

Kamehameha Schools- Kapālama

Girls Canoe Paddling- JV & Varsity

Coaching Staff:

Head Coach: Kehau Meyer
ckehaumeyer@gmail.com | 808-630-4960

Assistant Coaches:

Makaloa Yim: 808-445-1775
Brandon Lima: 808-620-4797
Ka'ulu Lu'uwai: 808-463-1389

Please note: All inquiries regarding practice/racing schedules, practice/racing notifications, and fundraising should be directed to Coach Kehau. All inquiries regarding racing eligibility or racing decisions will require a conversation with the Athletic Director and the Head Coach. Assistant Coaches may be contacted if the Head Coach cannot be reached directly.

Program History and Expectations:

Kamehameha Schools Canoe Paddling is a long-standing program of excellence and achievement that incorporates Hawaiian values and a respect for the cultural practice of canoe paddling. All coaches in this program will coach with the intention of promoting hard work, commitment, and discipline allowing for an environment encouraging individual effort toward team success. The coaches look forward to supporting the growth and achievement goals set by the team and set by student-athletes looking forward to having fun while working hard.

Practice:

Students-athletes who are not cleared through the athletic department will not be allowed to practice. This includes having the following documents completed **BEFORE** the season begins. Coach Kehau will email students that are missing documents on the official roster.

1. Athletic Participation Form
2. Athletic Handbook Acknowledgment
3. Athletic Agreement & Release
4. Athletic Academic Probation Clearance
5. Updated physical that does not expire during our season

Practice is held from Monday through Friday from 3:45pm to 5:45pm and Saturdays from 8am-11am, until racing season begins. The **first week of OFFICIAL practice** will be on-site at the Canoe Paddling Hālau on campus (below Akahi Dining Hall/Above Ka'iwakiloumoku) starting on **October 23, 2017**. Practice will start at Sand Island on October 30, 2017.

Students are asked to bring only the belongings they need at practice down to the site. Sand Island is a public park and there have been theft incidents in the past, so please do not leave laptops, cell phones, or wallets in areas that are not secured.

Students are encouraged to wear clothing that can be wet or can accommodate swimming and running. Shoes, water, towel, and a jacket are recommended for each day of practice. Paddles are available for students new to the sport, but we encourage paddlers to invest in their own paddles if they will consider continuing participation in the sport. Practices will involve rigorous endurance and strength building

exercises that will be challenging but necessary for race training. This will prepare students for racing within 7 weeks of the start of the season.

Expectations for the team:

- Respecting teammates and coaching staff with proper language and actions both on-site and on social media.
- Prioritizing school work over paddling. If students cannot keep up with their studies and our daily practice schedule, we recommend that they focus on school first and return the team in the following year.
- Putting in adequate effort for improvement every day. Coaches will look for maximum effort on land and in the canoe.
- Student-athletes will be responsible for all equipment on-site, including refraining from the following: jumping or sitting on canoes, dropping canoes, allowing canoes to hit, or not returning paddles and other equipment to the equipment box following completion of practice.
- Student-athletes will support their teammates with positive encouragement, healthy competition, and daily attendance.
- Student-athletes will dress appropriately for athletic practice and competition. This means no see-through materials and no visible cleavage (top or bottom).
- Student-athletes will respect other schools in competition by exemplifying good sportsmanship always.
- Student-athletes are expected to participate in rigging, canoe loading kuleana, and canoe carrying, whenever the occasion calls for kōkua.
- Student-athletes are encouraged to strive for leadership positions in the team, regardless of grade or experience. The success of the team is a result of the team's cooperation and positive momentum toward goals.
- Student-athletes are expected to follow coaches' instructions at practice or race day. Failure to follow instruction from coaches' will result in not racing or dismissal from the team.

Attendance is a large part of success in this program. Students that miss, on average, one or more days of practice a week or students who don't make significant efforts for improvement will most likely be removed from the program. Chances of racing are significantly reduced when students don't show up, don't perform at practice, and don't contribute to the team kuleana. We are a competitive program and see value in promoting dedicated hard work in earning an achievement. We look forward to a rewarding season of growth, love for paddling, and pride in representing Kamehameha Schools.

Mahalo and welcome!

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- **E kaupē aku nō i ka hoe a kō mai.**
Put forward the paddle and draw it back. (It's not how you start, it's how you finish)
 - **"You can't live a perfect day without doing something for someone who will never be able to repay you."**
John Wooden
 - **"Do you know what my favorite part of the game is? The opportunity to play."**
Mike Singletary