

## ***Kihei Canoe Club***

### ***2010 Long Distance Program***

#### ***Mission Statement***

KCC's mission is to develop competitive long distance paddlers with the goal of entering a Open division crew, and a Masters division crew in both the 2010 Na Wahine o ke Kai, and 2010 Molokai Hoe.

#### ***Paddlers Commitments***

How do we get there? Winning long distance programs are made up of paddlers who understand the commitment to learn, and work toward a common club goal. Each paddler must understand that they are FREE to learn only when there is a desire to contribute unselfishly to your crew and the KCC long distance program to the best of your ability.

***Successful Paddlers will commit to the following;***

- **Commit to an honest, rigorous, and fruitful conditioning program.**
- **Commit to suggest positive improvements to the crew and the maintain the desire to contribute without thinking of themselves**
- **Commit to meet the program's practice schedule each time (except in emergencies).**
- **Commit to correcting yourself before looking to see what other paddlers are doing wrong.**
- **Commit to be willing to learn and change if requested.**
- **Commit to support the Kihei Canoe Club's effort 100%, not just a personal one, for the benefit of all paddlers and KCC.**

## ***Crew Selection Criteria***

Making a long distance crew is more than just paddling ability. The following criteria will be taken in consideration for long distance crew selection;

### ***Paddlers Conditioning***

- Does the paddler burn out over time? Can the paddler manage their technique, physical, and mental effort through the entire race?

### ***Attitude and Dedication***

- Does the paddler have and maintain a positive attitude?
- Is the paddler able to change if necessary?
- When things get rough in or out of the water does the paddler complain or develop a poor attitude?
- How does the paddler react under pressure? Does the paddler lose their cool or stay cool headed?

### ***Technique***

- Is the paddler executing the club stroke?
- Is the paddler coachable and willing to change when requested?
- Does the paddler have the ability to match and blend with the rest of the crews effectively in multiple seats for long periods of time during races?

### ***Club & Program Contributor***

- How much help is the paddler to the club and long distance program?
- Does the paddler assist without hesitation during practices and races? Do the coaches and club leaders have to seek the paddler out to ask for help?
- Does the paddler encourage, foster teamwork, and cooperate with all involved in the program?

## Race Schedule

The following schedule provides the dates and location for the 2010 Long Distance season.

Please review and communicate to the coaching staff if there are races that you will not be able to participate in.

LONG DISTANCE		
8/14	Lae'ula o Kai	Tag Team Relay
8/21	Nā Kai 'Ewalu	Queen Ka'ahumanu
8/22	Nā Kai 'Ewalu	Great Kahakuloa
8/28	Hawaiian	Dutchy Kino Memorial
9/4 & 9/5	Kai 'Ōpua	Queen Lili'uokalani – Kona, HI
9/11	Kīhei	TBA
9/18	Hawaiian	Pailolo Challenge – Maui to Moloka'i
9/26	Nā Wahine	Nā Wahine o Ke Kai – Moloka'i to O'ahu
10/10	OHCRA	Moloka'i Hoe – Moloka'i to O'ahu
10/16	Nā Kai 'Ewalu	Māliko Race

## Training (Practice) Schedule

Our current season long training plan has carefully prepared us for the whole long distance season. By participating in all of our workouts you have positioned yourself physically for an successful long distance performance.

Our practice schedule will continue on the current scheduled days for both divisions.

While we will still be practicing in the mornings it will be important to work some evening practices into our training program to paddle in windy and rough ocean conditions.

These night practices will be announced a week ahead to allow paddlers to plan for them. Weekends will continue to be long practices

## **Fiscal Responsibility**

Kihei Canoe Clubs 2010 Long Distance Season dues will be \$50.00 per paddler. The KCC Officers and Board of Directors have generously offered to cover costs for shipping and transportation for canoes to all of our races this season. The paddlers will need to cover all race entry fees, personal transportation costs to and from races, and escort boat costs.

We will discuss fund raising possibilities for the program to help offset these costs. We will set a budget for all paddlers review and planning purposes.

## **Required Task Forces**

To have a successful program we need to have responsible individuals within the program lead and execute in the following Task Force areas. We will ask for volunteers for the following;

- Transportation/Housing/Food
- Escort Boats
- Fundraising/Finance
- Equipment/Rigging