

OCC Women Paddlers Sport a New Attitude for '88

By Genie Kincaid

Hmmm . . . the summer of '88 has arrived. Soon they'll be out with their newly refinished paddles. They'll hold storytelling sessions at the Hau Terrace. They'll speak that odd jock lingo about "hitting up at the front" or "pausing at the back."

The senior locker room will be abuzz with the excited chatter and clatter of the women of summer. But what's this?

They clutch multi-colored report folders instead of paddles and gloves?

And forget about holding story time on the Hau--they're holding their wrists or necks to check pulse rates!

And that odd jock lingo has gotten even odder with the addition of words and phrases like "the Catch," "the Draw," and "the Rotation Back." Are we talking paddling or dance steps of the '60s?

Well, get used to it, folks, because the women of summer have indeed arrived but with a whole new program that bops (or trips) along to the tune, "I Got a New Attitude."

That attitude is personified by head coach Aaron Young whose speech, "We Gotta Build for the Future," is heard so often, the ladies stand ready

with the soapbox at any given moment.

But when Aaron talks, they listen, because building for the future means making the Molokai race a primary objective, utilizing sprint and weight training to supplement paddling training and concentrating on working as a unit.

The message of Aaron's words has not fallen on deaf ears. Those multi-

completed on a weekly basis, then collected, scrutinized and criticized.

Aaron has even enlisted an army of lieutenants to take charge of every possible contingency. Lt. Connie Young serves the cause by running the nursery for paddling mothers on the long weekend practice.

Obviously, serious consideration has



Mary Smolenski on ergometer.

colored folders contain daily workout logs on which the ladies chart their training regimen which is prescribed by the coach. The logs are carefully

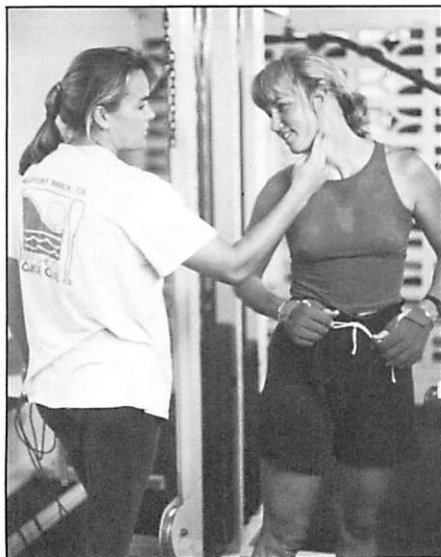
been given to both the theoretical and practical aspects of this year's assault on paddling success for Outrigger.

This new attitude that the women paddlers sport is designed to ensure quality control. Outrigger's dominance in women's paddling has been constantly tested and the results have varied.

At the regatta level, we have ubiquitously met with success but when will the law of averages prevail on the side of other clubs which wax in strength?

At the distance level, success in the Molokai race has been thwarted by two-time champion Offshore of California. Ask the ladies of summer what they think about coming close or coming in second . . . then make sure you duck!

So although the rites of summer appear to have changed, the single-mindedness is still there. So here's to going for the gold, to the coaches and, of course, to the ladies of summer. ☺



Nina Fox checks Muffer Scully's pulse rate.



Norma Santiago lifts weights.