



Wrightsville Beach  
Outrigger Canoe Club

# Member Handbook

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## **WELCOME**

Aloha and welcome to the Wrightsville Beach Outrigger Canoe Club (WBOCC).

Outrigger paddling is more than a sport, it is a lifestyle. It includes fostering and preserving Hawaiian culture and practices connected to paddling, the canoes, the ocean, the land, and the people.

WBOCC is an all-volunteer, non-profit, non-discriminating organization open to all community members.

## **THE ALOHA SPIRIT LAW**

“The Aloha Spirit is the coordination of mind and heart within each person. It brings each person to the Self. Each person must think and emote good feelings to others. In the contemplation and presence of the life force, Aloha, the following unuhi laulâ loa may be used:

Akahai,	meaning kindness, to be expressed with tenderness;
Lôkahi,	meaning unity, to be expressed with harmony;
`Olu`olu,	meaning agreeable, to be expressed with pleasantness;
Ha`aha`a,	meaning humility, to be expressed with modesty;
Ahonui,	meaning patience, to be expressed with perseverance.

These are traits of character that express the charm, warmth and sincerity of Hawaii's people. It was the working philosophy of native Hawaiians and was presented as a gift to the people of Hawaii.”

"Aloha" is more than a word of greeting or farewell or a salutation. "Aloha" means mutual regard and affection and extends warmth in caring with no obligation in return. "Aloha" is the essence of relationships in which each person is important to every other person for collective existence. "Aloha" means to hear what is not said, to see what cannot be seen and to know the unknowable. *Hawaii Revised Statutes Sect. 5-7-5*

## **HISTORY OF OUTRIGGER CANOES**

Outrigger paddling has deep cultural and historical roots in the voyaging societies of Southeast Asia, Melanesia, Micronesia, and Polynesia. We know the Pacific basin of three thousand years ago was a tapestry of culture spanning thousands of miles from New Zealand to New Guinea, Fiji to Hawaii and out to the far Marquesas. The vast ocean did not isolate these cultures but connected them and this connection was possible only because of canoes. Voyaging canoes allowed travel among the island chains and allowed exploration and discovery, small outriggers sustained communities through fishing and commerce, and large war canoes were used in conflict. Micronesian, Melanesian, and Polynesian culture would have been impossible without voyaging and outrigger canoes and so these boats are treated with reverence.

The culture of outrigger paddling goes much deeper than simple reverence for the boat. Open ocean voyages in outrigger canoes were grueling and dangerous and voyages on double hulled canoes could take months. Up to forty crew members and passengers were crowded into a single canoe so survival depended on social skills that allowed groups to survive in close quarters for long periods of time. These skills: collaboration, respect, and non-confrontational conflict resolution, are integral to the sport of the outrigger canoe. These concepts are often presented using Hawaiian words - Aloha, Malama, Lokahi - in recognition of the cultural origins of outrigger paddling.

The history, skills and culture of outrigger paddling are now sustained through clubs that participate in competitive outrigger canoe paddling. The first outrigger clubs started in Hawaii in the early 1900's but have spread across the United States and around the world. These clubs ensure that the tradition is honored and will never be lost.

## HISTORY OF WBOCC

**Our Founders:** Reggie Barnes, Jarrod Covington, and Emily Deisroth

In 2016, Reggie Barnes, an experienced waterman and dual resident of Wrightsville Beach and Oahu's North Shore, decided to share his love of Hawaiian watersports and paddling with fellow athletes in Wrightsville Beach. He purchased two Bradley six-seat Outrigger Canoes (OC6), recruited his friends, and formed a racing team. This original group of paddlers learned the sport as they went, developing their skills and techniques while learning to respect the Hawaiian culture. Soon they were racing in competitions on the East Coast and gaining the respect of their peers in established clubs. Within a year they earned a spot to race in the world renown Moloka'i Ho'e – a 36-mile open ocean race in Hawaii across the treacherous Moloka'i channel.

During the time that the men's team was developing, Emily Deisroth, who had extensive experience paddling on Hawaiian and California outrigger teams, moved her family to Wrightsville beach. Emily was invited to paddle with the men's team and then recruited other women to paddle developing and the first women's team. The women's team competed in the Catalina Crossing 26-mile race in 2017, an amazing accomplishment for a new group of paddlers.

As the group of paddlers expanded, a decision was made to form the Wrightsville Beach Outrigger Canoe Club to allow others to experience the sport and culture of outrigger paddling. The first WBOCC organizational meeting was held on August 18<sup>th</sup>, 2016, to set the foundation for our club. Founding members Reggie Barnes, Jarrod Covington, and Emily Deisroth and the affiliated group of paddlers elected the first Board of Directors and initiated the process to set WBOCC up as a private non-profit organization. Jarrod Covington, one of the original members, provided a home for the new Club by purchasing two additional OC6 canoes and subletting part of his *Wrightsville SUP* business beachfront for canoe storage and club activities.

As one of the few outrigger clubs in the Central Atlantic area – and the first in North Carolina - we give thanks to our founders and founding members for having the insight to share the Outrigger culture with all of us in the Wrightsville Beach and greater Wilmington communities.

## **WBOCC PURPOSE**

- To foster national and international amateur sports competition, specifically outrigger canoe racing.
- To develop and implement safety, education and instructional programs designed to introduce, inform, and train athletes of all skill level in all aspect of outrigger canoe paddling.
- To develop and promote athletic competition at all levels, and in cooperation with other organizations.
- To maintain and perpetuate Hawaiian culture through the promotion of Hawaiian outrigger canoe paddling.

## **ORGANIZATION & STRUCTURE**

### **Board of Directors**

The club operates under the general supervision of a Board of Directors, elected by a majority of the voting members at the WBOCC Annual Meeting. Board members serve a one-year term starting January 1 running through December 31 of each year. There is no limit to consecutive terms that a member may serve as an officer.

The Board of Directors:

- Establishes WBOCC's mission and purpose
- Oversees planning and sustainability
- Oversees operations, programs and activities
- Monitors and manages financial resources, and
- Oversees the annual nomination and election of the Board of Directors.

## Board Officers:

President  
Vice-President  
Secretary

Treasurer  
Administrative Coordinator

## Club Committees

The Board of Directors establishes Club Committees to improve club operations and allow additional members the opportunity to participate actively in club leadership. 2022 Committees and members are identified on WBOCC.com. The current Committees are as follows:

**Fundraising:** This committee builds community and commercial relationships and collaborates with these partners to raise money to meet the Club's needs. The committee also seek opportunities through which WBOCC can positively impact the community. Engage club members in active & social activities.

**Handbook:** Reviews and updates the WBOCC handbook.

**Maintenance & Equipment:** Manages the acquisition, maintenance, and repair of Club equipment.

**Race:** Manages the selection, scheduling, and logistics of competitive races for the Club.

**Safety:** Oversees the safety program including safety standards and training for the Club.

## Coaches

- Oversee competitive paddling at practices and races
- Plan and implement practice activities
- Assign crew members and seats
- Advise, teach, or correct paddlers - both in and out of the boat

## **Steering**

The Steersperson is responsible for knowing:

- how to command and steer the canoe
- the paddlers' health and safety
- boat care, launching, landing, transport, and storage
- the waterways, obstacles, hazards
- tides, currents, waves, wind, and weather
- the Coast Guard's role and related state laws
- how to spot and avoid hazards
- the reaction time of the boat and crew's ability
- how to respond appropriately in stressful conditions or during emergencies
- how to command and direct the crew during emergencies such as a capsize or paddler-overboard
- knowing there is always someone in the boat who is proficient in First Aid and CPR.

**Yearly clinics are held to educate and train experienced paddlers to become Steersmen and women.**

## **PADDLERS IN THE BOAT**

**Outrigger paddling is team sport - no seat is more important than any other.**

Paddlers may express preference for certain seats; however, boats, crews, and seating may change. Coaches try to find seating arrangements that work most efficiently. The coach will try to announce crew and/or seat assignments before race days, however, depending on attendance, paddlers may be shifted to fill in or work with new combinations.

**Seat 1:** aka the "Stroker." In conjunction with the Steersperson, the Stroker sets the pace and rhythm of the paddle strokes - depending on the length of a paddle or to allow for variable water and wind conditions. All paddlers duplicate the pace and power set by the Stroker.



**Seat 2:** Paddles on the opposite side of the Stroker Seat 2, also watches/feels the front iako and leans on it/presses down when needed to help stabilize the boat. Seat 2's left arm should always be resting on the iako any time the boat is on the water and paddles are up.

Seats 1 and 2 work together with the Steersperson to turn the canoe.

**Seat 3:** Follows the stroking of the Stroker. Seat three counts the strokes and calls out for all paddlers to change sides.

**Seat 4:** Follows the stroking of Seat 2. Relays the Steersperson's instructions to the front of the boat. They also watch/feel the back iako and lean on it when needed to help stabilize the boat. Seat 4's left arm should always be resting on the iako any time the boat is on the water and paddles are up.

Seats 3 and 4 are often referred to as Power Seats,  
the heavier, stronger paddlers will generally fill these positions.

**Seat 5:** Follows the stroking of the Stroker and Seat 3. Seat 5 is also a Power Seat but also needs to have knowledge of steering to assist the Steersperson when necessary. Seat 5 sits closest to the bailer and bails when needed.

**Seat 6:** aka the "Steersperson" is the captain of the boat who plans and navigates the course.

## **STARTING A VOYAGE** (Huki – pull)

**PADDLES SET:** Attention! Get ready to start paddling.

**REACH OUT:** Place the paddle tip ready to enter water. Arms and body in a ready to start paddling position.

**HIT:** Start paddling.

## **PADDLE CHANGES**

Seat 3 calls the changes based on the count of strokes completed and the ocean conditions. The change is a three-part process that includes a warning call, a confirmation call, and the change. The process works as follows:

- Warning stroke is initiated with a call of “Hut” at the beginning of a stroke.
- Confirmation stroke follows – paddlers call “Ho” at the beginning of this stroke.
- Paddles are changed at the end of the confirmation stroke and the next stroke starts on the opposite side.

## **PROBLEMS**

Any disagreement or problem, in or out of the boats, should first be taken directly to the Coach. If unable to resolve the problem at that level, take it to the Board.

## **IT’S ALL ABOUT RESPECT**

All WBOCC members should treat every coach and every paddler with aloha and respect. Bullying, swearing/cursing, yelling and temper tantrums in the parking area, on the beach, in the boat or at social and community events will not be tolerated. Any member of WBOCC who consistently shows unacceptable or un-sportsman like conduct will not be seated in the boat, or in extreme cases, may be asked to leave the club.

*Take any disagreement directly to the coach. If unable to resolve the problem, take it to the board.*

## **PADDLING PROGRAMS**

WBOCC offers a wide range of programs for paddlers of all skill levels and inclinations. A description of the programs is given below. Please refer to the WBOCC website for days and times of practices. Sign-up for practices is through the TeamSnap app. Please see the section on communications for more details.

### **Endurance Program**

Endurance paddling is for dedicated athletes in good physical condition. Endurance paddles usual cover distances of eight to ten miles but are sometimes considerably longer. Endurance paddlers should be comfortable with the open ocean conditions and water changes. This program will be coached, and regular attendance and supplemental cardio training are encouraged.

### **Mid-Distance Program**

Mid-distance training is for experienced paddlers in good physical condition. Mid-distance paddles usual cover distances of six to eight miles but may be longer. These sessions are usual done as 'iron crew' without water changes so stamina is important. Mid-distance paddlers should be comfortable with canoeing in the open ocean. This program will be coached, and regular attendance and supplemental cardio training are encouraged.

### **Novice Program**

Novice practices are for paddlers who are just starting their paddling adventure or members who want to improve their technique and gain additional practice time before moving to a more advanced group. This program will be coached, and regular attendance and supplemental skills practices are encouraged.

### **Open Program**

Open Paddling is for experienced paddlers who want an enjoyable outrigger paddle in a non-competitive environment. Each paddle will be approximately six miles, and when possible, will include a destination such as Masonboro or 'the lollipop.' The Open Paddle will not be coached but will adhere to the standards and principles of the WBOCC including technique and decorum.

## **OUTRIGGER RACES**

Members of WBOCC may have the opportunity to participate in organized competitive outrigger races against teams from other outrigger canoe clubs. Types of races include the following:

### **Sprints**

A sprint is a fast race within set lanes over a measured distance, usually a quarter or half a mile. The race is often straight but may involve a turn around a marker at the halfway point.

### **Long distance change race**

A race, usually six miles or longer, where six paddlers in the canoe periodically change out with relief paddlers. Changes are made in the water without stopping. The total number of paddlers for a change race is usually nine people.

### **Long distance iron crew**

A race, usually six miles or longer where the six-person crew paddles the entire race without any crew changes.

### **Racing teams and participation**

Racing teams may be all women, all men or mixed (three men, three women), each competing within their own class. Participation in competitive races will depend on multiple factors including desire, availability, skill level and participation in training programs. If you are interested in competing, please inform your coach.

### **Expectations for Practices and Races**

- Paddlers should attend all practices for which they are scheduled. Schedule and sign-up is on the TeamSnap app. If unable to attend a practice, remove your name from TeamSnap registration as soon as you know you cannot attend. If less than 24 hours, notify your Coach directly.
- The expectation is that you will participate for the duration of the practice. If you need to leave early, speak to your Coach before practice

starts. You will be accommodated, if possible, but may be asked to sit out for that practice.

- The Coach and Steersperson are the only ones to advise, teach, or correct paddlers - both in and out of the boat.
- During a competitive practice or race do not talk in the boat unless it is part of your assigned duty or required for safety of the boat so that everyone can hear the changes or essential commands from the Steerer.
- Verbalizing negative opinions about another paddler's performance is never appropriate in or out of the boat. Keep things positive and supportive and take any concerns to the Coach in private.

## **CLUB MEMBERSHIP**

Club Members pay annual dues and sign an annual liability waiver. Dues must be paid by June 1st of each calendar year. If a member fails to make full payment of annual dues, they shall be suspended from further participation on TeamSnap and from Club practices, races, activities, and meetings until such payment is made. Dues for new members shall become payable upon admittance and may be prorated at the discretion of the Board of Directors.

Paddlers new to WBOCC may paddle free one time to experience outrigger paddling. Then the fee will be \$25.00 a month until June when a final commitment to the team is made and annual dues are paid.

**The cost of dues may be found at [WBOCC.com](http://WBOCC.com)**

There are discounts for payment before May 31<sup>st</sup>  
and special rates for active military & students.

## COMMUNICATION

### **WBOCC.com Website**

The WBOCC Website contains all important Club information including membership registration, annual waivers, payment of fees as well as practice and racing schedules. The website also includes information on fundraising events, community initiatives, and sponsorship.

Governance information that may be useful including as the bylaws, current members of the Board of Directors, members of the subcommittees, coaches and authorized Steersmen and women.

### **TeamSnap**

Communication among members of WBOCC is essential for governance, safety, and operations of the Club. WBOCC uses the TeamSnap app for routine communication on Club meetings, paddling schedules, paddling sign-up, and special events. It is expected that all Club members will have TeamSnap access and use it regularly to communicate official Club business.

### **Social Media**

WBOCC has Facebook and Instagram accounts. Posts are made by members of the Board of Directors. You are welcome to follow our posts and suggest content.

## EQUIPMENT, ATTIRE & CARRY-ONS

**Paddle:** Paddles come in different sizes/lengths. Coaches will help with correct sizing. Club owned paddles are available for use, but most paddlers prefer to buy their own. New custom paddles cost between \$200 - \$300 but price can be lowered with a group purchase. Used paddles are occasionally available.

**Hydration:** Water bottles or hydro-packs are as important as having a paddle. Electrolytes or sports drinks should be added to the water especially during sprint training, endurance paddles, or when the weather is hot.

**Clothes:** *Always dress for full immersion.* Comfortable clothes or swim attire - anything that can get wet. Rash guards and wicking material that dries quickly

are popular. Avoid any attire that is tight enough to restrict arm movement or cause chafing.

**Foot Protection:** Oyster shells and other sharp things are often on the sand and in the water where boats are launched or beached. Always wear shoes that tie, slip or strap on – and stay on.

**Sun Protection:** Hats, sunglasses, long sleeve shirts or rash guards, sunscreen or sun block, and lip protection recommended. In summer months, UV penetrates through clouds so protect yourself even on cloudy days.

**Gloves:** Some paddlers wear finger-tip free or full gloves all year long to minimize paddle slips and hand blisters, and to reduce sun exposure.

**Sweat Band:** If you sweat a lot, wear a sweat band. Your hands and arms are in continual motion when paddling making frequent forehead swipes almost impossible.

**Cold Weather:** *Always dress for full immersion in water as cold as 50 degrees.* We are not completely crazy so if it is really cold - like below 40 degrees - paddling is often cancelled. In cold weather, wet or dry suits, booties, gloves, and hat should be worn. Avoid bulky clothes – everything should be comfortable, light, and flexible. Shoes/booties should keep the feet warm and dry, be light, flexible, and with some traction. Gloves are very important, must keep your hands dry and be flexible. Some paddlers use fleece lined dish gloves tucked into their sleeves.

### **Some general information:**

- Leave valuables at home or in a locked car.
- Cellphone, camera, and other electronic devices should be in waterproof cases.
- No pets allowed in the boats.
- No alcohol/drugs allowed in the boat.

## WBOCC MERCHANDISE

WBOCC branded merchandise will be available to purchase throughout the year through a link on the WBOCC.com website. Race jersey orders will be placed at the beginning of each season.

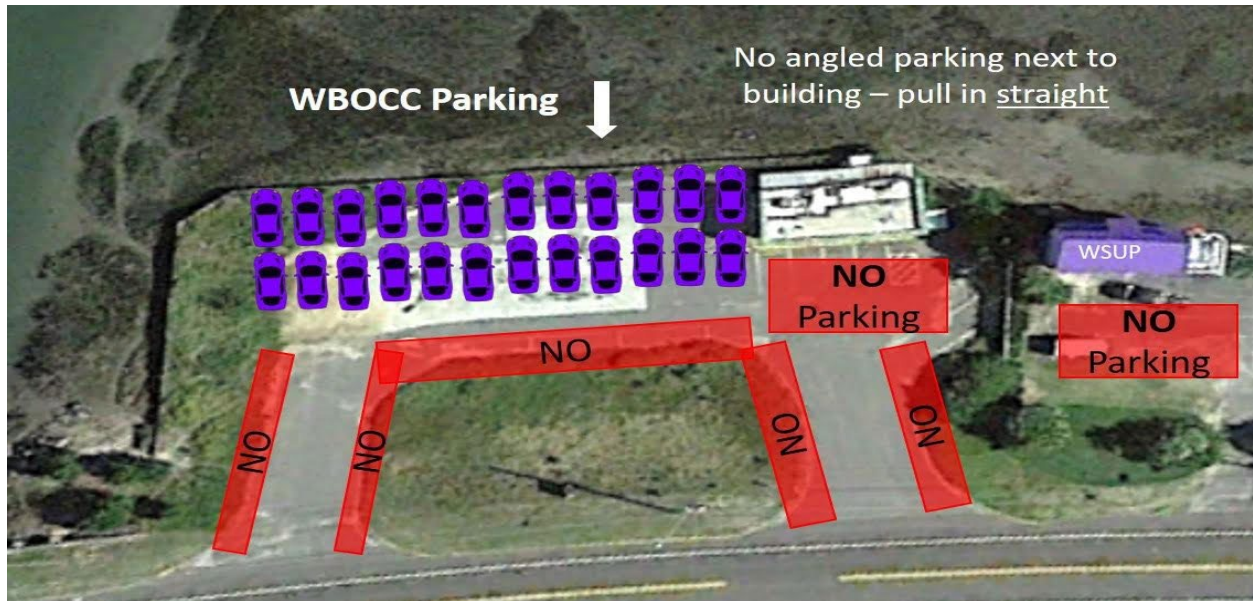
## LOCATION

WBOCC is located at 96 W. Salisbury Street, Wrightsville Beach N.C. The canoes are stored on the beach at Wrightsville SUP; parking is available in the upper lot of the former Scotchman above and to the West of the beach.





## PLEASE PAY CLOSE ATTENTION TO THE PARKING ARRANGEMENTS



**NO PARKING:** WBOCC sublets parking space from Jarrod Covington of Wrightsville SUP, located at 96 W. Salisbury Street, Wrightsville Beach, NC 28480. The parking spaces near the rental kiosk are for customers only. No WBOCC parking is permitted in the Wrightsville SUP parking area for either OC6 or OC1. WBOCC is extremely thankful to have this unique location to call our home. Please remember to only use WBOCC's equipment and be respectful of Wrightsville SUP property including water usage.

**YES PARKING:** Dues paying WBOCC members are issued parking decals and must park the paved lot above and to the West of Wrightsville SUP. Parking spaces in this area are limited. Double parking is expected - pull in directly behind another member or, better yet carpool. Parking anywhere other than the designated area or on the grass will be ticketed and towed. This lot is frequently patrolled and strictly enforced for parking violations resulting in a tow and a whopping fine.

## **CARE FOR THE CANOES (MALAMA NA WA'A)**

- When beaching the canoe, do not run aground, stop short of the beach, and carry the canoe onto the land.
- Everyone helps lift and carry canoes in and out of the water.
- Lift and carry boats in and out of the water carefully.
- Do not scrape bottoms of boats on the ground.
- Lift and guide the 'ama when carrying the canoe to avoid damage.
- Do not intentionally bang the canoes into objects or each other during practice.
- Do not sit in or on canoes when they are out of the water unless instructed.
- Do not rest your feet on the canoes.

## **CARE FOR THE PADDLES (MALAMA NA HO'E)**

- Treat all paddles with respect whether it is yours or belongs to the Club.
- Always try to protect the paddle blade. The blade should never touch the ground.
- Wipe off, rinse, and put away paddles after use.
- Paddlers may want to apply a folded narrow strip of stretchy plastic tape on the edge of the blade for extra protection. A paddle cover is recommended when transporting your paddle.

## **WBOCC CANOE FLEET**

<b><u>Class</u></b>	<b><u>Name</u></b>	<b><u>Meaning</u></b>
Mirage OC6	Kupa'a	Steadfast
Mirage OC6	Carolina Mana	Spirit of Carolina
Bradley OC6	Sweet Ti	A play on words
Bradley OC6	Dirti South	Nothing to say here
Unlimited OC6	Hokulani	Heavenly star
Unlimited OC6	Hokukai	Sea star
Kai wa'a OC1	Ares	Greek God of war (Ku in Hawaiian)
Puakea OC1	Ehukai	Sea spray

### **WBOCC OC6s**

All paddlers are welcome to find five paddlers and a qualified Steersperson to take out a boat outside of practice times. Only WBOCC qualified Steersmen and women are permitted to take out a WBOCC OC6 canoe for Competition, Competitive Practice and Open Paddling. Their names are listed on WBOCC.com. Steersmen and women need to contact the WBOCC Administrator to reserve a canoe in TeamSnap.

### **WBOCC OC1s**

WBOCC has two OC1s available for members. They were acquired mainly to give Club members the opportunity for extra training on the water. Careful and considerate use of these canoes is extremely important - they are very fragile and costly to repair or replace. Access to these boats is given by request on WBOCC.com. Usage is booked in 2-hr increments. Non-club paddlers or guests are not allowed to reserve OC1's.

### **Rules for checking out OC1s**

- Paddlers must have passed a huli and swim test and be proficient at paddling prior to booking an OC1.
- Know your limits and be safe.
- Handle the boats with care.
- Get help (if needed) taking the boats out & putting them away.
- Guard the rudder when putting the boat in & out of the water. Place the boat far enough in the water (parallel to shore) so that the rudder will not hit the mud and break when you sit on the boat.
- Only enter and exit boat on the ama side.
- After usage, drain the boat, clean all parts with water and then return it to the space where they are stored.

## **SAFETY**

### **Safety is every paddler's business and responsibility.**

#### **Personal health and physical condition.**

Do not show up for practice or races if you are sick or injured. Inform your coach or steersperson of any physical impairment, health issues or medications that may affect your attention or performance. If physical accommodations are needed for your participation in Club activities, please make these needs clear when you join the Club.

#### **Huli Drills**

'Huli' is the Hawaiian word for turnover. A Huli drill is when a boat is intentionally flipped to practice turning it upright, bailing it, and getting the paddlers back into the boat. Being able to recover safely from a huli is an extremely important skill for safe paddling.

#### **Go to [WBOCC.com](http://WBOCC.com) for detailed information about Huli Drills**

All WBOCC members should be very familiar with this information as a boat can huli in just a few seconds. Huli drills are usually practiced in calm water but in reality, a canoe can flip in any water or weather conditions. Every paddler in the boat should know their seat's responsibility: Who does what? Buddy count? Paddles? Bail?

THE STEERSPERSON IS IN COMMAND  
AND SHOULD BE THE ONLY ONE GIVING INSTRUCTIONS  
DURING A HULI AND HULI DRILLS

## Swim Tests

When a boat flips paddlers must swim or tread water until it is up righted and bailed. Although Huli drills train paddlers to flip the boat quickly, the amount of time it takes for all paddlers to get back in the boat varies.

Coaches determine how long or how far paddlers tread water.

Weak swimmers should wear a lifejacket any time they are in the canoe and they should inform the Coach and Steersperson when they get into the boat.

Before taking a boat out:

- Check the ocean conditions. If there is a high surf/small craft advisory, postpone the paddle or plan to stay in safe areas
- Check the condition of the boat, rigging, ama, etc.
- Make sure there are 2 bailers, a bucket, and a 6 life vests
- Loosely tie bailers to the bucket
- Inform the Steersperson of swimming needs, allergic reactions, or other medical conditions
- Make sure every paddler knows what to do in case of a huli, review the responsibility of each seat before every paddle
- Steersmen and women should inform each other of the paddle plan for the session.

Every outrigger canoe should be equipped with the following items before it's taken out:

- A cell phone in dry bag
- An extra paddle
- Extra rigging straps
- A tow/huli rope
- A powerful whistle or other sound making device

In the boat:

- Introduce everyone in the boat by name
- Avoid leaning right to prevent a huli
- Always get in and out of the boat on the AMA side
- Avoid stepping on the seats when getting in and out
- Avoid standing in the canoe
- Be prepared to come to the aid of other outriggers if needed
- Circle back to check on the status of other boats in your party if you lose contact with them

After the paddle:

- Rinse the boat and bail it
- Stow all gear in the proper place
- Tie the boat down using a ratchet strap

## **HAWAIIAN OUTRIGGER TRADITIONS**

- New outriggers always receive a formal Pule (blessing) before the first voyage.
- Ti Leaves, flowers and other greenery are draped on the bow of the canoe on special occasions for respect and good luck.
- On land, the bow of the canoe always points toward the water.
- Keep the canoe and the area around the canoe clean.
- Never step over the canoe hull or ama of a canoe.
- The only time to apologize in the boat is when the hull or ama is stepped over or when any part of the boat is accidentally hit with a paddle while paddling. Apologize to the canoe – silently if necessary.
- Give your kokua (help) anywhere you see it might be needed. Everyone helps with carrying cleaning, maintaining, rigging and de-rigging, and general care of the canoes.
- When at a race, pitch in when ANY TEAM needs help lifting, rigging or other assistance.
- Refer to the parts of the boat with the correct Hawaiian names and pronunciation.
- Swearing or arguing in or around the canoe brings bad luck and slows the canoe.
- After each paddle thank the Steersperson and paddlers in your boat.
- At the end of a race, if you are on the shore, go to the beach to cheer your team in.
- After a race, address and thank the paddlers in the competitor's canoe.
- Be grateful for the sea, sun, sand and your Ohana.

## **WBOCC CHANT**

After every practice, paddle, or race we all gather at the canoe, and give the following chant in unison:

‘Ekahi (one)! ‘Elua (two)! ‘Ekolu (three)!  
Imua! (move forward to our goal)  
Imua!  
WBOCC!

## PADDLING VOCABULARY

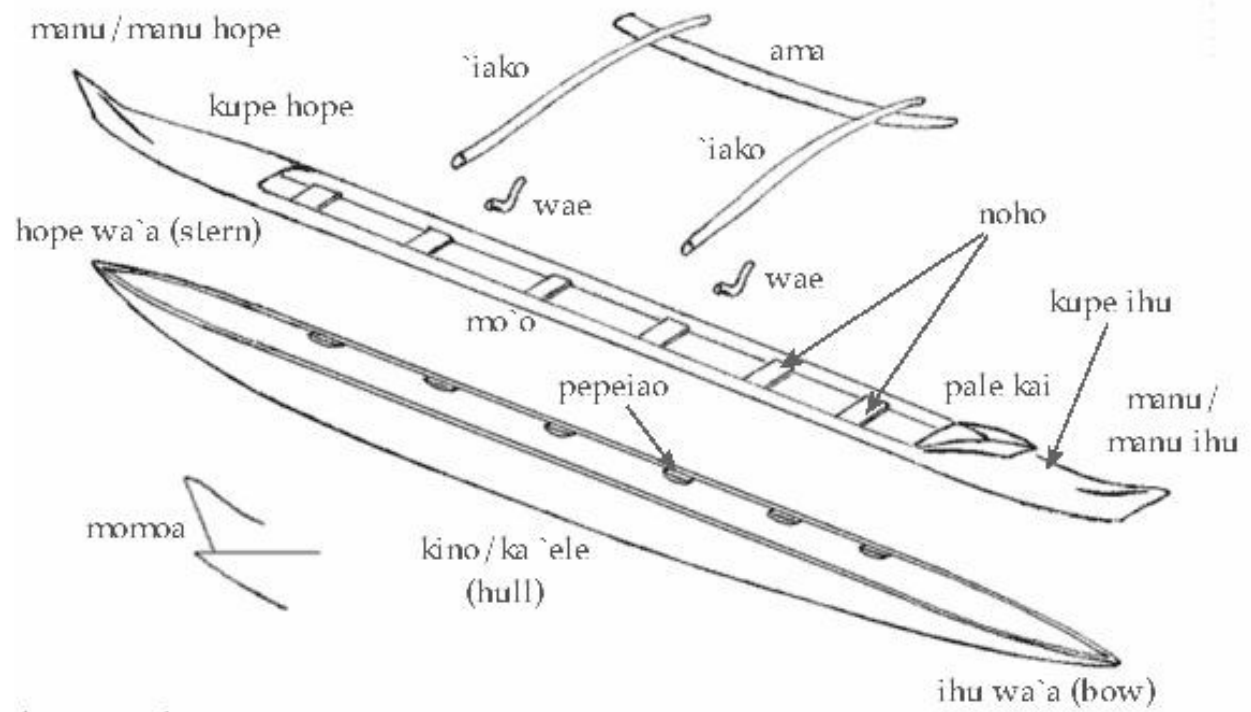
Ama	outrigger balancing float
Change	one set of repetitions
Ho'okele	steerer
Ho	response by crew or steersman in response to "hut"
Ho'e	paddle (n); to paddle (v)
Hold water	place paddles in the water to stop or hold the canoe
Ho'omākaukau	ready, get ready
Huki	hit, pull hard
Huli	turn over, capsize
Hut	called by seat 3 to signal crew to change sides after the next stroke
Iako	spar, crossbeam connecting ama and hull (kino)
Kahi	to paddle at a 90° angle to the boat, used by seat 1 and 2 to rapidly change direction
Kau	plant (or place) the blade in the water
Une	a pry stroke used by seat 1 and 2 to rapidly change direction.
Wa'a	outrigger canoe

## FREQUENTLY USED HAWAIIAN WORDS

Akamai	smart	Kumu	teacher
Aina	land	Kupuna	elder
Aloha	hello, good bye, love	Lani	heavens, sky
A hui hou	until we meet again	Lei	flower/leaf/shell garland
E komo mai	welcome, come in	Lokahi	unity, agreement, harmony
Hale	house	Lomi-lomi	massage
Hana	work	Luau	feast
Hana hou	encore, do it again	Mahalo	thank you
Haole	Caucasian	Malama	take care of, protect
Hele	to go	Moana	ocean
Hoku	star	Nui loa	large, very much
Ho'olaule'a	celebration	Ohana	family
Honu	turtle	Oli	chant
Hula	Hawaiian dance	Ono	delicious
Kai	sea or seaward direction	Pau	finished
Kane	male	Pilikia	trouble
Kapakahi	tilted, mixed up, uneven	Pule	prayer
Kapu	no trespassing, taboo	Wa'a	canoe
Keiki	child	Wahine	female
Koa	warrior, valuable	Wai	fresh water
	Hawaiian wood	Wikiwiki	fast
Kokua	assistance, help		



## PARTS OF THE CANOE



by Wayne Babineau, 2004

## RIGGING THE OC6

Correct rigging of the outrigger canoe is critically important for the function of the boat and the safety of the crew. Description of the process is given below but proper rigging takes hands-on practice. It is possible that your canoe may need re-rigging on an urgent basis so it would be wise for Club members to learn the process. Please come to rigging sessions and learn the technique. There also many YouTube videos available.

### Rigging the ama to the iako

- Use standard quarter-inch cotton rope
- Stretch out the rope prior to using it to lash the iako to the ama
- Position the iako on the ama
- Loop one end of the rope around the peg on the ama leaving a three-foot-long tail. This tail will be used later to secure the lashing.
- Thread the rope through the outside hole from the side of the ama facing away from the canoe
- Bring the rope over the iako
- Thread the rope through the inside hole from the side of the ama facing away from the canoe
- Pull the rope tight and make sure the rope lays flat on the iako and does not ride up the peg
- Repeat steps 5 through 8 until there are at least 5 rows of rope crisscrossing the iako
- Wrap the rope tightly around the base of where the iako touches the ama at least 3 times
- Keep the rope in rows: one on top of the other
- Make a large loop with the end of the rope that lays flat against the iako
- Wrap this loop you just made with the longer end of the rope going around and around the iako
- Leave at least 4-6 inches of the end of the loop exposed
- Also leave the top of the loop exposed
- Tie a large knot with the end of the rope you have used for wrapping
- Push the knot through the top of the exposed loop
- Pull the end the loop to bring the knot to the top of the rope wrapping
- Make sure you don't pull the knot inside the rope wrapping

- Tie the excess end of the rope around a peg
- Cover the lashing on the iako with a section of rubber tubing

### Rigging the iako to the boat

- Use a ratchet strap
- Support the ama so that the iako sits level on top of the support bar in the canoe
- Move the ama so that that the ama is the proper distance from the canoe
- Place the buckle of the ratchet strap at the back of the support with the strap over the top of the iako
- Thread the strap through the hole at the front of the support from inside to outside
- Wrap the strap once around the iako going under then over. Make sure the strap lies flat
- Thread the strap through the rear hole from outside to inside
- Wrap the strap around the iako going over then under
- Insert the end of the strap and tighten until snug
- Repeat this process for the other side of the iako
- Repeat all steps above to secure the second iako

## **MAHALO**

Mahalo (thank you) to the following  
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Kauai Outrigger Association Race Rules  
Lokahi Outrigger Canoe Club  
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## **All Pau (Finished)**

## APPENDIX

Mahalo to the Lōkahi Canoe Club of Honolulu, Hawaii  
for sharing this naauao (wisdom) about Training

Your coaches expect you to follow directions and work hard in practice. Since much of our practice time is devoted to developing and perfecting our individual and crew technique, testing and selecting crews, and doing paddling-specific speed training, you should plan on doing your own out-of-the-boat training.

Your coach will let you know what type and duration of training is expected of you. Generally, you can plan on working out to increase your general fitness level and endurance. To address your paddling fitness, you can train in an OC1. To improve general fitness and help prevent injury, cross-training for endurance or with resistance can be effective. Body resistance exercises such as crunches, pull-ups and push-ups are good supplements to paddling workouts.

Bear in mind that to reach your goals as a competitive paddler you need both a high level of general fitness and endurance, and a high degree of paddling-specific strength and endurance. Ultimately, the only thing that will make you a faster and stronger paddler is paddling. If you have limited workout time, choose to paddle before you pursue another training activity.

Warming up, cooling down and stretching have places in a workout routine, primarily to reduce the chance of injury and to facilitate recovery. Ideally, we should try to warm up before training and cool down after the session. When possible, the best warm up and cool down routines are simply extensions of the training activity. For instance, a running session could start and finish with easy jogging.

Stretching is best done after training to help recovery. If you want to stretch before training, you should warm up first, then stretch.

Stretching can be dangerous if done incorrectly, such as when your muscles are cold and tight, or by stretching ballistically rather than dynamically, or by having someone else help you stretch.