

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

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○ On the **HOME** tab.....

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

○ On the **ABOUT US** tab.....

- **/WHO ARE WE.....**Where can you find & read 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 Step 1 Club Orientation.
Bring or send to Peny Wallace - Member At Large*

Happy Paddling and Keep Smiling !