

Kamehameha Schools Canoe Paddling Program
Preseason Meeting 9/6/16
Agenda

1. Coaches Contacts
 - a. Girls Head Coach – Kehau Meyer 630-4960
 - b. Boys Head Coach – Napali Woode 551-0651

2. Purpose of Meeting
 - a. Meeting is to encourage preseason training to be better prepared by October 21st, the first day of paddling practice.
 - i. If participating in another KS sport, then that sport's training should take priority.
 - ii. This is not mandatory, but will make you stronger and better conditioned at the start of the season.
 - iii. This is for your personal benefit, but does not guarantee you will make the racing crew.

3. Required for participation in strength training and conditioning
 - a. Must sign up for paddling here or online at <http://kapalama.ksbe.edu/athletics/sign-ups>
 - b. Athletic Participation form (requires physical)
 - c. Commitment Agreement
 - d. Emergency Contact Form
 - e. All forms on the Kamehameha Athletics website

4. Strength Training and Aerobic Conditioning Program
 - a. Goal is to gain strength and improve aerobic conditioning
 - b. Program will be handed out on first day of training
 - c. Everyone will have their own tracking card to monitor progress

5. Training days and times
 - a. Mondays 3:45pm – 4:45pm at the Track
 - b. Tuesdays, Thursdays, 3:45pm – 4:45pm at Koai'a Weight Room
 - c. First day will be Monday 9/12/16
 - d. Training from 9/12/16 – 10/20/16.

6. Iako Revarnishing
 - a. Revarnishing all iako for our canoes.
 - b. Location: Tech Building Woodshop
 - c. Tentative Schedule
 - i. Saturday, 10/8/16 and 10/22/16 from 9am-3pm
 - ii. Iako sanding, possibly varnishing

7. Communication
 - a. www.kamehameha-kapalamawarriors.org - Become a "fan" of the paddling page to get team information
 - b. Receive texts from coaches by texting the following to 81010:
 - i. Boys: @kamehame
 - ii. Girls: @ksg