

## **Kamehameha Canoe Paddling Orientation Meeting October 11, 2016**

- A. Sign up on list.
  - 1. Those not able to make today's meeting **MUST** sign up online NOW at <http://kapalama.ksbe.edu/athletics/sign-ups>
- B. Welcome
- C. Coaches
  - 1. Boys: Napali, Mark, Andrew, Beau. Girls: Kehau, Makaloa, Brandon, Katie.
  - 2. Coach Napali 551-0651 [coachnapali@hawaii.rr.com](mailto:coachnapali@hawaii.rr.com)
  - 3. Coach Kehau 630-4960 [ckehaumeyer@gmail.com](mailto:ckehaumeyer@gmail.com)
- D. Requirements in order to paddle
  - 1. Athletic Participation form (requires physical)
  - 2. Commitment Agreement
  - 3. Emergency Contact Form
  - 4. All forms on the Kamehameha Athletics website
- E. SPECIAL WORK DAY: Saturday 10/22/16 9a-3p Tech Bldg. Woodshop – Iako refinishing
- F. First day of practice is Monday 10/24/16 on campus @ Canoe Halau
  - 1. First week of practice will be on campus @ Canoe Halau Mon-Fri 3:30pm-6pm
  - 2. Iako varnishing, canoe transport, canoe rigging, land training.
  - 3. Paddlers going down to Sand Island on bus, must return on bus. Pickup at Paki after practice.
- G. Practice at SAND ISLAND starts Monday 10/31/16.
  - 1. Practice everyday after school 4p-6p and Saturdays 8a-11a
  - 2. Ride the bus or alternative transportation form. Bus leaves Paki at 3:45pm.
  - 3. Running, swimming, paddling
- H. Program Expectations
  - 1. Come to practice
  - 2. Give your 100% effort
  - 3. Be willing to learn
  - 4. Respect your coaches and teammates
  - 5. You will eventually need to own your own paddle
- I. Attendance is important
  - 1. Thanksgiving, Semester break, Long weekends
  - 2. 1 race during break, 2 races during long weekends
- J. Communication
  - a. [www.kamehameha-kapalamawarriors.org](http://www.kamehameha-kapalamawarriors.org) - Become a “fan” of Boys or Girls Paddling. Then select to receive notifications. (Race results, photos, other updates)
  - b. Receive texts from coaches by texting the following to 81010:
    - i. Boys: @kamehame
    - ii. Girls: @ksg