



Hekili Outrigger Paddler Welcome Booklet



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Aloha and welcome to Hekili OCC

HEKILI OUTRIGGER CANOE CLUB

- Hekili OCC membership is open to male and female participants from the age of 8 (Minnows – turning 8 in the calendar year) to 70+ (Platinum).
- Paddlers can choose to paddle purely for fitness or participate in regattas competing against other clubs throughout Australia.
- Hekili Outrigger Canoe Club is an Incorporated Organisation under the QLD Associations and Corporation Act. It is affiliated with the sport's governing bodies – Australian Outrigger Canoe Racing Association Ltd. (AOCRA)
- The club canoe storage shed is located as you enter the Yorkeys Knob Boating Club carpark.
- The postal address is PO BOX 191; YORKEYS KNOB; 4878.

HEKILI COMMITTEE



President
Rangai Waitoa-
Drewniak



Vice
Pres./Registrar
Ivan Ridley



Secretary
Jude Kennedy



Treasurer
Nora
Pennefather



Club Captain
Rhys Morgan



Club Captain
Peter Harris



Head Coach
Beal Beal



Head Coach
Emma Morgan



Committee
Jill Matthews



Committee
Emma Finney



Committee
Sarah Kistle



- The Committee meets regularly on the third Monday of each month. Hekili club members are welcome to raise issues by contacting the secretary for addition to the monthly agenda. hekilioutriggers@gmail.com
- Minutes of the meetings and the Treasurer's Report are uploaded onto the TeamApp.

OUR OBJECTIVES

- To maintain a club which is a vital and vibrant part of the Yorkey's Knob community.
- To promote the sport of outriggering as an enjoyable way to maintain fitness and achieve a healthy lifestyle and to provide competition in the Far Northern Zone as well as nationally and internationally.
- To observe the Hekili Code of Conduct and Hekili Risk Management Policy, as well as the various rules and regulations as set by the governing body AOCRA (Australian Outrigger Canoe Racing Association).

JOINING THE CLUB

- Initially, you may attend six free introductory beginner sessions before you decide to take the next step and sign up to become a member of Hekili.
- To continue paddling after this time, you must become a member of Hekili. There are two compulsory parts to joining.
 - Register and pay the fees to join AOCRA (Australian Outrigger Canoe Racing Association).
 - Register and pay the fees to become a member of Hekili Outrigger Canoe Club.

AOCRA REGISTRATION

- Go to www.aocra.com.au to register your membership.
- Fees are: \$70.00 for Senior paddlers (19+years) and \$45.00 for Juniors (under 19 years).**
- This membership covers you for the National Sports Administration and Sports insurance claims if an incident occurs while you are paddling. If you have a medical condition, this must be disclosed in your application and to a Hekili coach. A Medical Declaration form is available online at the time of your application and must be completed by your doctor and returned to the AOCRA registrar.
- If your AOCRA membership is not current, you are not permitted to paddle** as this can have implications for the club and your teammates.

HEKILI MEMBERSHIP REGISTRATION

- Once you have an AOCRA membership the Hekili Treasurer and Secretary will be notified, and you will then be able to join Hekili. A Hekili Club member will assist you at this stage.
- There are two simple steps:
 - Pay the invoice for Club membership fee of \$350 sent to you by the Hekili Treasurer.
 - Sign to acknowledge that you have read and received the Hekili OCC Code of Conduct sent to you by Hekili Secretary
- Pay the current membership fees to the Hekili Registrar.
 - Seniors (19+ years) \$350 1st year & \$300 per year thereafter:** - The first year that you become a Hekili financial member you will receive a welcome pack which includes a printed copy of our Welcome Booklet, uniform race rashie, buff and hat.
 - Juniors- (below 19 years) currently nil-** AOCRA Insurance only.
- Membership fees can be deposited into the following Bank Account:
 - Bendigo Bank: BSB 633 000
 - Account Number: 164 728 925
 - Account Name: Hekili Outrigger Canoe Club Inc.
- Please include your name and deposit reference to ensure it is clear who the payment has come from.
- It is the responsibility of members to pay their fees each year, when due. The Treasurer has payment options if members have difficulty paying fees by the due date.
- Membership fees are reviewed by the HOCC Committee each year.

WHAT TO WEAR

- Sports leggings or shorts – **full-length stinger protection must be worn from October to May.**
- Rashie or lightweight T-shirt
- Hat or cap
- Water bottle or Camelbak- Talk to club members about the different range of water packs on offer.



Water bottle in waist belt is perfect for shorter paddles.



Waist water bladder that holds 1.5-2l is recommended for longer distance paddling.



Some paddlers prefer the back bladder for longer distances.

- There are a range of different brands available online. Some reliable Australian websites include:
[Va'amana Outrigger Products Australia](https://www.paddleshop.com.au/) (Preferred)
<https://www.paddleshop.com.au/>
<https://krtaustralia.com/>

PADDLES

- Paddles come in a range of sizes and styles. It is essential that every paddler buy their own paddle, to suit their needs. Initially, new paddlers may borrow club paddles; however, they must be returned at the end of each training session.
- If borrowing club paddles, it is good practise that you collect the paddle from Hekili's storage room located at the toilet block in YKBC carpark and return it washed with fresh water at the end of each session. If the door is locked, ask a club member to open it for you.

Buying a paddle is an important decision for all paddlers. New paddles are approximately \$300- \$400. Well looked after they can last you a lifetime. Before purchasing a paddle talk to a coach to assist you in the correct size and suitable style appropriate for you.

A wide range of paddles can be purchased locally

- Va'a Mana contact Rhys (0419024041) and Emma (0432 810 520) Morgan Hekili Coaches
 1. Viper, Tai, Kai Koo, Kialoa

HEKILI COACHES



Emma Morgan
Head Coach



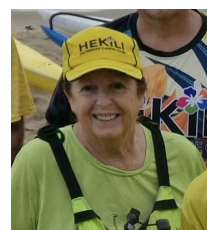
Beal Beal
Head Coach



Gregg Cook



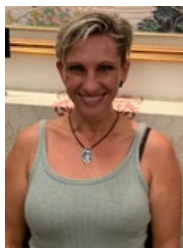
Jude Kennedy



Yvonne
Watters



Steph Buckley



Sonia Marples



Sue Lockwood



Tracy Cheetham



Andrew Buckley



Scotty Wythes



Rhys Morgan

TRAINING SESSIONS

- If you are **new to outrigger**, you will be **required to attend the Sunday morning beginner training session** so that a coach can instruct you on the correct techniques of this sport. In these sessions, you will paddle shorter distances and frequently stop to allow coaches to assist your stroke development.
- When a coach feels that you are ready, you will be invited to attend the regular training sessions. During these sessions, you will paddle longer distances with fewer stops. Your stroke technique will be further refined. It is important that you don't stop paddling until the whole crew is directed to stop paddling.

Training Sessions in OC6s

	Sunday	Tuesday	Thursday	Saturday
Morning	6:00am – 8:15am Distance training	5:15am- 6:30am Usually sprint training/ high rate	5:15am- 6:30am Distance practice	6:00am – 8:30am Longer distance training
Beginners & Juniors' session	Meet at beach by 8:00 am. Session ends at 9:30am. Session run by rotation of Hekili coaches.			
Afternoon		5:15pm – 6:30pm General training Usually sprint training/high rate	5:15pm – 6:30pm General training Distance practice	

* Extra training sessions will run outside of the above times when teams are training for competitions.

Training Sessions in OC1/2/V1

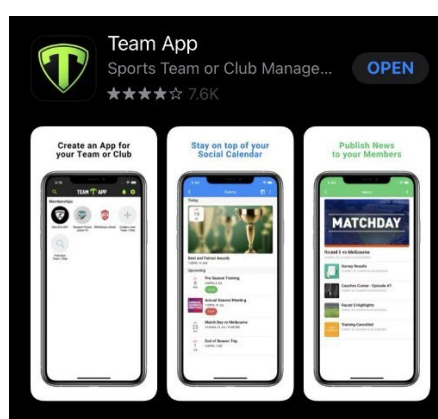
	Sunday
Beginners' session	Meet at shed at 6:30am. Session ends 9:30am Session run by Joint Head Club Coach Sue Lockwood and other coaches on a rotating roster

TRAINING EXPECTATIONS

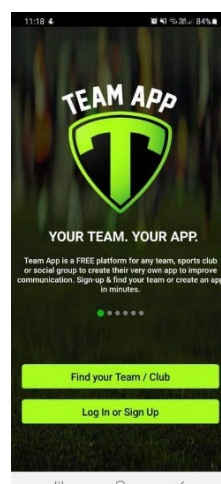
- You are required to:
 - Log onto TEAM App. (see TEAM App section for more details) to let coaches know that you will be attending a training session. It is preferable to do this the night before so that coaches can consider organisation of teams.
 - Arrive at the beach 10 minutes before the session begins to stretch with the group.
 - Listen to the instructions of the coach/es. Training starts when you arrive at the beach, not on the water.
 - Assist in carrying all canoes on and off the water. If you are injured, you can assist in carrying life jacket bags and placing them in each canoe.
 - Demonstrate respect to fellow paddlers and adopt the paddling cultural traditions. (Refer to Paddling cultural traditions section.)
 - Attend all the training sessions with your team if you have signed up to compete in a regatta.
 - At least once a year, you are required to participate in allocated flip drill training sessions with covers on and off.

TEAM APP LOGIN

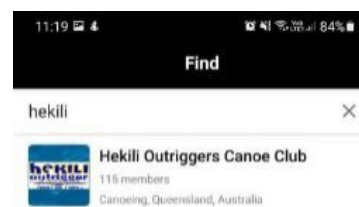
- Download the TEAM APP onto your phone. To download this, go to the app store on your phone. It should look something like this picture.



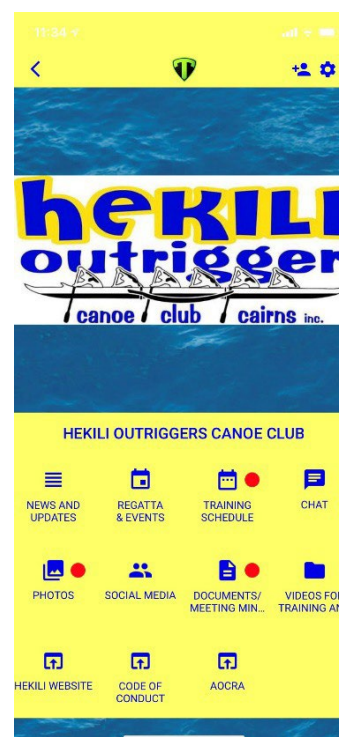
- Click find my team and Type in Hekili.



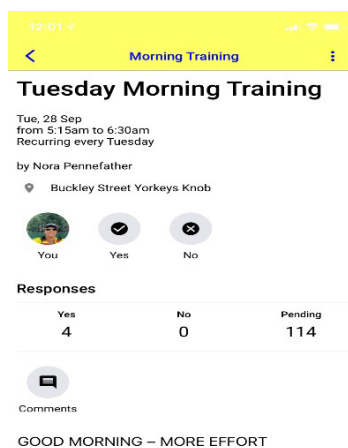
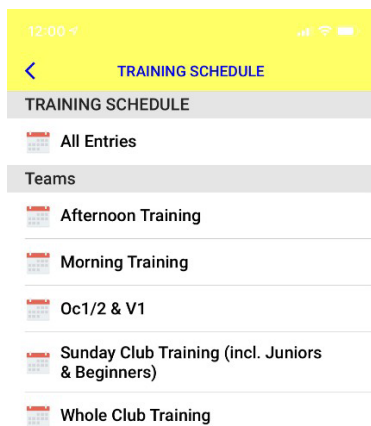
- This image should appear. Click on it.



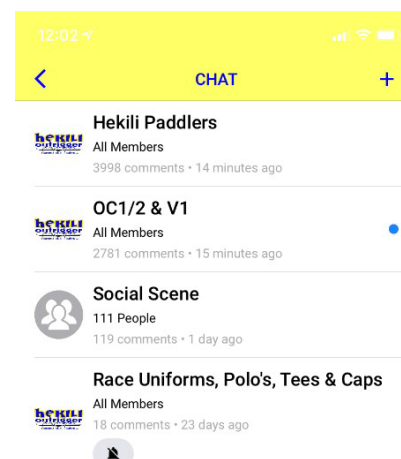
- Once you have the Hekili page you can click sign up to gain more access to content.
- Depending on your phone, you could have a slightly different image. The one on the left is an android and the one on the right is from an iPhone.



- Training session**- Click on the training schedule. Then select which session you are wanting to attend. Eg. Morning training- Then select yes. If you change your mind, you can select no.



- **Regatta and events**- Click on this icon and it will show a list of the regattas and events that are occurring. You can select yes or no to these too. If you select yes to a regatta, it is important that you can make trainings with your team at that time. It is unfair to your teammates if you can't commit to the training sessions as it impacts the whole team. Be aware that some regattas are only suitable for more experienced paddlers. It is the role of the coaches to organise the teams, not individual paddlers. Please be respectful of their decisions as they put a lot of time and consideration into team selections.
- **Chat**- There are different chats set up.
 1. **Hekili Paddlers** is for general discussion about training in oc6 canoes and making people aware of surveys and events arising. Avoid personal conversations as it clogs up the communication.
 2. **Oc1/2 & V1** is any discussion for small craft training. This is used as a safety line. Paddlers need to text what time they are paddling, direction of paddle and when they return. Avoid personal conversations here too to reduce clogging up the line of communication.
 3. **Social Scene** is the place to go if organising events off the water. More personal chat occurs here.
 4. **Race Uniforms, Polo's Tees & caps** is as the name suggests the place to go to discuss club uniforms.
- The other icons are as the names suggest. Ie. Code of conduct documentation location, video locations...



CARRYING CANOES

- OC6 canoes are heavy.
- At every training session you are required to assist in carrying the canoes at the beginning and end of the session.
- To distribute the weight evenly across the canoe, people are required to carry from the middle of the canoe. Avoid lifting at the very front and back. Please do not drag the canoes on the sand.
- When lifting, canoes require an even number of people on each side.
- Avoid talking during carrying canoes so that everyone can clearly hear the listening instructions.
- If you have an injury and are unable to lift, speak to the coaches so they are aware of it. You can still assist by placing a bag of life jackets in each canoe, checking that the three bungs are done up and for early morning and afternoon sessions in the winter months, attach a torch to a canoe.
- When carrying canoes, we try to go in the shortest straight line possible. Before lifting, be aware which canoe rack the canoe is being transported to.



CLUB EQUIPMENT AND COURTESY

- Hekili are fortunate to have a substantial number of items available for the use of the club members. As with use of any item, wear and tear can alter the state quite substantially. The following courtesies are expected of all club members:
 - All equipment is to be treated carefully and with respect
 - Return all borrowed club equipment and ensure that it has been rinsed, drained and stored appropriately to prevent being damaged.
 - Any loss or damage is to be reported immediately to the Club Captain, a Club Coach or any committee member. This can be done via the TEAM App or in person.

USE OF CLUB OC1/2'S AND V1'S

- Before using a club small craft in an individual session, you must attend a small craft coaching session. The coach will then let you know when you are approved to borrow the club canoe outside of set training sessions.
- When using a small club craft, you must:
 - Sign in your time and canoe details on oc1/2& v1 TEAM App training session.
 - Go to TEAM app chat- oc1/2 V1 and record your time starting on water, direction you are heading, and record when you have returned to the beach.
 - Wear a lifejacket- preferably your own. If you use the club one, remember to hang it out to dry.
 - Handle the craft carefully and rinse it off with fresh water at the end of your session.
 - Empty water out of ama and canoe ON THE BEACH, prior to putting on the dolly to return to shed.
 - Report any damages onto TEAM App chat and mention it to a committee member or coach.
 - Do not go out by yourself -There must always be at least 2 paddlers in attendance.
 - Individuals must comply with requirements in the current Hekili Risk Management Policy.
 - Individual use must be fair and equitable for all club members- they are club canoes and need to be shared.
- For training purposes, the club racing OC2s are not to be used unless the coach has given you permission to prepare for a competition.
- Training oc2s are: Zulu, Stingray, Sabre and Green Limousine.
- Competition OC2 canoes are the blue Wahtoo "AHI" and the three Gemini's.



COMPETITION EXPECTATIONS

- At the beginning of each year, a Regatta calendar is created by AOCRA. This allows paddlers plenty of time to see if they are available for competitions. These can be seen on the TEAM app Regatta and events.
- Regattas are made up of several different races. Eg. sprints- 250m, 500m & 1,000m with turns; middle distance 9- 14km and longer distances ranging from 19- 46km.
- The local NQ Zone Regattas are suitable for all paddler levels; however, the other regattas on offer are more specialised and require more experience to compete in them due to race conditions.
- Training sessions will be tailored to fit the up-and-coming regatta distance. It is essential that those people nominating to compete in a regatta develop paddling techniques and fitness levels to suit the race.
- Throughout the Regatta season teams will be selected prior to regattas where possible to allow teams to train together. Selection and seating positions will be appointed by the coaches and will depend on attendance at training, team gelling, strength and fitness.
- Selecting and creating teams takes a lot of time. For teams to be able to train effectively, paddlers need to commit well before the regatta and be aware of prior engagements to avoid pulling out of regattas at the last minute.

REGATTA FEE PAYMENTS

- Participation in regattas requires payment of nomination fees and a portion of the canoe towing costs. Each race you compete in has a nomination fee. ie. The more races you compete in, the greater the cost to you. Grand Prix regatta race fees range from \$15-\$20 per paddler, per race.
- Prior to the regatta, the Club Registrar will nominate the teams and pay, in advance, the nominations fees.
- Prepayment of estimated fees is required and the balance invoice will be sent to you after the regatta.

HISTORY

- Outrigger canoeing started in our club at Mission Beach in 1994. The club then known as the Raging Thunder Outrigger Canoe Club comprised of just 10 members all of whom were white water rafting guides. This small team of paddlers had great success both nationally and internationally. Late in 1998 the club expanded to Cairns and membership was open to people outside the white-water rafting family. Yorkey's Knob became the club's training base as the sport of outrigger canoe racing was rapidly growing from a foundation club which started at Hamilton Island in the 1980's.
- By late 2006 the club was again looking for a new direction. With a view to developing the club and the sport in Cairns, and with the support of the Yorkey's Knob Boating Club (YKBC) the club name changed to Hekili (meaning Thunder in Hawaiian) O.C.C. We were offered the use of the old YKBC premises for storage of our equipment which now meant the club had a secure home base to allow the assets and the club to grow.



TERMINOLOGY AND TRADITIONS

- This sport has evolved over thousands of years from being the principal mode of transport used by the indigenous population throughout the Pacific to travel amongst islands of the Pacific, to the active sport to build fitness, strength and endurance that it is today.
- Some of the terminologies and traditions used in the sport today stem from this ancient past and reflect the strong spiritual connections between these peoples and the sea.



TRADITIONS

- **Blessing of canoes** – All canoes are blessed to seek safe passage for the canoe and its passengers
- **Pointing the outrigger to sea** – When a canoe is sitting on the beach the bow is always pointing towards the sea. This is seen as a sign of respect for the canoe, but probably stems from the days of war canoes and the need to make a quick get-away.
- **Never step over a canoe** – Never step over the hull of an outrigger canoe, always walk around as another sign of respect.
- **Never stand in the canoe** – You may cause the canoe to flip over.
- **No swearing in the canoe** – It is disrespectful to the canoe and may offend fellow paddlers.

Terminology:

- **Va'a or Waka** - The canoe
- **Mana** - The Spirit
- **Ama** - (pronounced ar-ma) the float device attached to the left side of the canoe.
- **Iaku** - (pronounced ee-ar-koo) the wooden struts between the canoe and the ama
- **Gunnels or gunwales** – the rim of the canoe
- **Lashings** – the rope used to bind the iaku to the ama or canoe.
- **Snap lashings** - A faster, modern method, of lashing or as reinforcement to lashings.
- **Huli** – When the canoe capsizes
- **Blade** - The flat piece of the paddle, also used to describe the whole paddle

SEAT POSITIONS AND RESPONSIBILITIES

- Each paddler in the canoe has a specific function. When everyone paddles in time, the paddlers work as a united team and the canoe glides effortlessly through the water.
- As a Hekili team member you will, at some stage, sit in each seat of the canoe. The experience is invaluable and team members will support you - enjoy the opportunity! For races, the club coaches will determine teams and seating positions, based on observations during training.
- **Seat 1** - sets the paddling rate for the rest of the team and assists the steerer in keeping the canoe aligned.
- **Seat 2** - mirrors seat 1's timing and provides encouragement and support for seat 1.
- **Seat 3** - calls when to change sides paddling (calls the HUTS) and provides strength and power with each stroke. Is often the motivator/talker along with the steerer
- **Seat 4** - also part of the powerhouse, they provide strength and power
- **Seat 5** - provides strength and power to the canoe and supports the steerer if necessary, to maintain a watch on the ama to ensure the canoe doesn't flip.
- **Seat 6** - steers the canoe, calls directions and has overall control of the canoe.

STEERER COMMANDS

- **Paddles set** - Assume the set-up position
- **Hit** - Start paddling.
- **Hutt**- You have one more stroke before you change sides, usually called every 12 to 15 strokes.
- **Rate up / down** – this directs the speed of the strokes, set by seat 1 and followed by the rest of the canoe.
- **Power up / down** – this directs the strength applied to the front of the stroke by team members.
- **Hold the canoe** - Put whole blade in the water to hold the canoe in position.
- **Draw left / Draw right** - Reach out and plunge your blade deep into the water and pull in so that you push water under the canoe. This instruction is usually given to seats one and two to change the direction of the canoe but may also be given to the whole crew to move the position of the canoe.
- **Paddles up** – Stop paddling.

UNIFORMS

- Club uniform must be worn if you are competing in regattas.
- Typically, the club has short, long sleeve and singlet style Rashies, in men's and women's sizing's, available for purchase. Please contact Secretary Jude Kennedy (0417) 030 957 with respect to purchasing a rashie.
- You can also ask questions on the TEAM App – uniform chat.

FACEBOOK & WEBSITE

- Hekili has a website where you will find all of the information in this booklet along with interesting information about the sport of outrigger canoeing including photos, history, contacts and events.
www.hekilioutrigger.com.au
- Additionally, we host a Facebook page, Hekili Outrigger Canoe Club.
<https://www.facebook.com/Hekili.Cairns>
- You can gain access to these sites on the TEAM App too.
- AOCRA Website is www.aocra.com.au

OTHER USEFUL WEBSITES

- Introduction to Outrigger Canoeing - <http://outriggersantacruz.org/>
- Paddling Clinic (Johnny Puakea and Danny Ching)
 - Part 1 – Putting blade in water - <http://www.youtube.com/watch?v=Ne1PFWSeY3w>
 - Part 2 – Pull and exit - <http://www.youtube.com/watch?v=e3p7C5vAhFM>
 - Part 3 – Rotation - <http://www.youtube.com/watch?v=muMz1DfU3iM>
 - Part 4 – Breaking your arms - http://www.youtube.com/watch?v=byKfA_sQjK4&feature=em-share_video_user
- You can locate other useful videos on the TEAM App too.

