

Aloha Students, Parents/Guardians,

Thank you for your interest in the Girls/Boys JV/Varsity Paddling Program. Prior to the first day of practice, it is important that I inform you of the many responsibilities and the commitment involved as a member of the Kamehameha Schools Paddling team.

Student, parents, and/or guardians must carefully consider the responsibilities incurred by becoming part of the team realizing the “outside school time”: that is involved in this sport.

As a member of the canoe team you can look forward to the opportunity for personal growth, leadership development, and involvement in many different and exciting activities. Your attitude, dedication, and enthusiasm are just as important as the physical skills involved.

In this packet you will find:

- Requirements for team members before going in a canoe
- Team Expectations
- T-Shirt fundraiser sample order form
- Car wash fundraiser flyer
- Parent Meeting flyer
- Practice and race calendar
- Uniform shorts order form (*due w/payment on October 24*)
- Commitment form (*due before the first day of practice*)

This packet has been uploaded to the canoe paddling blog site:

<http://blogs.ksbe.edu/lokalani/category/canoe-paddling/>. This blog will be used throughout the season to keep paddlers and parents aware of what is happening in paddling. Should you have any questions and or concerns, please contact me at 982-0659 or e-mail lokalani@ksbe.edu.

Mahalo,

Pua Kalaniopio
Head Coach

Coaches:

Ray Bumatay, Assistant Coach
Doug Bumatay, Assistant Coach
Sanoë Kauhane, Assistant Coach
Micah Alameda, Volunteer Coach
Kelsey Iyo, Volunteer Coach
Bradley Young, Volunteer Coach

Canoe Paddling Team Requirements for 2007-2008

First day of practice – Monday, November 26
3:30 p.m. – 5:45 p.m.

It is our intent to provide opportunities for interested students to participate in the paddling program and, therefore we will not be holding tryouts – everyone who comes out will be on the team. However, because of the limited number of positions available on a crew the student/paddler may be on the paddling team but may not make the crew. The coach(es) will inform each athlete of his/her place in the program, why he/she will not be paddling in a race(s), and what he/she may work on.

Before entering into a canoe students must pass a swim and floatation test. Students must also be able to swim 200 yards and float for 15 minutes. Swim test will be done on the following days:

Monday, November 19 (4:00 – 5:30) – JV
Tuesday, November 20 (4:00 – 5:30) - Varsity
Wednesday, November 21 (4:00 – 5:30) – Make up

A bus will be provided for all students interested in paddling. The bus will leave school at 3:05 to take students to Bayfront. Information on what bus to catch will be provided during morning announcements.

Requirements before entering a canoe:

- Swim/Flotation Test
- Huli Drills
- Clearance from Athletic Trainer – check with Mrs. Zeny Eakins, Athletic Trainer.
- Attended a PCA workshop
- Signed commitment form by parent/guardian and paddler (must be submitted to Coach Pua before entering a canoe).

Kamehameha High School Paddling Program Team Expectations

Purpose:

The purpose of the Kamehameha School Paddling program shall be: to perpetuate the Hawaiian sport of canoe paddling through the teachings of preparing the canoe for practices and races, technique, respect, and sportsmanship.

Rules, Responsibilities, and Duties:

1. Eligibility - To maintain a GPA of at least 2.0 and receive clearance from Zeny Eakins (KS Athletic Trainer).
2. **Practice Schedule:** All practices are mandatory. Practices will be held Monday – Friday and some Saturdays. Monday – Thursday practices will be held from 3:30 p.m. – 5:45 p.m., Friday practices will be from 3:30 – 5:15, and Saturday practices will be from 7:30 am – 10:00 am. Coaches have the right to change/cancel practices. Should this happen paddlers will be notified in advance.
3. **Absences:** All students/paddlers have made a commitment to their teammates when he/she has agreed to participate on the paddling team. Choosing to miss races and/or practices in non-emergency situations are not acceptable. Should practices be scheduled on Saturdays or during **Christmas vacation** this commitment takes precedence. Prior approval must be given for athletes who must leave early from practice.

Attendance policy (Do you really want to be on the team?)

- Three (3) unexcused absences/tardies from practices will result in dismissal from team
 - Six (6) excused absences/tardies will result in dismissal from team.
Excused absences are the following:
 - a. Teacher/student initiated study hall (with note from teacher)
 - b. AP study hall (with note from study hall supervisor)
 - c. Illness, injury, or parent initiated absence (with note from parent, doctor, school nurse, or athletic trainer)
4. Attend all scheduled practices and races and be on time and ready to participate. Practices during the Christmas break will be from 3:00 – 5:15; open ocean long distance practices will be from 7:30 – 10:00.
 5. It will be up to each coach to determine the amount of racing time an athlete receives (and will not be influenced by a student and/or a parent). Reasons for why an athlete did not make a crew for a race or other discussions regarding an athlete's performance will not be discussed with parents and/or family members. **Chances are that not all paddlers will have the opportunity to race in a regatta.** Should parents have questions they are to contact Bob Wagner, KS Athletic Director.

6. Involvement in non-school extracurricular activities which may conflict with practices and races (i.e. family trips, off season sports, hula, etc.) will not be tolerated.
7. **Practice/Race Uniforms:** athletes should wear a t-shirt, shorts, and a bathing suit for practice. A towel, extra clothes, and a sweatshirt or jacket to keep warm after practice is recommended. A race jersey will be distributed by the school at the start of the season. Athletes will be required to purchase uniform shorts (order form is attached). On rainy days, bring a plastic bag to put your belongings inside of it as we do not have a hālau.
8. Participate in all team activities, unless ill or injured
9. Support the team at practices, races, and outings
10. Have the utmost respect for coaches and other teammates at all times
11. **Equipment:** Help care for and maintain all KS and loaned equipment. The school will be providing the paddles. Although you may have a personal paddle we prefer to have it left at home.
12. **Fundraisers:** All paddlers/guardians/parents must participate in fundraisers. Fundraisers will be planned by the coaches and will be announced in advance.
13. Adhere to Kamehameha Schools policies, procedures, and expectations.

**Paddling Commitment Form
2007-2008**

I have read and I fully understand the rules and commitments of being on the canoe paddling team. If any of these rules are broken, I will take the penalty given, and I will understand if removal from a crew or team occurs. I also understand that as member of the Kamehameha Schools 'Ohana, commitment and effort will be given at all practices and races and respect will be shown to peers and coaches.

Paddler Name (print): _____ Grade: _____

Parent/Guardian Name (print) _____

Home Address: _____

Daytime Phone: _____ Evening Phone #: _____

Parent/Guardian Email Address (*required*): _____

Paddler Signature: _____

Parent/Guardian Signature _____

NOTE

**THIS FORM MUST BE SIGNED AND RETURNED TO THE MRS. KALANIOPIO
BEFORE THE FIRST DAY OF PRACTICE.**

Kamehameha High School
Paddling

Parent Meeting

on

Wednesday, December 5

5:30—6:30

@

Keku`iapoewa

(high school learning center)

Long Distance Race Kōkua

Regatta Lunches

Uniforms

Fundraisers

Team Expectations

Travel Team

Community Service Project