

Schedule

JANUARY 2007

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 9:00AM: First day of practice - All paddlers <i>Applied Bio</i> Stroke Technique 6 mile instruction 4 mile run | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 9:00AM: All paddlers <i>Applied Bio</i> Rotation & Set 6 mile instruction 4 mile run | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 9:00AM: All paddlers <i>Applied Bio</i> Videotaping Day Rotation & Set 6 mile instruction 4 mile run | 29 | 30 | 31 | | | |

FEBRUARY 2007

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|----------|--------|---|
| | | | | 1 | 2 | 3 |
| 4 9:00AM: All paddlers <i>Applied Bio</i> Rotation, Set & Power Phase 6 mile instruction 6 mile run | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 9:00AM: All paddlers <i>Applied Bio</i> Rotation, Set & Power Phase 6 mile instruction 6 mile run | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 8:00AM (Novice) 11:30AM: Open <i>Coyote Point</i> Rotation, Set, Power & Return (3) 6 mile instruction (2) 6 mile run | 19 | 20 | 21 | 22 | 23 | 24**OPTIONAL** 8:00AM (Novice) 11:30AM: Open <i>Coyote Point</i> |
| 25 8:00AM (Novice) 11:30AM: Open <i>Coyote Point</i> Individual Instruction (3) 5 mile instruction (3) 10 mile run | 26 | 27 | 28 | | | |

MARCH 2007

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---|-----------|---|--------|--|
| | | | | 1 | 2 | 3 **tentative** Canoe Cleaning Day 9:00 AM <i>Applied Bio</i> |
| 4 9:00AM: All paddlers <i>Applied Bio</i> Videotaping Day Individual Instruction 4 mile instruction 10 mile run | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 9:00AM: All paddlers <i>Applied Bio</i> Videotaping Day 15 miles (20 min segments for 1" 1.5 hours) then long run | 12 | 13 6:00PM: All paddlers <i>FC Boat Ramp</i> 12 miles | 14 | 15 6:00PM: All paddlers <i>FC Boat Ramp</i> 12 miles | 16 | 17 <i>St. Patrick's Day</i> Club Barbecue <i>Coyote Point</i> 11:00 AM |
| 18 9:00AM: Women 11:30AM: Men <i>Coyote Point</i> 14 miles (20 min segments) | 19 | 20 6:00PM: All paddlers <i>FC Boat Ramp</i> 12 miles | 21 | 22 6:00PM: All paddlers <i>FC Boat Ramp</i> 12 miles | 23 | 24 |
| 25 9:00AM: Women 11:30AM: Men <i>Coyote Point</i> As far as possible in 2 hours | 26 | 27 6:00PM: All paddlers <i>FC Boat Ramp</i> 12 miles | 28 | 29 6:00PM: All paddlers <i>FC Boat Ramp</i> 12 miles | 30 | 31 8:30AM: Men 11:30AM: women <i>Coyote Point</i> 14 miles (20 min segments) |



Welcome
2007 Paddling Season

Ho'okahi Pu'uwai

www.hpocc.com

Practice Locations

Foster City Boat Park

100 Bounty Dr
Foster City, CA
94404

Coyote Point Regional Park

1961 Coyote Point Drive
San Mateo, CA
94401

One Heart, One Goal

Head Coach:

Danny Izumi (izumid@aol.com)
Phone: (415) 987-2498

Assistant Coaches:

Pea Laupati
Aggie Qua
Noelle Lau
Abe Lucero

Guidelines – 2007 Paddling Season



What the club expects from you

- Be considerate of others.
- Practice will begin **on time** – get there early enough to allow yourself time for your individual pre-practice preparation.
- All paddlers must sign both waivers (NCOCA and HPOCC).
- All paddlers need to take digital photo to be included on NCOCA ID card.
- Pay annual club dues on-time, see club hand book for more information. Please talk to any board member if you need to make payment arrangements.
- Learn to and be able to rig both ama and `iako.
- Contribute to maintenance of canoes.
- Dedication to your crew and the club.

What you can expect from the club

- Team sport environment.
- Meet new and interesting people.
- Share and be part of something special.
- Physical release from work and stresses of life.
- Build upon your skills as an experienced paddler.
- Increase your endurance.
- Continue to build the club as a unified entity.

! MOST OF ALL HAVE FUN !

If you experience an issue with another paddler or a member of the coaching staff, please bring it to the attention of the head coach or a board member after practice so we can address the issue.



Guidelines

- Please call the coaches if you will be late or cannot make practice.
- The club always comes first. Winning will be a positive by-product of that.
- Race crews are determined by the following:
 - ✚ Level of commitment to practice
 - ✚ Contribution to the club
 - ✚ Positive Attitude
- Practices will be held on Sunday after races/regattas.
- Coaches will try and post practice schedule on the storage container at Applied Bio.
- Coaches will accommodate canoe cleaning days throughout the season.
- If you have suggestions or would like to help out either the club please see the coaching staff or board members.

For more information and a detailed schedule for 2007, please see the club's web site @ www.hpocc.com