



Here is the Canoe Racing Committee as caricatured by Nino Flanaga. At press time, we were unable to get complete identifications of the various members, so have fun and see who you can pick out.

## 1983 Canoe Racing Season

By Emary Lucas

The 1983 Outrigger Canoe Club Racing Program is launched! Initial meetings with the men and women paddlers have already been held under the direction of Head Coach Brant Ackerman.

Focus this season, unlike last, will be on the Club's overall mastery of its competition. This will be done, according to Coach Ackerman, by placing emphasis on four distinct areas—called module training areas—for each individual paddler. The areas are (1) strength improvement (weight training), (2) aerobic conditioning, (running and swimming), (3) paddling techniques (utilization of the trainer), and (4) team coordination (open-water training.)

Innumerable members who have paddled in the past are working hard to bring the Club to a new high in the sport that Outrigger has helped to popularize since the 1920s. The Canoe Racing Committee is one example of members' determination to help steer OCC to a winning season. The racing committee is made up of old pros as well as a gen-

erous complement of young people who will carry on the program.

One key commitment to this year's program will be involvement. Everyone is encouraged to paddle this summer, and everyone who does paddle will be expected to become involved in the OCC canoe racing program.

Another key commitment will be coaching. The summer regatta season as well as the long-distance racing season will be headed by Ackerman, who plans to build our crews from the greatest area of strength—our younger crews. The best assistant coaches will be assigned to these crews, and specialized conditioning equipment will be provided, sized for their body heights and weights.

By the time Outrigger heads for that Superbowl of canoe racing, the Molokai Race, our team spirit will have reached astronomical proportions worthy of all our expected wins. This will be a great canoe racing season—here's to all our great crews!