

**Kamehameha Schools Kapalama
Men's and Women's Kayak Team – Information Session 8 Aug 2018**

1.0. Coaches

- 1.1. Head: Coach Kaihe Chong
- 1.2. Assistant/Volunteer: Coach Blane Chong, Coach Tate Keliioomaluu, Coach Mike Rawlins, and Coach Rich Williams

2.0. Sign-up, Forms, Medical Clearance

- 2.1. <http://kapalama.ksbe.edu/athletics/sign-ups>
- 2.2. You will not be allowed to practice until cleared from the Athletic Department

3.0. Practice, Races, and Bus Transportation

- 3.1. Practice Location: Ala Wai Boat House (Waikiki Surf Club).
- 3.2. Practice days/times: M, T, W, Th 3:45-5:45 PM (select Saturday mornings)
- 3.3. Transportation: Bus pick-up will be at Paki Circle at 3:30 and return around 6:30 PM (traffic pending) /
- 3.4. Race Locations: Sand Island (times vary – please see TEAM APP schedule)
- 3.5. Transportation: Bus pick-up will be at Paki Circle (times vary – to be coordinated)

4.0. Team Communication

- 4.1. All Team correspondences via TEAMAPP: <https://www.teamapp.com/clubs>.
- 4.2. <https://khs-kayak.teamapp.com/>; Download to your smart phone; submit requests; etc.
- 4.3. Information also posted at www.kamehameha-kapalamawarriors.org

5.0. T-Shirt Design Contest

- 5.1. Entries submitted to Coach Rich by 17 Aug via TEAMAPP: vote on 18 Aug 2018.

6.0. Kayak Stroke Demonstration, Kayak and Paddle Care, Questions, Concerns, Items