



Aloha and E'kipa mai!
Greetings and welcome!

New Member Welcome Packet - 2023

Greetings prospective paddler,

Aloha and welcome to the Bend Oregon Outrigger Canoe Club! We are so excited to have you on board this year and hopefully for years to come. This is going to be an exciting year, as we are anticipating building off of years past and launching off into more community involvement, more practices, more fundraisers, more volunteering and even more fun!

Throughout this packet, you will find:

- ◆ Names and contact information for our Board of Directors
- ◆ A brief history of Outrigger Canoe and our Club
- ◆ Days, times and location of our practices along with other practice information
- ◆ Necessary forms to be filled out to bring to your first practice
- ◆ Outrigger Basics

We look forward to getting to know you and making some really fun memories as Ohana. Mahalo!

Bend Oregon Outrigger Canoe Club
Board of Directors

Board Of Directors

President – Todd Steinbach

cell phone: 808-298-3580

email: bendoutriggercc@gmail.com

Vice President – Rae Oden

cell phone: 503-910-5717

email: vpbendoutriggercc@gmail.com

Treasurer – Jessica Sands

cell phone: 971-219-5094

email: treasbendoutriggercc@gmail.com

Equipment Manager – Caryl Hosler

cell phone: 541-350-1470

email: eqptmgrbendoutriggercc@gmail.com

Secretary – Jordan Lewis

cell phone: 541-610-6276

email: secybendoutriggercc@gmail.com

Where to find us on the Web!

Club Website: <http://www.bendoutrigger.org/>

Instagram: [@bendoutrigger](https://www.instagram.com/bendoutrigger)

Facebook: [**Bend Oregon Outrigger Canoe Club**](#) & [**BOO Members Only**](#) (Invite only)

We post our practice/event schedules on www.teamer.net

TEAMER App (free)

To sign up and join our online community, please follow the link on our website.

Outrigger and Club History

It has been said: “Canoe racing has been around as long as there have been 2 canoes.” Although outrigger canoes were standard craft in the Indian and Pacific Oceans (over half the world’s surface) since time immemorial, the contemporary sport of outrigger canoe racing has its origins in the Hawaiian Islands. Outrigger canoe racing, along with most other aspects of Polynesian culture, were lost or nearly lost in the rest of Polynesia in the 19th century but fortunately survived in Hawaii.

It is the Hawaiian outrigger canoe which is the standard canoe principally used internationally for racing. For this reason, it is common practice to use original Hawaiian customs, traditions and names for all aspects of the sport: the techniques, the parts of the canoes, the seat assignments, etc. Many indigenous names exist for canoe, but the more universal names used in outrigger canoe racing include: Wa'a- Hawaii, Va'a-Tahiti, Waka Ama- New Zealand.

Provided by the Vernon Racing Canoe Club – B.C. Canada

Founded in 1991 by Hawaiian enthusiasts and dedicated athletes Meg and Dave Chun, the goal of the Bend Oregon Outrigger Canoe Club was and continues to be to perpetuate the spirit and traditions of Hawaiian culture and outrigger paddling here in Bend, Oregon. Formed as a 501(c)(7) non-profit, social organization, the club has always aimed to be a competitive racing team participating in races near and far, all over the Pacific Northwest, up and down the west coast and in the South Pacific Ocean regions. BOO was a force to be reckoned with in the early days through the early 2000's, placing in the top ranks of many regional races and placing very well in international races.

As with every new season, new leadership and new goals are formed and this year is no exception! Our goal remains the same: to aspire to perform at a higher level of competition and to always hold dear the traditions of Hawaiian paddling and the spirit of Ohana. We welcome any and all paddlers with or without experience to join our Ohana and continue to spread the rich traditions of Hawaiian culture and the Aloha spirit.

Provided by Mike Gordon – Former club member / Kikaha Kai – Seattle, WA.

Practice Info

Where?

We meet for practices in the parking lot of Tumalo Creek Kayak and Canoe Company located at:

**805 SW Industrial Way
Bend, OR 97702**

Look for the red shed to the left of the entrance of the parking lot. The canoes will be a total giveaway!

When?

To start the year off, our practices meet up times will be:

Monday – 5:30pm

Wednesday – 5:30pm

Saturday – 8:30pm

Please note, these times are meet up times, the first six to arrive will have priority in the canoes. We use the **TEAMER App** to schedule practices, and once joined, you will have the option of opting in or out of any practice. We ask that you please respond whether or not you are able to make it, as we check it often to determine our canoe seating. If you are running late, please reach out to the designated point of contact so we can direct the practice accordingly. When you arrive to your first practice, please have your waiver signed and ready. However, we will have additional copies available at the shed. **A one-time signed waiver is required for participation!**

What to bring

- Weather-appropriate clothing. We paddle in the cold, rain, heat, and sun. Please make sure you wear appropriate clothing to be comfortable.
- Water! Hydration is key, water is life. However we strongly discourage water bottles rolling around in the canoe out of respect, so a Camel Back hydration backpack, a runner's hydration vest, or some other type of similar device is recommended. You may also stow your non-metal water bottle under your seat, cradled by your life vest.

- Booties! As we cultivate respect for the Wa'a as the 7th member of our crew, we ask that everyday shoes are not worn in the canoes. That said, we know it gets cold early on and later in the season so we strongly recommend neoprene booties for those who are uncomfortable in the cold. (Available at Tumalo Creek and Kayak & Canoe.)
- Hat, sunglasses and water-friendly sunscreen – especially during the summer!
- Friendly reminder: **DO NOT BRING ANYTHING YOU ARE NOT PREPARED TO LOSE!** This is a water sport and tipping over (Huli) can and will happen so do not bring valuables on board that you are not prepared to lose.

We provide paddles of most sizes for use, however you are encouraged to purchase your own should you choose to join our crew for the longterm. In the past, the club has been able to put together group orders which could bring about a bundled discount, however this is not a guarantee. If you have any other questions about equipment, please feel free to ask the Coach, Assistant Coaches or Practice Leads.

Lastly, we provide Type-II life jackets for all paddlers as required by the USCG. You are welcome to wear it if you feel more comfortable, but you are not required. If you have your own PFD, you may bring it with you to wear or stow as well.

Other Useful Information

Our Deschutes River poses a unique challenge during summertime paddling. It is more and more common to be dodging through and around people in/on kayaks, paddleboards, and floaters. It is critical to listen to the Steers **always**, but especially during high traffic times. Trust that they have the safety of everyone on the water as their first priority. Our Stroker in seat one will also have the responsibility of making our presence known to people who are unaware/not paying attention. **We value sharing the river with everyone and hold everyone's safety as our highest priority.**

Typically beginning in August, we see an influx of smoke due to wildfires here in Central Oregon. If the Air Quality Index (AQI) is above 170 ppm, we do not paddle as it is considered unsafe to most, especially those with at-risk conditions. Similar to this, if there is lightning in the area, we **DO NOT** paddle. Rain, snow, or wind? You bet we go PADDLES UP! Check TEAMER during these times, as we will often be able to cancel practice earlier in the day during such times of caution. Extreme heat can also keep many people from coming out, so if you intend on practicing, please be fair to others and make sure to communicate your commitment/intent.

Membership Dues

We believe that you should get the chance to try something out before you commit to it. That is why our club has always offered **3 free paddles** before we request that you prove your commitment and pay your dues which is our club's primary and most vital way to raise funds for equipment and canoe maintenance. Every paddler is required to sign in at the beginning of each practice so we can track the number of paddle sessions you have attended. If you would like to become a member of the club, but you are unable to pay the membership fee in full, please speak to the President and the Treasurer to make arrangements. Our 2023 membership fee structure:

\$175 – Individual (18+)

\$300 – Couple (same household)

\$125 – Kupuna (60+)

\$90 – Student 18+ (with valid ID)

\$45 – Keiki/Kids (13-17)

\$50 – Monthly (After May 1st)

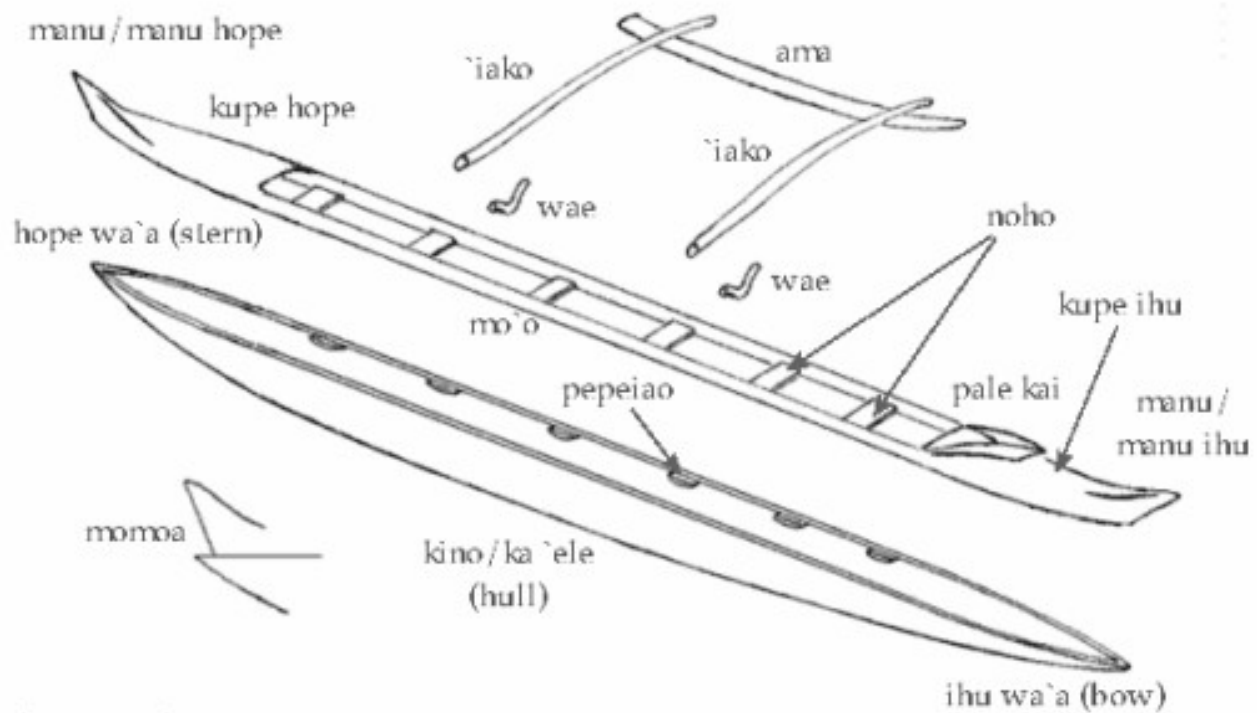
To qualify for the Couple's fee, the individuals **must** be residing in the same household. Students 18+ **must** provide valid school ID. The monthly option is currently only available to those who are not planning on being here for the whole season but want to paddle with us while they are here, and for those who would like to join the club full-time but begin partly through the season beginning May 1st.

Respect Is Key

- Respect yourself and your fellow paddlers. There will be no swearing or arguing in the canoe. What happens on land, stays on land, what happens at sea, stays at sea.
- Respect the Hawaiian culture you represent as an outrigger paddler. Take the time to educate yourself and ask questions
- Respect the Coaches and Practice Leads giving their time to teach and guide you
- Respect your Steersperson as they oversee your safety and the Wa'a
- Take all commands while paddling in an OC6 from your Steersperson
- Bring all comments/questions to a Coach or Practice Lead at a proper time and place following paddling
- Respect the Wa'a.** She is the 7th member of the crew! Do not walk over her, stand in her or step on the seats when entering or exiting.
- Respect the river.** All have the right to enjoy the waterway, and respect for the river extends to respect for those enjoying her as well. We are all visitors.

Padding Basics

Our fleet is made up of two Bradly OC6s – Nene and Makana – and two Mirage OC6s – Ohia Lehua and Mauna Kea. They are all over 40 feet long, and they all weigh in at 400lbs before human body weight is accounted for.



AMA (ah-mah): The outrigger float

‘IAKO (ee-ya-ko): Bars that hold the ama to the va`a

WA`A (vah-ah): The canoe

Seat 1: stroker: sets and maintains stroke tempo and technique – front seat in the wa'a

Seat 2: second stroker, maintains with seat 1 to set the tempo

Seat 3: calls switches, power seat

Seat 4: power seat, usually bigger, heavier paddlers

Seat 5: power and backup steers

Seat 6: steers canoe, captain of canoe, may coach crew

Each practice, the Steers will set up the boat the way they think best. Often times, new paddlers will be sat in seats 4 and 5 in order to get real time instruction from the Steers. Our goal is for everyone to be comfortable in any seat and to try every seat so when we set up race crews, we have everyone in the right place!

The stroke itself will be covered in depth at practice. Join us to find out!

Race Selection Qualification Criteria **(in no particular order)**

1. Participation and attendance at practices and other club events. This is said with the understanding that not all of us can attend everything because of family and work commitments.
2. Keeping up to date on dues.
3. Willingness to listen, learn, and improve paddle skills.
4. Willingness to work as a team and never talk down to or disrespect a fellow team member.
5. Behavior at practice and on the water. We practice on a river that we share with other paddlers/boaters and swimmers and we must show them the same respect we show each other.
6. Physical ability and merit.
7. Willingness to learn to paddle every seat in the canoe. This includes basic steering skills.
8. Willingness and ability to blend with other paddlers.
9. Race experience may also be considered, but not as much as you might think. In some cases it is beneficial to have one or several experienced paddlers in the boat. This is mostly for safety reasons and learning purposes.
10. Participation in huli drills and/or clinics that will be held throughout the season.



New Member Form

Paddler Information		
First Name:	Last Name:	
Address:		
City:	State:	Zip:
Phone:	Email:	
Date of Birth:	Shirt Size:	
Emergency Contact:		Phone:
Relationship:		
Outrigger Paddling Experience: Advanced (5+yrs)___ Mid Level (3+)___ Novice (1-2)___ Beginner (<1yr)___ Other please circle (SUP, Kayak, Whitewater, other)_____yrs		
Swimming Ability: Strong___ Moderate___ Weak/Tread only___ None___		

Membership Tier (Please choose one)		
Individual _____	Couple _____	Kapuna (60+) _____
Student(18+w/ID) _____	Keiki (13-17) _____	Hoaloha (Guest) _____

Signatures	
By signing below, I certify that all information is true and correct to the best of my knowledge:	
Printed name of applicant:	
Signature of applicant: <small>(of parent/guardian if under 18)</small>	Date:

Promptly following your 3 free paddles, it is time to decide whether or not to join the club. We hope you do!
Please submit this form, the Paddlesports waiver on the following page, and membership dues to the treasurer, Jessica Sands.

You may place your documents and a personal check in the dropbox in our equipment shed.

Checks are made payable to **Bend Oregon Outrigger Canoe Club**.

You may also pay online via

be advised there will be a processing fee

Mahalo!

Volunteer Interest Form

We are always looking for passionate people who want to lend a hand! Bend Oregon Outrigger Canoe Club is a 501(c)7 not-for-profit entity, which means we rely on volunteers to make the magic happen. If you are interested in diving in and getting involved, please fill out the information below and turn it into one of the board members. As we get a feel for who can and wants to do what, we'll contact you to work out a game plan.

Name: _____ Date: _____

Email: _____

___ Cell ___ Home ___ Work Phone: _____

Do you prefer to communicate via email, phone, or text? _____

Please indicate with a which of the following categories you would be interested in.

___ Equipment Repair/Maintenance

___ Community Outreach

___ Social Media

___ Newsletter

___ Website Maintenance

___ Fundraisers

___ Event Planning

___ Sponsorships

___ Strength and Conditioning Training

___ Recruitment

Would you be interested in spearheading a committee revolving around any of these? If so, which one/s? _____

Please indicate how often you are willing to commit time to the tasks assigned to you under these categories.

___ Monthly ___ Biweekly ___ Weekly ___ Other

If Other, please specify. _____

Do you have a background in any of your chosen categories? (Not required) If so please describe.

Is there any other skills you have that you would be willing to share? Any ideas for other projects?

BEND OREGON OUTRIGGER CANOE CLUB
2023 RACER INTENT FORM

Name: _____ Pronoun Pref: _____ DOB: ___/___/___ Shirt Size: _____

Address: _____
(Street) (City) (State) (Zip)

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

Relationship: _____

RACES AVAILABLE

- Rooster Rock Race – Saturday, June 24
- The Gorge Race – Saturday, July 8
- da Grind – Saturday, July 29

Race 1. _____

Race 2. _____

Race 3. _____

We would like to send a team to represent BOO in five races this year. Another racer intent form will be distributed as soon as it has been determined what the last two races will be.

TERMS:

- This agreement is valid only during 2023 Race Season (June thru Sept).
- The member must be in good financial standing with Bend Outrigger Canoe Club.

RACER REQUIREMENTS:

- Paddling efficiency and crew practice participation/dedication.
- Huli Drill observation and participation.
- Racers are responsible for personal needs at races **Ex:** Food, drink, club wear and recommended gear.
- Transportation should be coordinated between race crew members.

DUES:

- **A race commitment fee of \$20.00** per racer per race is required with the submission of this form (Non-Refundable).**
****Fee is to guarantee racer inclusion dependent upon practice performance, dedication and attendance.**
- Membership dues **do not include race fees**; these are an additional responsibility of the racer.
- Each race BOO participates in will require additional individual race fees of varying amounts as well as liability forms beyond the one already submitted at your first practice.

Racer Signature Date

***** FOR BOO OFFICIAL USE BELOW THIS LINE *****

Official Signature Date

Check #: _____ Amount Received: \$ _____ Date Received: _____