

Akau Hana 1/29/94 Executive Board Minutes

The meeting was called to order at Lote Sanderson's home with Arlin, George A., Maureen, Gina, Shawn, George S., Lote, Shannon, Fred and Tim present. The minutes from the 11/7/93 were reviewed and approved.

Arlin announced that John Smiley has resigned as Sgt. at Arms. Lote nominated Kevin Block to be appointed to his position and was seconded by Fred. The Board voted and approved. The appointment will be announced and voted on at the next general club meeting.

The plaque for Stuart and Sharon Saul was presented and the inscription suggested by George S. was accepted. Arlin motioned that the Sauls be awarded life time membership to Akau Hana as the club's founders. The motion was seconded by Tim and approved by the Board.

Arlin announced that a flyer was circulated at the last NCOCA meeting by Akau Hana inviting any clubs interested to store their cannoes at the Santa Cruz Yacht Harbor. After reviewing suggestions of other clubs as well as ours, it was decided that any clubs that pursue this invitation establish their own storage agreement with the Yacht Harbor.

Several alternatives to compensating our members for use of their cannoes were discussed and the following policies were voted on and approved.

- 1.) Terms for canoe use be on a annual basis, beginning and ending at the internal fiscal year.
- 2.) In exchange for the use of their canoe, their membership dues and boat storage fees will be inccured by Akau Hana.
- 3.) Canoe owners will be required to give a ninety day notice to the Board if they choose to terminate the terms.

It was brought to the attention of the Board that its members could be held individually liable in any potential legal action originating from the activities and operation of Akau Hana. Because of this fact, the Board regretfully voted to establish a new policy which requires a Board member to be present at any time the cannoes are used. In order to allow the recreational paddlers to continue using the cannoes, Lote moved that the position of Recreational Representative be added to the Board and that Jay Downer be appointed to that position. The motion was seconded by Fred and approved.

Several alternatives were discussed for the policies, fees and dues for the 1994 season and the following terms and figures were voted on and approved.

- 1.) Any outstanding debts are required to be paid in full in order to race or paddle recreationally.
- 2.) Racers are required to pay 50% of their dues and/or fees by June 4th and 100% by the championships.
- 3.) Recreational paddlers who choose to race mid-season will pay an additional \$20.00 to their rec. fees.

1994 FEES AND DUES

INDIVIDUALS:	\$75.00	Intiation fee
	\$120.00	Dues
FAMILY:	\$100.00	Int.
	\$80.00	Per Person x2
	\$70.00	" " x3-4
	\$60.00	" " x5 or more
RECREATIONAL:	\$75.00	Int.
	\$80.00	Dues
CHILDREN	12-19	No Int.
	\$60.00	Dues

A trailer and dolly committee was appointed consisting of: George S., Fred, Shannon and Paul S. The cost for the construction of both will be submitted for approval.

October 12, 1993

To: Executive Board of Akau Hana
From: George Abood and Arlyn Osborne
Re: Proposal for Coaching Program

In considering whether the two of us were willing to accept the appointment(s) of co-head coaches, we met and put together the following coaching program proposal. Neither one of us has the time to be a head coach in the way other canoe coaches have them, where one person essentially coaches or maintains a presence during the coaching of all teams. Our plan would require the involvement of a number of club members in creating and maintaining a successful coaching program.

This plan is not complete, but will give you a sense of the kinds of things we want to do, or think are important.

After reviewing this proposal, let us know if this kind of co-head coaching would meet the needs of Akau Hana. If so, we will accept the positions of co-head coaches.

Coaching Proposal

Goals of the coaching program:

- Develop a range of teams to meet the needs and desires of all paddlers:
 - a. very very competitive
 - b. very competitive
 - c. competitive
 - d. junior teams
 - e. recreational / fitness
- Provide consistent coaching for all teams
- Increase knowledge of water / canoe safety and ocean conditions
- Develop well-balanced, well-matched teams
- Increase fitness level of all paddlers
- Win more races
- Increase awareness of cultural aspects of canoe racing

Here are some specifics we have talked about:

1. Develop at least one men's and one women's team to compete on a competitive level with teams from southern California and Hawaii. These teams would see the regatta season as a test of their skills and would race the 3,000 meter races. They would be working up to racing competitively at Tahoe, the Channel Islands, and some of the races in Hawaii. George would coach these teams.
2. Train enough coaches to meet the teams' needs, and ensure that all are trained to a specific level (test if necessary) in safety, technique, and coaching procedures.
3. Provide training / testing sessions for steerspeople to ensure that all have at least a specific level of competence, level of safety awareness, knowledge of ocean conditions, and knowledge of race rules and procedures. In many cases, these steerspeople will also function as asst. coaches when the coach cannot be present in or near the canoe, and must be trained accordingly.

4. Ensure that all paddlers know the basics of ocean and canoe safety and are trained in how to right a canoe after a huli. We would make Huli practice / training a requirement for all paddlers--and would extend the practice to include not just harbor but ocean righting of canoes.

5. Design a training program for paddlers to do outside of the canoes, so that when they are in the canoes, they will be working on technique, not on fitness. Serious paddlers (those who want to race) should be working out at least three times a week, both for strength and for aerobic fitness. The fitness training should start now, in the fall, and continue all winter and spring so that when we begin serious canoe training in the spring, all paddlers are fit and conditioned. Through the winter, paddlers only need to be in the canoes twice a month. In between, they can work out together at gyms, at homes, the beach, etc. In the future we want to develop club resources such as a training tank, weight room, etc.

6. Develop crews that are more evenly matched for competitiveness, fitness, style, technique, canoe balance, etc. If necessary, design some fair testing program to decide which team paddlers should be on for optimal canoe balance, etc.

7. Work with other club members and other canoe clubs to have winter workshops in cultural aspects of canoe racing and on paddling technique, etc.

Details:

1. We want every paddler in the club to have a basic level of fitness. In order to make this happen, we want all paddlers to work out through the winter, at least three times a week. The workout should include aerobic conditioning, strength training, endurance and stretching/flexibility exercises. We will be handing out a sample workout for a base level of fitness, and Gina, who has agreed to volunteer some training time for club members who want to learn how to do a workout effectively, cheaply, and safely, or who are already working out and want to add some endurance training. In late March or early April, we will be testing each paddler and rating their fitness level along with asking paddlers to tell us their level of commitment and competitiveness. At that time, we will form teams that are similar in commitment and fitness. Teams that are already formed and want to stay together such as the new women's novice team, are encouraged to work out together so their fitness levels will be similar.

2. We are concerned with burn-out and think that paddling all winter is not healthy or necessary. Twice a month on a Sunday is plenty, as long as a paddler is also working out during the week. The winter is when we need to fix canoes (President will set dates) and do trainings of new coaches and of steerspeople. We will be changing the lock on the shed, and then issuing keys to new coaches as they finish the training.

3. The coaches training will focus on getting all coaches paddling in and teaching the same style of stroke, and on similar training methods. We will be identifying people who we think would make good coaches and also want people who are interested to tell us at the general meeting.