

KAMEHAMEHA SCHOOLS
CANOE PADDLING
Parents Meeting 11/12/16

Girls Coaches

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

Boys Coaches

Head Coach: Napali Woode 551-0651
coachnapali@hawaii.rr.com

Assistants: Makaloa Yim, Brandon Lima,
Cady Uyeoka, Kaulu Luuwai

Assistants: Mark Bright, Andrew Lai,
Beau Shishido

1) Communication

The canoe paddling program has set up a couple of ways to help maintain good communication with parents and paddlers.

- www.kamehameha-kapalamawarriors.org - Become a “fan” of Boys or Girls Paddling. Then select to receive notifications. (Race results, photos, other updates)
- Receive text messages from Girls head coach by texting the message “@ksg” to 81010
- Receive text messages from the Boys head coach by texting the message “@kamehame” to 81010

2) Practice Schedule & Attendance

- a) We practice **Mondays through Fridays from 4pm-6pm and Saturdays from 8am-11am** (subject to change).
- b) **No practice on:** November 24, Thanksgiving
 December 24, Christmas Eve
 December 31, New Year’s Eve
- c) No buses during semester break from 12/19/16 – 1/9/17

3) Training

Training consists of paddling, swimming, running, anaerobic exercise. We will train your kids hard, but will always keep safety paramount.

4) Paddler Expectations

- a) Good attendance
- b) Give 100% effort
- c) Be willing to learn
- d) Respect teammates and coaches
- e) Maintain good grades – avoid academic probation
- f) Christmas break challenge
- g) All paddlers need their own paddle
- h) Making the team

5) No Outside Participation

League rules prohibit any outside participation during the canoe paddling season from 10/31/16 – 2/3/17. Any paddler who participates in any organized 6-man canoe competition will become ineligible to participate in ILH competition.

6) Race Divisions & Schedule

7) Banquet and Fundraising

8) Parents Support