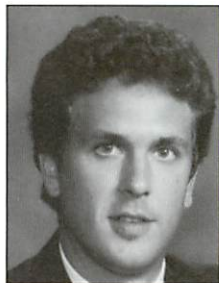


Upper Division Men's Coach

By Kala Judd



My goal for this year's upper division men's canoe program is three fold. First, to cultivate new talent by encouraging any one who is eligible to vie for a seat in a racing crew. Second, to integrate the new talent with the strength of the 1996 season. Last, to select the fastest crews for competition.

Training and time challenges on individual craft will play an important role in this year's program. With few exceptions, all new and returning paddlers have been notified in writing that an extensive strength and conditioning base is a prerequisite to this year's racing season.

Many Outrigger Canoe Club paddlers are taking advantage of the Kanaka Ikaika Ocean Kayak/One Man Canoe Racing Season to facilitate this requirement. A series of 11 races started on January 5 and the season ends with the Molokai

to Oahu race on May 18.

In the January 12 race in Waikiki, OCC paddlers won overall honors in both the kayak (Wyatt Jones) and one man canoe (Walter Guild) classifications.

In recent years, canoe racing has evolved from being primarily locally dominated to a sport of global proportions. Crews, from Hamilton Island to Hungary, aspire to come to Hawaii for the most competitive races in the world.

By working hard, any canoe program can be successful regardless of their initial resources. Paddlers from other countries, mainland clubs, and local clubs are training and competing now. Ultimately the level of modern canoe competition dictates dedication to pre-season conditioning on an individual basis.

Diligence, selflessness and a trust in each other, mark the path to victory but, there is no perfect

system for running a canoe program or selecting crews. There is a delicate balance between strength, endurance, and finesse. However, I believe that every paddler should have an opportunity to control his own destiny by individual performance.

I make two guarantees coming into this program. First, I am personally committed to coaching not competing, and second, I will stress individual training and individual

time challenges in single seat craft.

On or about May 21, structured Club workouts begin. Refer to the canoe section of the OCC bulletin board for information during the racing season. ☐

In Memoriam

Adney D. Smith
Deceased: December 5, 1996
Member: 34 Years

Willard H. Asdahl
Deceased: December 30, 1996
Member: 26 Years

Samuel Kaaua
Deceased: January 10, 1997
Member: 50 Years

Robert Wakefield Mist
Deceased: January 13, 1997
Member: 35 Years

W. J. Froome
Deceased: January 24, 1997
Member: 43 Years

David Barclay Bryan
Deceased: February 1, 1997
Member: 25 Years