

Lokahi Canoe Club

Crew Selection Criteria & Expectations

Results:

- OC6 times/seat races/blend: The goal is to make our canoes move faster. OC6 times/seat races will be of primary importance in crew selection.
- Race Results – do you race well with your crew? Are you able to contribute under stressful race conditions?
- OC1 time trials: You will be doing individual time trials on your own time. The six paddlers with the fastest OC1 times may or may not be able to produce the fastest OC6 time. The more you work on moving an OC1 well the more likely you will be able to transfer that talent into the OC6.
- Blend/Technique – having good technique and being able to blend with your crew to move the boat. Again, having the fastest OC1 time might not mean you will be in the crew with the fastest time in an OC6. You need to be at practice and learn to blend with your crew and paddle like your crew to be put in a racing crew.

Attendance:

- You can't get timed with a crew if you aren't at practice.
- You won't have a chance to blend with your crew if you aren't at practice.
- You won't improve your technique if you don't come to practice and have someone coaching you.
- You will mess up the coaches' plans when you fail to show up to practice. When other factors like seat races are equal, the paddler who consistently shows up to practice will be rewarded.

If you cannot come to practice, call or text your coach. Don't forget to sign your text with your name as the coaches don't have everyone's phone numbers. 😊

Attitude/Teamwork:

- A positive attitude toward yourself, your teammates, your coaches and the equipment is required.
- There are many jobs outside the boat that need to happen in order for you to race. Having a good attitude about setting up and taking down the tent, rigging the boats, carrying, rinsing & covering the boats, taking care of the canvasses, etc, etc. is important.

Cross Training/Workout Sheets

- Practice is primarily for coaching technique, blending together, & learning to work together in different conditions. If you get a workout in at the same time, that's great, but the purpose of practice is not to get you in shape. You must do that on your own time.
- Sometimes six man times are the same or very close. Seat selection, especially for long distance races and starting crews for LD races, may come down to who is in better shape. I won't know your workout history if you don't turn in a workout sheet.

Lokahi Canoe Club

Workout Schedule:

| Month | Paddling | Total Aerobic | Strength Training Times per week |
|-----------|----------|---------------|----------------------------------|
| April | 3 | 6 | 3 |
| May | 4 | 6-7 | 3 |
| June | 6 | 8 | 3 |
| July | 7 | 9 | 3 |
| August | 8 | 10 | 2-3 (light) |
| September | 8 | 10 | 1 |
| October | 8 | Taper | 0 |
| November | | 5 | 3 |
| December | | 5 | 3 |

Time Trial Schedule:

| Week of | Time Trial - SUBJECT TO CHANGE |
|----------|---|
| April 20 | Upwind from white ½ mile buoy to orange buoy in front of Lokahi/Outrigger sites. |
| April 27 | Upwind from white ½ mile buoy to orange buoy in front of Lokahi/Outrigger sites. |
| May 4 | Upwind from white ½ mile buoy to orange buoy in front of Lokahi/Outrigger sites. |
| May 11 | Upwind from white ½ mile buoy to orange buoy in front of Lokahi/Outrigger sites. |
| May 18 | Start at orange buoy in front of Lokahi/Outrigger sites. Go up right side of Ala Wai to 2 nd bridge (Kalakaua), go through the bridge and turning left and come back down the Ala Wai to the orange buoy at our club site. |
| May 25 | Start at orange buoy in front of Lokahi/Outrigger sites. Go up right side of Ala Wai to 2 nd bridge (Kalakaua), go through the bridge and turning left and come back down the Ala Wai to the orange buoy at our club site. |
| June 1 | Start at orange buoy in front of Lokahi/Outrigger sites. Go up right side of Ala Wai to 2 nd bridge (Kalakaua), go through the bridge and turning left and come back down the Ala Wai to the orange buoy at our club site. |
| June 8 | Week leading up to Lokahi Regatta – ½ mile time trial |