

# Canoe Racing Coaches Announced

By Diane Esecson

As the 2012 paddling season is upon us, the OCC is fortunate to have an outstanding group of coaches. Shelley Oates-Wilding and Traci Phillips will be coaching the women this year, two former Olympians who share their expertise and enthusiasm. Steve Scott is back to coach the men, building on last year's success and waterman Mike Lum will head up the Junior paddling program.

It is the time of year when goals are set and expectations high. As the excitement builds for another great regatta season, get to know your four head coaches a bit better:

## COACH SHELLEY



## COACH TRACI



## COACH MIKE



## COACH STEVE



### FAVORITE

OAHU BEACH

Sandy's

OCC

Kaimana

Kailua

### ADULT BEVERAGE AT OCC

Strawberry  
Daiquiri

Guinness

Kona  
Longboard

Pimm's Cup

### PRE-RACE SNACK

Vegemite  
on toast

Oatmeal  
w/protein

Bananas

Anything light

### LAND SPORT

Netball

Volleyball

Softball

Rugby

### COACHING CATCH PHRASE

"Feel It!"

"Legs!"

"Let's go gang"

"Humpity, push,  
Humpity!"

### CHEER

1-2-3... OUTRIGGER!!!