

# Who's Ready to PAADDLE??!!!

By Kehau Kali Berquist

A few hundred Outrigger Canoe Club paddlers are paddling their first Clement D. Pai`aina Regatta this Sunday, June 4 at Keehi Lagoon, hosted by Healani Canoe Club.

Outrigger was founded to keep the sport of canoe paddling flourishing, as it has over the last century. This season is no different, with the focus on incorporating stroke technique, strength training, teamwork and cross training. OCC's goal is to start the season well, win our Walter J. Macfarlane Regatta, Oahu Championships, States on Maui and finish strong in both Molokai to Oahu crossings in the fall.

OCC Canoe Racing Chair, Tom McTigue, said, "We try to get a rhythm for the season, starting good and finishing off strong. All we need is a few seconds off each canoe's time, which will give us more points. Little by little we can move ahead together. We're always excited about having more people to pitch in and volunteer as there are many big and little things to accomplish."

Women's Open Head Coach, Tracy Phillips, said, "Last year we were asked to bring winning and championships back to Outrigger Canoe Club. (Last year) with Johnny Puakea's new technique we placed second at Molokai. Unfortunately we did not compete at States. We would have liked to see how our women did against the other clubs. I think we have a good chance of winning States this year, given how we'd done last year."

"This year we have a better understanding of the stroke (technique). We asked all women to paddle their one-man's during the off season, so they learn more about the ocean. As long as it's more than last year, we're ahead of the game."

The Novice B paddlers are always excited as it's their first experience paddling in a regatta. "We're always excited to race, especially this year with some great novice paddlers, including both men and women," says Coach Liz Perry. "We really want to see what we can do this year."

Guy Wilding, Open Men's Head Coach, said, "I'm excited by this year's men, their camaraderie and fitness is a great start to our season. We're going to continue to focus on moving together hard through the water."

Come join us at on Sunday, June 4, starting at 8 a.m. at Ke'ehi Lagoon Park. It's fun; there's a lot happening with the various races; there's food booths and more!

## 2017 OCC Coaches

Canoe Racing Committee Chair – Tom McTigue

Men's Open/Master's Head Coach – Guy Wilding, Jim Beaton

Women's Open/Master's Head Coach – Tracy Phillips, John Puakea

Novice B Head Coach – Liz Perry, Cory Nakamura

Youth Head Coach – Billy Philpotts

Girls 12 Coach – Dolan Eversole, Trevor Orr, David Buck, Lindsay Shinall

Girls 13/14 – Billy Philpotts

Girls 15/16/18 – Andrew Glatzel, Casey Kahikina, Craig Neher

Boys 12/13 – Billy Balding, Deke Kilpatrick, Jen Lyons

Boys 14 – Marc Haine, Brad Thiessen

Boys 15 – Serge Krivatsy, Tom Robinson, Jon Steiner

Boys 16 – Leighton Miyachi, Casey Kahikina

Boys 18 – Chris Laird

Women 50/55/60 – Paula Crabb

Women 65 – Kenny Bailey

Men 50/55 – Marc Haine

Men 60/65/70 – Bill Johnson, Brant Ackerman