



# CLUB NEWSLETTER

Edition 9 July 2023



## ***Hello from the Secretary!***

Hi everyone! We are officially under way for our 2024 race season! Thank you for coming out and being part of the BOO ohana. July is going to be a packed month with the Gorge race over the first weekend and da Grind up in Seattle on the last Saturday of the month. We have plenty of practices in between to make sure we are all ready to power through and have a great time. Even if you don't feel prepared to paddle in either race, you are more than welcome and very much encouraged to join the race crew at the locations in support and to come and see what racing is all about. The community is so much fun to be part of and the energy and excitement is contagious!

Don't forget that if you want to purchase a paddle for yourself, Bend Surf and Paddle has a running order for us so pop in to see Meg and Dave. Over the next two weeks you'll be able to add your order to the BOO order and if we get six members to purchase a paddle, we'll have a bulk order and be able to get a discount.

### UPCOMING EVENTS



We are working hard to find a controlled environment in order to perform HULI drills. Please keep an eye out on Teamer and on your emails for updates.

**SATURDAY, July 8**  
The Gorge Race

**SATURDAY, July 15**  
"Pool Party" @ Doghouse Brewery

**SATURDAY, July 29**  
da Grind Race

Look for the July edition of Bend Magazine...there will be a feature article on BOO!

**Sign up on Teamer and watch for event postings on Facebook!**



@bendoutrigger

### ANNOUNCEMENTS



All interested in racing will be required to have their dues paid and their Racer Intent Fee paid to be considered for a race crew.

Personal checks will be accepted, or right below here are our QR code links to Venmo and PayPal.

The board is working on putting together some non-paddling related events so we can build that **teamraderie** amongst ourselves! Keep an eye out for volunteer opportunities, trivia events, and an open meeting coming up soon.

**Thank you to Bob and Caryl** for their hard work on repairing Nene. There was a crack on her hull that ended up being a much larger project than anticipated, but these two worked hard to get her back on the water. She is water safe and we are all so very thankful to these two rock-stars. Mahalo Bob and Caryl!



venmo



### CULTURE & LANGUAGE



**Hawaiian words of the month:** We are going to look at two words this month that are common commands in the wa'a.

**Une:** This is called out by the steersperson as a command to whoever is sitting in seat one (sometimes additionally seat two). It literally means "to lever" and when applied to paddling, it means any movement of the paddle by the stoker to turn the bow of the canoe - anything from a j-stroke to paddling towards the wa'a, which in this club we refer to as a draw. This is an action command.

**Kahi:** Literally means "to cut". This is a call to hold the paddle still in the water parallel to the wa'a. We have referred to this as "posting up". This is a non-action command

## OUTRIGGER KNOWLEDGE

### Parts of the Canoe:

**WA'A:** This term refers to the outrigger canoe as a whole. It can refer to the hull, or body of the canoe, when one is talking in terms of the parts of the canoe. The **i'akos** connect the **ama** to the **wa'a**.

Many of us fall into the habit of calling our canoes "boats". However, as we work to incorporate more respect for the tradition and culture we take part of when we paddle, we hope to move everyone more towards the traditional use of the word **wa'a**.

## RACE UPDATES

### ROOSTER ROCK LITERALLY ROCKED!

We had a great crew that worked together to race. We passed 4 other canoes throughout the race at a steady pace and they never got close to catching us. We came in third in our division, and it was a great time!



**THE GORGE** race is coming up very soon, and we are going to be making sure the race crew goes out together during practice. If you intend to race in the Gorge, please make sure you turn in your racer intent form in at practice on Saturday, or by email. Please also make sure to pay your racer intent fee so we know that you are serious about participating.

## DRY-LAND TRAINING

### LOVE THOSE LATS

This month, we are going to look at working the muscles that are a big player in the pulling motion when we are paddling with proper technique. The Latissimus Dorsi, when combined with the core and the legs give us the strength and endurance to paddle for long distances. When these are not engaged, you can be sure that you are not only not utilizing your complete strength, but you could also be straining parts of your back.

So let's look at a simple Lat pull that can help us learn how to feel when our back is correctly engaged.



Hold the band over your head and squeeze the back to pull the elbows down towards the rib cage. To make it more challenging, hold the hands closer together on the band.

Repeat for 12-16 reps

Remember to engage the core to maintain good posture and to pull the shoulders down and back out of your ears for proper technique.

## PRACTICE TIMES

We meet at the red equipment shed to the left of the entrance to the parking lot of Tumalo Creek Kayak and Canoe Co.

**805 SW INDUSTRIAL WAY  
BEND, OR 97702**

Monday - 5:30pm

Tuesday - 5:30pm

Wednesday - 5:30 pm

Saturday - 8:30 am

## BOARD OF DIRECTORS CONTACT

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