


PaddleBlade

Lanikai Canoe Club Newsletter Vol. 3, No. 1, February 2006

A Message from the President...

Lanikai Canoe Club looks toward the 2006 season with eager anticipation of another great year. All of the coaches, administrators, paddlers of the club, and the parents are hoping for the same common thing: A wonderful and exciting experience for each and every paddler; a season that will be fun, that will be full of hard work, in which to meet new friends, in which we will work together as a team, and that will offer us time to grow as individuals through athletic competition.

We can achieve this if the board, coaches, parents and paddlers all share the same philosophy in our approach to this season. Our philosophy this year is “laulima” which means working together. If we, the members of Lanikai Canoe Club, work together, our club will stay strong and unified. IMUA!

Some of the things the exciting things that will be taking place in 2006 are...

2006 World Sprints:



Lanikai Canoe Club has 4 crews entered in the 2006 World Sprints that will be taking place in New Zealand – Master’s Women, Senior Master’s Women, Golden Master’s Women, and Open Men – Go Lanikai!

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The 2006 HCRA State race will take place on August 5 at Keehi Lagoon. We are planning on participating in the State Race this year, however, because the HCRA rules did not change in our favor, we will be refurbishing our koa canoes.

Positive Coaching Alliance Workshops:

Our workshops are currently scheduled for: Sunday, April 2, 2006, from 3pm – 5pm; and, Saturday, April 15, 2006, from 3pm-5pm. It is our hope that all of you will make every effort to attend one of them. These workshops are an important way to help weave a common thread through our club and they will provide valuable insights into ways you can contribute to the success of your child during the upcoming season.

Here's some examples of things that coaches and parents need to realize:

-young athletes go through stages of talent development. Rushing through these stages can hinder athletic development. It is important for coaches and parents to realize where a particular athlete/child is at any given time;

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-that the development of a positive coaching mental model is imperative for optimum performance;

-that both parents and coaches have the ability to "fill the emotional tank" of their child/athlete and this can lead to an enhanced experience for the athlete;

-the development of a strong coach/parent partnership is essential for success of the young athlete;

-that "fun" is pivotal; if it is not fun, young people will not play a sport;

-intrinsic rewards are more important in creating life time athletes than are extrinsic rewards (winning or attention from others);

-by the age 13, 70% of kids drop of organized sports!

our workout regiment to enhance athletic performance. These exercises will increase core strength, flexibility, balance, and movement preparation (or warming up) for our adult and youth paddlers. TS&C have successfully worked with many reputable organizations here in Hawaii in creating strong and healthy athletes

Aka Hemmings Steering Clinics:

Back by popular demand...the dates for the clinics are April 1st, 8th, 22nd, May 6, 13, and the 27th from 8am-12n at Lanikai Park/Beach. The cost for Lanikai Canoe Club members is \$30 per paddler for the six-day clinic. All participants must attend every day.

2006 Board of Directors:



Tactical Strength & Conditioning:



Striving to optimize athletic performance and maximize athletes' quality of life, Tactical Strength and Conditioning ("TS&C") is a company committed to teaching and implementing functional strength training and injury prevention principles. LCC will be working with their business by training our coaches and bringing some of their exercises into

We have a great group of volunteer board members this year. Thank you...Aaron Creps, Cindi Chess (secretary), Ann Dolan, Dave Dunham, Mollie Foti, Mike Gibson, Curtis Hawkins (vice-president-equipment), Jessica Hawkins, Judy Irvine (president), Kalani Irvine, Rick Leton, Clint Matthews, George Nardin (treasurer), Pete Roney, Connie Sizemore (vice-president-development), David Smith, and Carl Woehrlle.

Lanikai Canoe Club is committed to do everything possible to make the 2006 season a memorable one for all of our paddlers. We are looking forward to yet another great year ahead!

Aloha,
Judy Irvine,
President, Lanikai Canoe Club

REGISTRATION FOR THE 2006 REGATTA SEASON!

by Suzi Mechler



Lanikai Canoe Club welcomes all returning and new paddlers to the 2006 Regatta Season.

Registration will be held at Lanikai Park on the corner of 'A'alapapa and Kai 'Olena on the following days:

- Saturday, March 11 8:00am – 12:00noon**
- Sunday, March 12 1:00 – 5:00pm**
- Saturday, March 25 1:00 - 5:00 p.m.**
- Sunday, March 26 8:00am - 12:00noon**

HOW TO REGISTER:

Paddlers who paddled regatta season for Lanikai CC in 2004 & 2005 need to provide:

- Lanikai Canoe Club registration form
- 2006-07 HCRA Waiver
- Complete payment

All other paddlers are required to personally be at Registration and need to provide:

- Lanikai Canoe Club registration form
- 2005-06 HCRA Waiver
- Complete payment
- Copy of birth certificate (former paddlers of LCC may have a copy on file with the club, however we recommend bringing a copy just in case)

You need to be present at registration so a photo can be taken and your signature recorded for the new HCRA card ID system.

Registration forms and waivers are available for download on the Lanikai Canoe Club website (www.lanikaicanoecclub.org). Completed paperwork may be left in the drop box on the side of the longhouse at Lanikai Park.

DUES:

As a result in increased costs of running the Park, adding Tactical Strength & Conditioning to our paddling regiment, and increased OHCRA insurance fees, we have had to increase our dues \$15 for youth paddlers and \$25 for adult paddlers. Registration dues during these four (4) registration days only.

- Adult - \$175.00
- Youth - \$135.00 (18 years and under)
- Family - \$275; Additional family members are discounted at 15% for the individual paddler price (for 2 or more in a family) (husband/wife, parent/child).

After 5:00pm on March 26th, dues increase by \$25.00 for individual dues.

Initiation fee for brand new paddlers to LCC are \$10.00 for Adults, \$5.00 for Youth and \$15.00 for Family.

Fees for any paddler requiring an HCRA ID card are \$10.00 for Adults and \$5.00 for Youth.

Questions can be addressed to Suzi at suzimechler@hawaii.rr.com.

Did You Know...

By Mollie Foti and Hoppy Smith



...how the Mortgage Players got its name? Way back in 1952 the Lanikai Association took out a \$30,000 mortgage to help finance the purchase of park land and construction of a pavilion. Ten years later the Mortgage Players put on their first performance and all the proceeds from ticket sales went to pay off the principal of the bank loan, hence the name "Mortgage Players". Many years later the mortgage was paid in full, but the players continue on, helping pay for upkeep and improvements to our park. In fact, they were the major donors when our longhouse was constructed. Back then LCC was a very small club and could never have financed such a project.

The next Mortgage Players melodrama is titled "Blazing Guns at Roaring Gulch" - pure old fashioned fun complete with hero, heroine, villain and other suspect characters. They will be holding try-outs on Tuesday, April 4th, 7:30 p.m. See Director Lucille Shreve if you would like to mix acting in with your paddling skills. Do good paddlers make bad actors???

If you don't feel ready for the stage, be sure to come and enjoy as an audience participant. We need to support this group that has supported us so well. The performances will be held the weekends (Friday, Saturday and Sunday nights) of May 19, 20, 21 and 26, 27, 28, at the Lanikai Community Center, performances start at 8pm.

Youth OC1 Program

By Pete Roney

The last big race of the 2005 Lanikai Youth One Man Canoe season included five youth paddlers in the Molokai to Oahu team relay race. Pat Dolan teamed with Lanikai upper division men's program paddler, Kai Bartlett, to win the 40.1 mile Kaiwe Channel relay this past May. Congratulations to Pat who, at 16, is the youngest participant ever to win this popular race. Paul Casken, 18, and Jack Roney, 15, teamed to win the Junior Division and Chris Beuret and Damien Casken, both 16, rounded out the Lanikai YOC1 entries.

Parents and coaches congratulate these young men who helped the YOC1 program to a successful first year. Joining Conner Dowsett and the other boys this year are new paddlers, Kirk Mueller, Ryan Dolan, Tanner Beuret, and James Casken. In the most recent race 2/5/04, eight LCC youth paddlers entered the 8.5 mile race from Hawaii Kai to Kaimana Beach, and finished very respectfully.



The program continues to be indebted to our sponsors, the general membership and LCC Board, the LCC upper division men's program, and the parents for their support and time. New paddlers are still welcome, and adult paddlers are welcome to bring a canoe or kayak and join the OC1 practices on Wednesdays and Fridays at 5pm and Sundays at 9am.

Thanks to Outrigger Connection and Tiger Canoe for recently helping the program acquire four new canoes to replace some of the older boats.

Lanikai Canoe Club's Koa Log by Kalani Irvine



Lanikai Canoe Club purchased the koa log from Uncle John (Kekua) in March 2005.

Uncle Bobby and Uncle John found the approximately 80-year old tree in January of 2005 on the Hamakua Coast of the Big Island. It was leaning on the side of a mountain and they had to cut it down to remove it. The log was dragged down from the mountain by Uncle John's 747 track loader and was squared off at his house in Hilo. Part of the log's bark was given to a school for its sign.

The Log has been stored at Uncle John's and recently LCC's Board of Directors decided that we would like to have the log here.

On Thursday, November 10th the log came in from Hilo and Young Brothers called and said that the log had to be moved by Friday. Luckily a trucking company was found that could move our 43 ft. 9 inch, 12,000 lb. log on such short notice. MANY

THANKS to John King of All Pool and Spa who was kind enough to lend a helping hand and 3 fork lifts to move the log off the trailer and temporarily into his vacant warehouse space at All Pool & Spa. Also thanks to Bill Tibbets for his support and assistance, who was there to help in a pinch.

I would like to again thank John King for his support- we could not have done it without him! We are very fortunate to have the log but we are even more blessed to have such a supportive group of volunteers within the community to make this all happen.

We hope to bless the log along with the Mokulua and Hokulele at our Blessing in June of 2006.

Other details regarding when the log will be worked on and who will work on it have not been decided at this time.

Brief History and Philosophy of Lanikai Canoe Club

by Dave Daniels



In the late eighties, several childhood friends from Lanikai began filtering back from the mainland after being away at college. With John Foti and Kalani Irvine at the helm, they had the idea of trying to rebuild the Lanikai Canoe Club's upper division men's program. Though the men's program had experienced some success and had even won a Molokai Hoe in the seventies, it had been almost nonexistent for a number of years. With no blue print to follow and little guidance, they stumbled along through trial and error, slowly developing the foundation of Lanikai paddling...paddle hard and play hard.

Karel Tresnak Sr. came into the picture in the early nineties and introduced them to Olympic style training and conditioning. This coincided with the appearance of the one-man canoe. After a couple of close races and the return of Gail Berengue, they won the Molokai Hoe in 1995, then again in '96 and '00. In 2004, Pat Erwin stepped into the role of head coach and with that, two more championships.

But why has this program been so successful in the Molokai Hoe? After asking several people who have been involved in the program much longer than I have, several answers were consistently given.

SET A GOAL: Every year the goal is to win the Molokai Hoe; all other races are secondary. All training and preparation revolves around doing the best in

this one race, even at the expense of other races.

CREATE YOUR OWN LUCK: In the channel, anything that can go wrong will go wrong at some point. A team must hope for the best but prepare for the worst: broken equipment, broken escort boat, unfavorable weather conditions, sick paddlers, the list goes on and on. These types of variables, no matter how insignificant, can mean the difference between a win and a long, miserable day.

The other thing is to learn from your mistakes and the mistakes of others. If a piece of equipment breaks, make sure that piece never breaks again or make sure you have a backup plan. In 1998, the crew was on their way to possibly winning another channel when the seat four zipper broke. The four seat paddlers spent the next three hours bailing the boat. That year Lanikai came in fourth and learned a good lesson, always have backup zippers on the canvas.

TRAIN IN RACE CONDITIONS: Because we live in Hawaii and on Oahu, we are at an advantage when it comes to training. We have the opportunity to train in the channel and experience possible "race day" conditions. Long weekend practices up into the channel and across the bay into Waikiki are the norm, not the exception. For paddlers and steersmen to develop a symbiotic relationship in the surf takes time. Long runs are a great opportunity for this "gelling" process to take place.

DEVELOP TALENT: The long term goal of the program is to try and win every Molokai Hoe. The only way to accomplish that goal is to make sure we retain talent and develop talent so that there are men able to move into seats that are vacated by people who are unable to make crew or paddle. As been the case in the past, the nine paddlers for the Molokai don't always paddle together during preseason races. In fact, the

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first time all paddlers of the 05' crew paddled together was during the Molokai Hoe. This process also allows newer paddlers to become familiar with our system and our style of paddling and in turn creates depth that pushes the mainstays in the first crew to train harder.

A great example of this was seen in this past Molokai Hoe. Our second crew came in seventh place overall and four of the nine paddlers in that crew had raced throughout the season in the first crew with impressive results. Additionally, two of the men in the second crew placed in the top ten of the 2005 Solo Molokai OC-1 race.

THE ONE MAN CANOE: The one man canoe has been an important training tool in the program from the very beginning. It allows the paddler to train during the off-season, helps to develop canoe surfing ability, coaches use it to monitor conditioning, and helps to break up a sometimes long and tedious six-man season.

The one man, however, is never a substitute for six man paddling and does not define the paddler but rather, is an important tool utilized by both coach and paddler. The best one-man paddlers are not necessarily the best six-man paddlers.

HAVE FUN: Sometimes we forget that paddling is supposed to be fun. It's easy to become overwhelmed by training, "paddletics", stress, commitment, and all the deep emotions that seem to pop up during the distance season. Our program is not immune from any of those detractors but luckily, one of the pillars of our program is to play hard. Having fun and developing strong friendships outside the boat helps to carry everybody through the rough times. Friendships that develop through those rough times help to galvanize the men into a crew because when your three hours into the channel and starting to hurt, the last thing you want to do is to let down a true friend. These friendships also help to keep the paddlers in the program because we enjoy training with each other.

HARD WORK: There is no substitute for hard work and training. The Lanikai program just didn't happen; it has been the result of years of hard work and commitment by a group of people who have a deep passion for the sport and fierce competitiveness. These aspects drive the program and the paddlers to push themselves during races and during training. Pushing your body and the training to a level of controlled chaos is what separates the successful crews from the rest of the pack.



In the end, we all want the program to be successful, even if that means compromising our own personal desires and ambitions. When the first crew does well, the program does well and when the program does well, all the crews do well. When involved in a team sport, the individual must perform at their best but one individual does not win the race. It is the result of everyone working together unselfishly towards the same goal. Anchoring the foundation of the program, these beliefs set the stage for the next generation of paddlers to fill the daunting task of carrying the torch into the next race across the Kaiwi channel.

Lanikai Canoe Club Calendar

Registration.....3/11/06, Sat., 8am-12n; 3/12/06, Sun., 1pm-5pm
 3/25/06, Sat. 1pm-5pm, 3/26/06, Sun., 8am-12n

Parents Workshop - Ken Smith.....4/2/06, Sun., 3pm – 5pm
 Coaches Workshop- Ken Smith.....4/15/06, Sat., 3pm-5pm

Aka Hemmings’ Steering Clinics.....4/1, 4/8, 4/22, 5/6, 5/13, 5/27
 8am-12pm (participants attend all days)

General Meeting at Lanikai Park.....4/3/06, Monday @ 5pm

First Day of Practice.....4/4/06, Tuesday (Nov. Bs and youth paddlers)

Blessing at Lanikai Park.....6/3/06, Sat., @ 10am

Fun Day at Lanikai practice site.....date, time and details to be announced

End of the Year Party.....date, time and details to be announced

Oahu Hawaiian Canoe Racing Association 2006 Race Schedule

Pre-Season Races (Approved by OHCRA)

TBA	Hawaii Kai Marina Challenge	Hui Nalu	Hawaii Kai Marina
TBA	Kala Kukea Challenge	Hui Nalu	Maunaloa Bay-Anuenuue
3/11/06	Stu Kalama Memorial Race	Kai Oni	Ala Wai Canal
4/22/06	The “Kahiau” Canoe Race	Keahiakahoe	Magic Island
5/13/06	Kalai O Malulani Race	Keahiakahoe	Kailua-Kahaluu
5/20/06	George Perry Race	Lanikai	Kailua Beach Park

Regatta Season

6/4/06	Clement D. Paiana Regatta	Healani	Keehi Lagoon
6/11/06	King Kam Regatta	Kailua	Kailua Beach Park
6/18/06	Leeward Kai Regatta	Leeward Kai	Keehi Lagoon
6/25/06	Waimanalo Regatta	Waimanalo	Waimanalo Beach Park
7/4/06	Walter J. MacFarlane Regatta	Outrigger	Waikiki Beach
7/16/06	John D. Kaupiko Regatta	Hui Nalu	Nanakuli Beach Park
7/23/06	OHCRA Championships	OHCRA	Keehi Lagoon
8/5/06	HCRA State Championship	HCRA	Oahu/Keehi Lagoon

Distance Season

8/13/06	Ka’ena Challenge Race	Makaha	Waimea-Makaha
8/20/06	Duke Kahanamoku Race	Lanikai	Kailua Beach Pk to Waikiki
8/26/06	Kailua Bay Iron Man Chall	Kailua	Kailua Beach Park
8/27/06	Dad Center Women’s Race	Outrigger	Kailua-Kaimana Beach
9/10/06	E Lau Hoe Women’s Race	OHCRA	Maunaloa Bay – Nanakuli
9/17/06	Henry Ayau Men’s Race	Hui Lanakila	Maunaloa Bay – Nanakuli
9/24/06	Na Wahine O Ke Kai	NWOKK	Molokai – Hilton Pier
10/8/06	Men’s Molokai Hoe	OHCRA	Molokai – Hilton Pier

**all dates subject to change; please refer to LCC website “lanikaicanoeclub.com” for changes*