

HROCC Orientation (Step 1) and How to Earn Your Whistle

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○ On the **HOME** tab.....

- What does “E kobo mai” mean ?
- Did you sign your Waiver ?

○ On the **ABOUT US** tab.....

- **/WHO ARE WE.....**Where can you find & eat the club’s non-profit Mission ?
- **/WHO ARE WE.....**What are the 6 opportunities in the Club’s non-profit Mission Statement ?
- **/CLUB HISTORY.....**When was the HROCC Club founded and by whom ?
- **/OUR CANOES.....**What are the names of the Club canoes ?

○ On the **MEMBERSHIP** tab.....

- What are the yearly Membership fees ?

○ On the **PRACTICES & RACING** tab.....

- **/CLUB PRACTICES.....**What do the colors Black, Blue & Green mean and when are practice times ?
- **/CLUB PRACTICES.....**Describe the Tips & Technique sessions.....
- **/CLUB PRACTICES/PADDLER ETIQUETTE & RESPONSIBILITIES.....**What are the 9 basic protocols ?

- /**RACING**.....How many levels are here is Crew Selection Criteria for racing ?
- /**RACING**.....Who are the Racing Coaches ?

○ On the **NEWS** tab.....

- How often is the Newsletter published online ?

On the **RESOURCES** tab.....

- /**SEAT ROLES**.....Briefly describe what each seat does.

- 1-
- 2-
- 3-
- 4-
- 5-
- 6-

- /**SAFETY**...What is a huli ?

- /**VIDEOS**.....Watch 2 Videos - 1 huli video & 1 paddling and list.

1-

2-

- /**VOCABULARY**.....What is the:

ama -

'iako -

- /**VOCABULARY**.....What does the word 'hut' mean ?

- /**VOCABULARY**.....What does the phrase 'let her run' mean ?

- /**STEERS DEFINITION**.....How many levels of steers are there ?

- /**OUTRIGGER CANOE TERMS**.....How much does 'oiwi' (Spec boat) weigh ?

- /**OUTRIGGER CANOE TERMS**.....How much does 'Kuakea' (unlimited Malolo) weigh ?

○ On the **DONATE AND SUPPORT** tab.....

- What items can I purchase of HROCC swag ?

○ **JUST FOR FUN**.....

- What body part enters the boat first - butt or feet ? Why ?
- How do we always thank the canoe after we paddle ?

*You have now completed our fun Club Orientation.
Bring or send to Penny Wallace - Member At Large*

Happy Paddling and Keep Smiling !