = \$45 (2 races)

Catalina to Newport =\$125

Hanohano asks paddlers to pay their annual dues by April 1st.

If you need to work out a payment schedule contact Donna Van Buren.

(bockvanburen@gmail.com)

Paddles -Hanohano provides decent paddles for all paddlers at practice and races, a new quality paddle costs *between \$200 and \$300* and the best selection in San Diego ***West Coast Paddle Sports***. Consult a coach before you purchase a paddle so that we can help you get the right size.

Hydration System Hydration Systems are the very best way to stay hydrated in practice and long races a small one that goes around your waist or as a backpack is perfect (*Approx \$60*)

Fundraising Dates to Remember

Saturday April 2nd – Aloha Day Outrigger Challenge Fundraiser 7am - 3pm Crown Point.

May 7th - Crystal Pier Race / Fundraiser @ Crown Point