

# "Power is Pleasure" In Women's Canoe Racing

By Genie Kincaid

It is the mantra of Outrigger's upper division women. "Power is pleasure." It is supposed to refer to the mechanics of the paddling stroke. That the proper application of power results in speed through the water, greater utility of effort and therefore, pleasure on the part of the paddlers.

But it also aptly describes the results of the open women's effort, for all summer long, they have consistently placed in the point standings for the five OHCRA regattas. Except for the Waimanalo Regatta, the women would account for at least two first place finishes out of a possible five events, and place second or third in the rest.

At the Oahu Championships, the open women won the Junior, Senior and Open 4 events, and placed a strong second in the competitive Freshmen and Sophomore events. At States, they won the Sophomore, Senior and Open 4 races. This kind of depth not only gives Coach Steve Scott more options in putting together combinations, but also ensures the strongest crew will emerge.

What explains the success of the women's program? If numbers have anything to do with it, 1996 is a bountiful year. Nearly 40 women registered for the upper division, which does not include the women in the

novice and masters divisions.

Many point to fifth year coach Scott, and his unequivocal reputation for winning as the reason for the women's success. As senior steersman, Kisi Haine, summarizes, "Steve's got a program. He cares. He's there. He puts in tremendous time and effort."

But the coach himself points to other reasons. "For one thing, no one's quitting. People keep coming back year after year. Another thing is the novice program and what Liz (Perry) and Conne (Sutherland) have been doing with the girls there."

Exactly what they have been doing over the last three years with the Novice A program is simply phenomenal.

Continuing the achievements of the 1995 crew, this year's Novice A crew has won every race this season except two. But although Perry's and Sutherland's emphasis is to see that their novice charges have fun by winning, the true goal is to prepare for the ultimate paddling challenge, the women's Molokai race. As Perry puts it, "From day one, we have Molokai on the mind."



This whole mind set dovetails perfectly with Coach Scott's plans, for as he sets incremental goals for the women to achieve-throughout the regatta season, the process is building toward the final goal which is to win the women's Molokai race.

And therein lies the reason for the success of the women's program. The women who participate in Scott's program understand how much work and sacrifice go into attaining the level where power is pleasure, and are dedicated enough to do what it takes to live the mantra. ☺

*Coach Steve Scott takes roll before practice.*



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