



Introduction to

Outrigging Canoeing Program



Information Pack
September 2017

Thank you for signing up! We are sure this is going to be an exciting, fun and challenging program for you. The information in this pack provides some basic information on what you can expect and what you should bring along every Sunday.

When:

Meet at the club house every Sunday @ 9am from 3 to 24 September 2017. We want to hit the water at 9:15am and be off the water by 10:30am. It takes about 15 minutes to rinse the canoes and paddles at the end of the session so you should be on your way home by 10:45am.

Where:

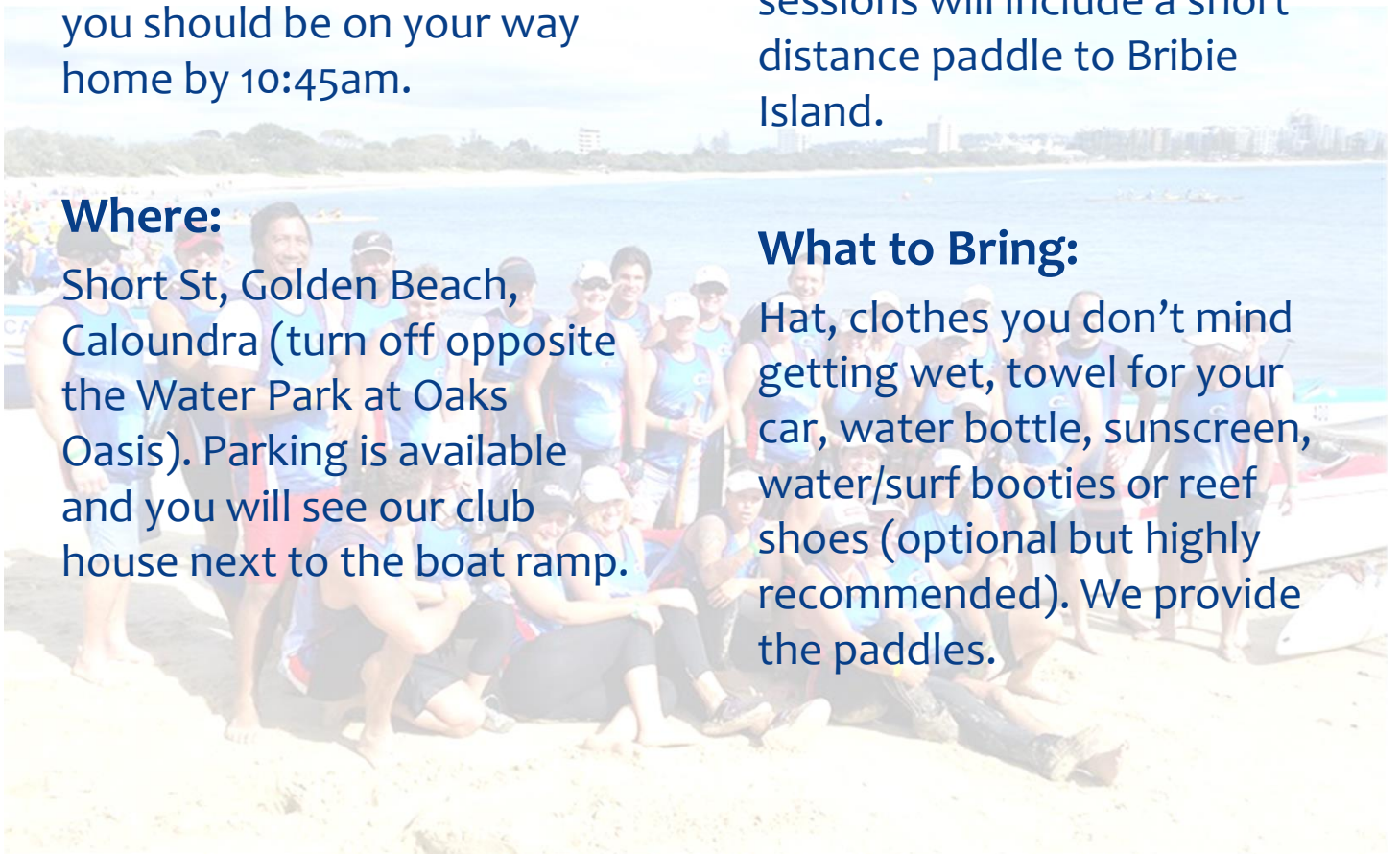
Short St, Golden Beach, Caloundra (turn off opposite the Water Park at Oaks Oasis). Parking is available and you will see our club house next to the boat ramp.

Outline of the Program:

You will be taken through the traditions, art, skill and safety elements of paddling an outrigger canoe. Each sessions will include a short distance paddle to Bribie Island.

What to Bring:

Hat, clothes you don't mind getting wet, towel for your car, water bottle, sunscreen, water/surf booties or reef shoes (optional but highly recommended). We provide the paddles.



What to expect week to week:

Each canoe will have an experienced club steerer in seat 6 and a club member in seat 1 (and maybe 2) to demonstrate the stroke and set the pace. The remaining 3-4 seats in each canoe will be made up of program participants.

Week 1

Welcome and meet existing club members and program participants and enjoy a BBQ. Learn the basic technique of paddling and identify safety issues.

Discuss the history of outriggering and canoe etiquette.

Week 2

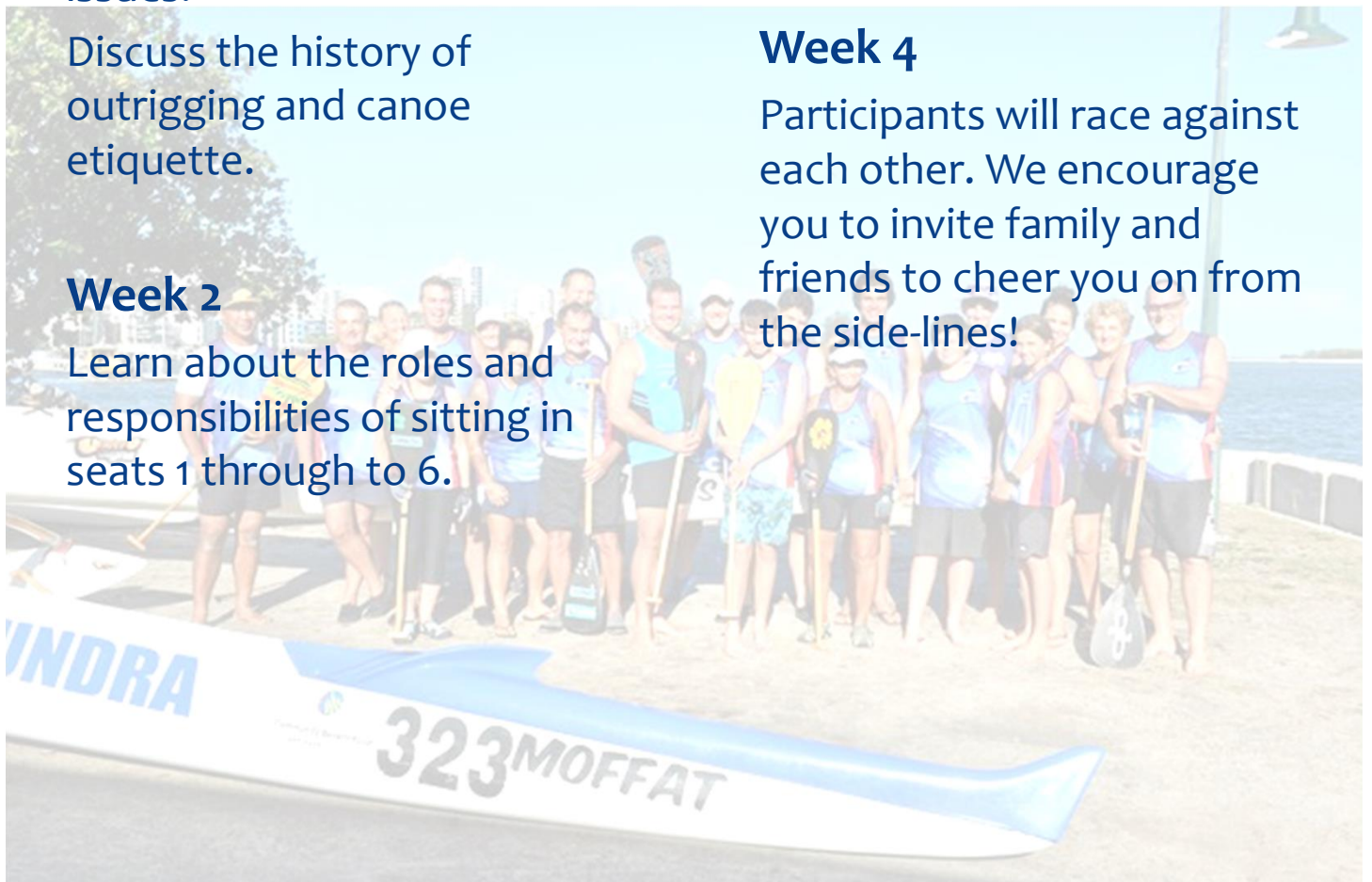
Learn about the roles and responsibilities of sitting in seats 1 through to 6.

Week 3

Learn how to do a “race start” in preparation for Week 4.

Week 4

Participants will race against each other. We encourage you to invite family and friends to cheer you on from the side-lines!



What happens after the program?

If you fall in love with outrigger canoeing you are welcome to join the club. We have a mixture of “social paddlers” and “competitive paddlers” across all age groups. The race season is between October and June and we compete anywhere from the Coffs Coast to the Cook Islands.

Membership Fees:

Club membership for your first year is \$100 (\$200 thereafter). This subsidised rate is in place to help you purchase your own paddle (up to \$350).

You will also need to join the Australian Outrigger Canoe Racing Association (AOCRA) which is our governing body and costs \$70 per year.

Fundraising:

Club members are also required to assist with fundraising efforts to help maintain canoes and cover club related overheads.

Racing:

Race fees are roughly \$20 per person, per race. During this time we do high intensity training on weekdays and longer endurance paddles on Sundays. During the off season between July and September, we enjoy more leisurely paddles and even whale watching!

Training:

Our regular training times are Tuesday and Thursday afternoon at 4:15pm and Thursday mornings at 5.15am and Sunday morning at 6.30am.

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