

Coach Charlie Martin and Assistant "Chuck" Shrader discuss weighty coaching problems.

"Scoop" Tsuzuki pic.



CANOE RACING SEASON

Another canoe racing season has started. Already training has begun and an enthusiastic group of young people are getting ready to take on all comers.

LET'S MAKE IT OUR YEAR

Why not make it our year. The Out-rigger Canoe Club, established 47 years ago to promote the old Hawaiian sports of surfing and canoeing has a grand and glorious history as leaders. True, last year was not too good. But—it was good to the extent that a large number of our young people built healthy bodies, competed like sportsmen, lost or won gracefully and enjoyed fine fellowship. We all want to win—all cannot. There are at least twelve clubs vying for first place—but one can win. IT CAN BE THE OCC.

WE HAVE EVERYTHING

Canoes—yes, the best—those famous canoes—the old "Kakina" and the "Hana-keeki" for young boys and girls—light, graceful water sprinters. The "Hoonau-nau" the "Kamoi" for the men, heavier, but sturdy and easy to handle.

Coaches—Who'd want a better one than Charley "Iron Man" Martin, who knows how—but can do everything he asks you to do. "Chuck" Shrader, his assistant—another paddler with a long string of accomplishment, and Bill Monahan, trainer—famous in the water, on the grid and track.

"Toots" Minvielle, Johnny Hollinger, Tommy Kiakona—and so many others who have won cups, medals and honors galore and whose names are legend at the OCC. And these greats are still standing by—ready to help—to teach and encourage.

Crews—our large membership assures us plenty of crews. What more do we need?

SPIRIT—THE WILL TO WIN—TO TRAIN—TO TAKE INSTRUCTION

That's all you need—with training, training, more training. Our coaches, whose only reward is the satisfaction of a job well done and the knowledge of the great good they accomplish give unstintingly of time, experience and ability. The spirit you must give.

TRAINING TABLE

On May 1 a training table will commence. Training starts daily at 4:00 p.m. Be prompt, you owe it to your fellow paddlers. After practice dinner will be served at \$.50 per meal immediately after paddling, six days each week.

Training schedule will be: First Week—Long easy workouts for loosening up, conditioning and timing. Paddlers to assemble each day on beach front at 4:00 p.m. The schedule will gradually work into longer, stiffer practice with fine points on paddling, steering, starting and

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boats after drying them out. They will keep them in shape with the assistance and advice of coaches.

LET'S GO AND MAKE THIS OUR YEAR

The sign up to date according to coach Martin is gratifying. Below is listed those who have signed up. If you want to participate the coaches will welcome you.

CREWS

Boys 13 and under—Bruce Ames, Nat Norfleet, Bill Sanford, Lee Muller, Mike Lemes, Ricky Durant, John Marshall.

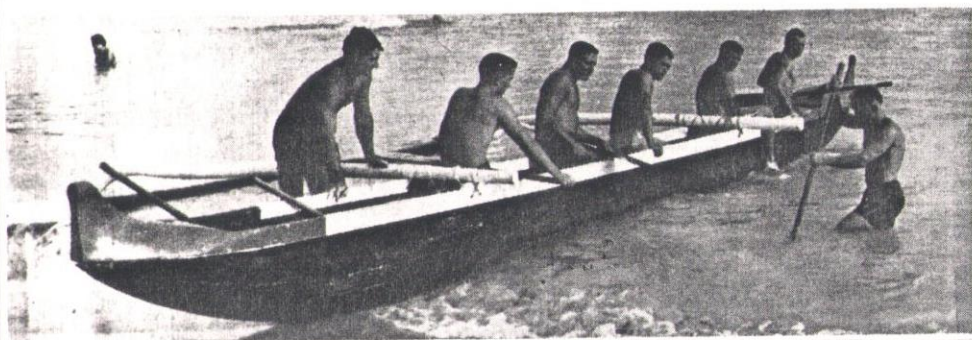
Wahines—Cynthia Hemmings, Kimpo Guerera, Barbara Corbett, Nancy Beardsley, Rusty Thomas, Kehai Kea, Cynn timer Belle Ames, Hulda Goddick, Haunani Vanatta, Sancho Osorio, Vicki Hildreich, Lorna Danford, Billie Neal, Patty Shanahan, Aggie Quigg, Marianne Melancon.

Junior and Senior Men—Nick Kane, Harry G. Shaffer, Jr., Timmy Guard, John Fishbeck, David Young, Dave Beardsley, Donald Sheik, Fred Lowrey, Butch Hemmings, Albert Lerner, Stanwood Formes, Jack Mattice, Ron Sorrell, C. Kealoha, Douglas Can, Scott May, Richard Sylva, Jay Makin, Breeze Bush, Billy Baird, Richard Muirhead, James Smith, Bobby Daniels, Sammy Kaau.



Typical canoe racing scene at Waikiki Beach starting off in front of the OCC.

"Scoop" Tsuzuki pic.



UPPER: Coach Martin demonstrates the perfect stroke. LOWER: It's not all paddlin'. Even the wahines must heave ho when putting the canoes away after hard training.