



## Club Handbook and Welcome Packet

### Our History

#### It all started in 1995 ...

Several transplanted Hawaiians yearned for the fun times of their youth on the shores of Waikiki (plus, they really needed something to do on weekends). So, they found some folks who had a canoe. Of course, this canoe was a Suquamish/Native American canoe and without an outrigger to keep them upright, the Hawaiians did a lot of swimming in Puget Sound.

Tired of being wet and cold, they decided to purchase an outrigger canoe. To raise the money they washed hundreds of cars, sold a ton of Portuguese sausage, and even held a can crushing party to raise enough money. They named their canoe, Kahekili (the thunder).

From these humble beginnings, Hui Heihei Wa'a has grown into one of Washington's largest canoe clubs with nearly 100 members and five canoes: Kahekili, Malolo (flying fish), Po'okela (champion), Makani Hawanawana (whispering wind), and Kawika (named after Uncle David, one of our founding fathers).

We invite you to [join](#) our ohana (family) and enjoy the sport of outrigger canoe racing.

Hui Heihei Wa'a is part of the Pacific Northwest Outrigger Racing Canoe Association (PNW-ORCA). [www.pnworca.org](http://www.pnworca.org)

## Our Goals

- Perpetuate the Hawaiian culture through outrigger canoe racing.
- Participate in and support Hawaiian canoe racing in the Pacific Northwest, Canada and throughout the United States.
- Provide opportunities for interaction in cultural exchanges between Pacific Islanders and others.
- Provide means for activities that foster the development and maintenance of strong, healthy minds, bodies, and spirits.

## Crew Representatives

### Board of Directors:

President - [Dan](#)

Vice President - [Debbie](#)

Treasurer - [Linda](#)

Secretary - [Pat B](#)

Junior Girl's (13-19) & Keiki Girl's & Boy's (8-12) Coaches - Ruthie, Jody, [Lesa](#)

Junior Boy's (13-19) Coach - [Mike](#)

Team Mom - [Margie](#)

### Coaches:

Head Coach & Men's Coach - [Rod](#)

Women's Coach - [Germaine](#)

Women's Assistant Coach - [Laurie](#)

### Committees:

Equipment Managers - [Jeff & Pamela](#)

Web Site - [Linda](#)

## Joining the Club

Be part of something different. Become a member of one of the best outrigger canoe teams in the Pacific Northwest. We are always looking for new and experienced paddlers. Come join our ohana (family)!

### What You'll Learn

As part of the team you will learn how to paddle, steer, rig the outrigger onto the canoe, and even learn a little Hawaiian (Hui Heihei Wa'a means "club that races canoes").

### What You Get for Your Money

For your annual dues you receive expert coaching and the use of: a paddle, life vest and 6-person outrigger canoe during practice and races.

### Dues<sup>1</sup>

Individual Adult \$90

Individual Child (19 & Under) \$25

Family of 4 \$135, +\$10 each additional child.

All paddlers must carry US Canoe and Kayak insurance. Cost is \$40 per individual or \$75 for family (2 adults & children under 19) per year.

### How Do You Join?

Visit our website, email us, write us, or just come down to Silverdale Waterfront Park during practice times. We would love to meet you! ☺

### When to Join

You may join at any time, although club fees are due each January. Paddling season is April through September. Practice starts in March.

Please contact us at [info@hhwsilverdale.org](mailto:info@hhwsilverdale.org)

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<sup>1</sup> Discrete financial assistance is available for those in need

## 2014 PRACTICE SCHEDULE

Coached practices support and encourage paddling competition at all levels. Practices are designed to introduce, inform and train paddlers of all skill levels in all aspects and areas of outrigger canoeing.

### Men

March - September

Mon: 5:30 - 7:30 pm

Wed: 5:30 - 7:30 pm

Sat: 8:00 - 10:00 am

### Women

March - September

Tues: 5:30 - 7:30pm

Thurs: 5:30 - 7:30pm

Sat: 10:00 am - noon

### Keikis

**(Girls & Boys 8-19)**

April - June

Mon: 4:30 - 5:30 pm

Wed: 4:30 - 5:30 pm

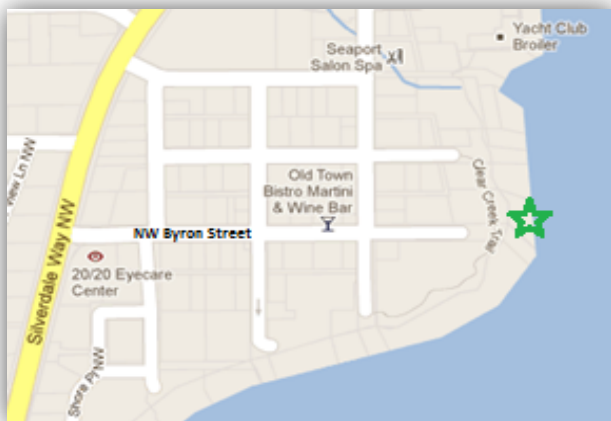
Sat: noon - 1:30 pm

## Attendance

Regular attendance is important for improving your skills, strength, endurance and teamwork. However, we understand that life happens and some practices or races need to be missed. That's fine. Just let your coach know.

## Location

Our practice site is at the end of NW Byron Street at Waterfront Park in Silverdale, WA.



From SR-3 take the Newberry Hill Road exit and head east. Turn right on NW Byron Street and park at the end of the street. You will find us on the shore to the left of the gazebo.

## **Events**

Hui Heihei Wa'a hosts several annual events at the Waterfront Park in Silverdale including a Winter Race in February and a Sprint Regatta in June. Our annual fundraiser, The Whaling Days Dyes Inlet Dash, is held during Whaling Days in July. Team participation is greatly encouraged. It takes a lot of teamwork to bring these events together.

### **Winter Race**

The Winter Race is for 1- and 2-man outrigger (OC-1 and OC-2) canoes. With approximately 50 boats participating, sprits are high even if the weather is cold and rainy. Club members bring crock pots of soup and chili, rolls and plenty of sweets for the racers to enjoy. The word is out that Hui Heihei Wa'a has the best food of any of the races!

### **Sprint Regatta**

At our Sprint Regatta we arrive early to help the officials set up. The buoys and flags are set as the waterfront bustles with tents being raised and boats unloading and settled onto the beach. The excitement is high as our local is one of the few saltwater venues. The tide is the top topic of discussion, weather is next. The aloha spirit is abounding as the first boats head to the start line to commence the long day of racing.

### **Whaling Days Dyes Inlet Dash**

The Dyes Inlet Dash is held during Whaling Days in July. It's our annual fundraiser and is a fun paddle (similar to a fun run, but on the water). Each team gets to race twice in a straight 500 meter sprint race. To get ready, the work starts months before the actual event. Members recruit participants and volunteers to help reduce the workload. The week before Whaling Days the recruited teams practice as the final touches are pulled together. On Whaling Days, the day starts early as the club sets up the hospitality tent. Each team paddles hard as those on the shore shout encouragement. It's a fun, exciting day for all!

## The Canoes: Na Wa'a

### What is an outrigger canoe?

Outrigger canoes are a canoe that has an attached float, called a ama, to keep it stable. The ama is attached to two bars, called iakos, that are attached to the canoe using traditional lashing techniques. The outrigger canoes are 40 feet long, about two feet wide in the middle and taper to just over 1 foot wide at the ends. The canoe is made of fiberglass and weighs around 400 pounds. Each canoe seats six.

### Paddling Basics

When paddling, the person in seat 1, the stoker, sets the pace and each person follows them matching their rhythm. Using single bladed paddles, the power of the paddling stroke comes from the core and back (not the arms). Each paddler paddles on the opposite side from the person directly in front of them, for example, paddlers in seats 1, 3 and 5 paddle on one side while paddlers in seats 2 and 4 paddle on the other side. All paddlers switch sides on a call (hut) from seat 2 who is the designated caller. The steersman is the crew captain and may paddle either side or switch sides as needed for steering. The steersman is also responsible to keep the ama from popping up, which could cause the canoe to huli (capsize).

Check out the club's website for a link to great paddling techniques.

<http://www.panamuna.com/guide.php?item=Paddling-Technique>

## The Seats of the Canoe: Na Noho Wa'a Ana

### The Seats of the Canoe

Seat	Name	Responsibility
1	Stroker	Sets the pace
2	Caller	Calls the changes, watches ama
3	Power "Engine Room"	Strong powerful paddler
4	Power "Engine Room"	Strong powerful paddler, watches ama
5	Steersman helper	Helps the steersman if needed
6	Steersman	Crew captain, steers the boat

Our canoes have six seats. When choosing a crew, the coach will usually try to balance the power and the weight throughout the canoe. The coach will consider characteristics of each paddler, such as size, power, ability and experience. Together, the seats are called noho ana wa'a. Individually, the seats have their own inoa (name) and helu (number). The following are the inoa, helu, and what we consider the responsibilities of each seat.

Seat one: Kamani'ula

In this seat sits the stroker, who sets the pace for the canoe. This paddler must have endurance, good rhythm, and the ability to keep an even length and pace of the stroke on both sides of the canoe. He/she must be able to follow directions from the steersman and change the pace at any time. An experienced stroker will learn to "read" the water and adjust the stroke to take advantage of various conditions.

Seat Two: Papakonane

In this seat sits the second stroker who calls the changes. This paddler is expected to keep an exact and even pace with the stroker, but paddles on the opposite side of the canoe. Seat two must be able to call the changes evenly and loudly, keep perfect timing, and be aware of the canoe's balance. If the ama lifts out of the

water, seat two much push it back down by shifting their weight or by pressing down on the 'iako with their hand.

#### Seat Three: Noho Wa'a Ana

This is a power seat. Usually one of the strongest paddlers is seated here. Seat three paddles on the same side as seat one. He/she also passes along any communication between the steersman and seats one and two.

#### Seat Four: Kahihika'ala

This is another power seat, usually filled with a heavier, stronger paddler; seats three and four combined are considered the "engine room" of the canoe. Seat four paddles on the same side as seat two. Like seat two, seat four must "watch" the ama and help ensure the canoe does not huli (capsize).

#### Seat Five: Pani

The steersman may request seat five's help if he/she needs more control, particularly in surfing situations. Typically, inexperienced paddlers are assigned to seat five to receive coaching from the steersman. It also is seat five's job to bail water out of the canoe upon request from the steersman. Seat five paddles on the same side as seat three.

#### Seat Six: Papa Ki'i

Seat six, the steersman, is the crew's captain; he/she has the greatest responsibility. The steersman must be able to read the water conditions, steer unpredictable waves and handle sudden wind shifts and gusts. He/she must be able to take command and communicate instruction and encouragement to the entire crew.

Each seat must work with the others to function as one. Every seat is important. It is helpful to learn to be comfortable in any seat in the canoe. As you become familiar with each seat, you will better understand the cooperative nature of paddling and be able to blend as a crew.



# Canoe Etiquette

## Respect for Crewmates

- Be on time. We lose valuable paddling time when people are late.
- Upon arriving at the beach;
  - Check that each canoe has a bailer
  - Make sure there are 6 life vests in the bag and add to canoe
  - Bail out all water
  - Make sure rigging is tight
  - Have wheels ready by canoe
  - Set tires at water's edge
  - Report any problems to the coach
- When paddling, keep talking to a minimum and limited to essential information. Ideally, the steersman is the only crew member who should speak, with the exception of Seat Three, who should pass up instruction from the steersman to Seat One and Two. Talking breaks concentration and can distract the entire crew. Wait until you are on a break or finished with practice.
- Upon beaching the canoe.
  - Bail out all water
  - Return tires
  - Rinse all paddles and wheels
  - Return wheels, life vests and club paddles to box
  - Lock boxes and cable lock all canoes
  - Discuss crew business, including any concerns that arose during practice.

## **Respect for Wa'a (Canoe)**

- Do not hang or place items on the canoe (clothes, towels, bags, bottles)
- Do not step over the canoes; go around
- Do not stand on a canoe that is floating completely in the water
- Canoes should be carried, never drag the canoe on the beach
- When moving a canoe, *always* lift the ama and set it down gently; it is extremely fragile
- When beaching a canoe, get out before the bow hits the ground
- Pass on the above information to anyone you notice is not aware of these rules

## **Respect for Neighbors**

We are fortunate to be allowed to store our equipment on the beach.

- Keep area clean and neat. Do not leave anything behind. Replace all items neatly where they belong.
- Pick up and toss any rubbish you find on our area of the beach.
- Keep voices quiet and respectful.

# RACES

## Racing Canoes

**Season: April – September**

Hui Heihei Wa'a is a racing club. Outrigger racing is fun, exciting and as a club member you will have the opportunity to race sprints (500 to 1500 meters) and distance races (6 to 18 miles). Racing gives everyone the opportunity to experience the thrill of competition.

## Sprint Regattas

Regattas are sprint races which are held in designated lanes. Distances range from 500–1500 meters. Some races will be a straight 500-meters, while others will include turns around flags. The 1500 meter race has five turns which is a test of endurance. Sprint races are exhilarating! Battling the competition allows your team to exhibit their skill as they spin around the buoys and sprint for the finish line.

## When and where are the races?

The Sprint Regattas are held in the spring at various locations in the greater Seattle area. Our club hosts one of the sprint regattas every June. Long Distance races start early in the spring and continue through the fall.

The current race schedule can be found on the club's website [www.hhwsilverdale.org](http://www.hhwsilverdale.org).

## Who races at the regattas?

As a member of the Pacific Northwest Outrigger Racing Association, PNWORCA, Hui Heihei Wa'a participates as a club. Participation by individuals is optional, however the key to successful racing is dependent on team participation. Races are separated into divisions to make the race field even. At each Sprint Regatta, the boats are unloaded and rigged. Everyone helps hoist the big tent that we enjoy sitting underneath. A table in the back is loaded with a potluck for all racers to enjoy. We set out our camp chairs for a front row view in between our own races. After the last race, we work together to get the boats quickly loaded and the tent taken down. This is a family friendly sport. They are always welcome to cheer on the home team. Have a picnic and bring the binoculars!

### **Do I have to pay to attend?**

Sprint regatta fees are included in your membership dues. Long distance race fees are not covered by your membership dues. We usually carpool to the races, strategizing on the way.

### **Regatta Divisions**

- Keikis: Age 12 & under
- Keikis: Age 14 & under
- Keikis: Age 16 & under
- Juniors: Age 19 & under
- Masters: Age 35 and up
- Senior Master: Age 45 and up
- Kapuna: Age 60 and up
- Novice: Any paddler who is a first year paddler and has not raced in any race sanctioned by a recognized outrigger association in any prior year
- Open: Any paddler who is not participating in any other OC6 division in a given event, with the exception of novice
- Coed Crew: A coed crew must consist of at least 1 but no more than 3 men

## Common terms

Term	Definition
Ama	outrigger (float)
Back paddle	a call to paddle backward to reverse the canoe.
Clear	a call usually by seat 1 to the steerer indicating the front of the canoe is clear and it is safe to go left/right
Heihei	a canoe race
hit/go/paddle/ho/stroke	start paddling
hoe	a paddle or to paddle
hoe wa'a	canoe paddler, or to paddle canoe
hold water	put blades in water to stop forward movement
Huli	capsize the canoe
Hut	a call to change paddling sides. After a hut one more complete stroke is performed and all paddlers change their paddling side.
Iako	the bars that hold the ama to the canoe
Imua	Forward, go forward
Kahi	the command for seats 1 and 2 to lean out to the left and pull the canoe left
Mahalo	thank you
OC-1	One person outrigger canoe
OC-2	Two person outrigger canoe
OC-6	Six person outrigger canoe
Ohana	Family
Paddles ready	indicates that all paddlers should place their paddles across the gunnels on the correct side of the canoe—odd seats on the left, even seats on the right
Paddles set	a call to lift paddles to the set position, ready to start paddling
Paddles up/let her run	a call to stop paddling. Paddles up may also be used by some steersmen as a paddles set call.
Poke	The steersmen causes the canoe to turn the opposite direction
Power 10	The steersman calls for higher power strokes to get the hull speed up. These are limited to 10 strokes each side for the number of sets requested by the steersman.
Timing	a call for all paddlers to focus on the timing of their stroke to ensure it follows the seat in front
Uni	A turning call to seat one to poke their paddle on the right to turn the canoe left. Seat 2 pulls left at the same time. All other seats paddle normally
Wa'a	Canoe
Wahine	Woman

# Safety

## Huli (Capsize)

In the spring, before the first practice there is a mandatory Huli drill practice at the Bremerton YMCA. This gives everyone the practice of recovering from a huli in the safety of a pool.

From time to time, a canoe will huli (capsize). This can be due to crew members leaning to far right, a short rigged ama, steersman error, a collision with another object, or, most often, unfavorable water or wind conditions. In the event of a huli:

1. Quickly try to shift weight toward the ama (left) and/or seat two and four push down on the iako to avoid overturning. The steersman also may instruct seat five to poke on the left.
2. If that fails, hold on to your paddle, stay with your seat -**DO NOT** try to dive clear – (see item 3 for exception) and once the canoe has capsized, be careful not to bump your head on the canoe when you surface for air.
3. Most of the time the canoe wills huli ama-over-canoe. Rarely, the canoe might huli canoe-over-ama. If this happens, try to dive out on the right before the canoe goes over. Dive deep and stay down for several seconds before surfacing. This is a much more dangerous situation.
4. Upon surfacing, **count heads immediately** to make sure no one is caught under the canoe or has been knocked unconscious. *THIS IS OUR MOST IMPORTANT TASK!*
5. Listen to the steersman's instructions to right the canoe. He/she may choose any one of the several methods:
  - One person stands on each iako and lays over the hull in order to grasp the iako on the other side, others position themselves under the ama. At the command, the first two pull the 'iako up and over, using their body weight. The others push the ama up and over.
  - A person stands on each iako and lays over the hull. A person takes up a position by each iako where it meets the gunnel. The people on opposite sides of the canoe grasp each other's crossed wrists. Those on the iako pull the others over, using their body weight. One person may also push up on the ama.
6. After the canoe is righted, one or two of the smallest crew members get in and begin to bail out any remaining water. Bail as quickly as you can and change out the person bailing when they get tired. No one else should get into the canoe until the steersman instructs.

## **Experience the Fun**

Outrigger Canoeing is a sport that can get you away from the stresses of everyday life. Being out on the water is a breath of fresh air that will energize your mind and body. Being with your teammates is a pleasure. There is always something to see, a seal, an eagle or even a whale. At the same time, Hui Heihei Wa'a is a racing club. Practices can be a real workout. You'll get into great shape! Outrigger canoeing is a sport that is competitive for all ages. Racing is fun, exciting while at the same time you get to enjoy the camaraderie of teamwork.

"Paddling a canoe is a source of enrichment and inner renewal."  
Pierre Elliott Trudeau

***We look forward to having you join us on the water!***