

^{the} **Outrigger**

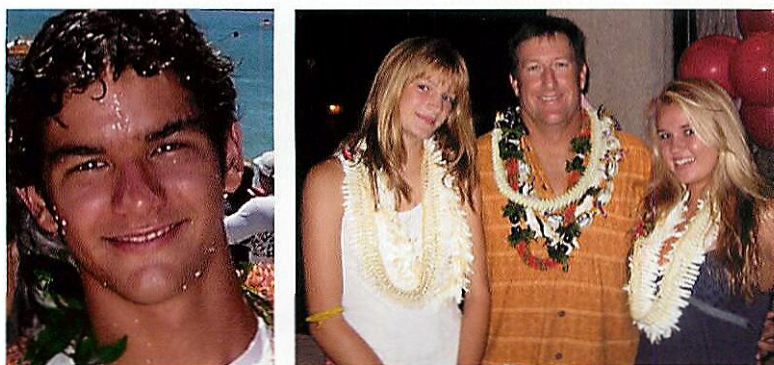


OCTOBER 2006

Published by the Outrigger Canoe Club for Members and Guests at Home and Abroad

Junior 'Riggers Honored at Paddlers' Banquet

By Genie Kincaid



LEFT: Nainoa Basdavanos

RIGHT: Coach Chris Kincaid
congratulates Juliana
Behrens and Malia
Schimmelfennig.

On August 14, junior paddlers, Nainoa Basdavanos, Juliana Behrens, and Malia Schimmelfennig, were honored as the 2006 recipients of the Bob Fischer Memorial trophy at the annual paddlers' banquet, Red, White & Ribs.

Mr. Fischer was an accomplished surfer, canoe paddler, and coach during the years the Club was located next to the Moana Hotel. This perpetual trophy was donated in the early 1990s by Mr. Fischer's long-time companion, Anita Brightman, to recognize outstanding achievement by Outrigger's youth paddlers. The two silver cups, which are part of the trophy's design, were won by Mr. Fischer as a teenager for canoe paddling.

This is Nainoa's first year paddling for the Outrigger. He had paddled for the past few years for Hui Nalu. He joined a Boys 16s crew that has been together since they were 12. But according to his coach, Todd Bradley, this was no problem for Nainoa, he just wanted to paddle and be part of the OCC team.

"He was always supporting the team whether he was racing in the crew or not. He even helped out the Boys 18s by steering their crew when their regular steersman was gone," Bradley said.

Nainoa steered the Boys 16s crew to first place finishes at the Hui Nalu and Oahu Championship regattas. The crew ended their season with a record of five first place and three second place finishes, including a silver medal finish at the State Championships.

Nainoa's contributions to his crew were not the only reason he is honored as an outstanding junior. At every regatta, he could be seen helping set up the tent, carrying coolers, setting up tables for the registration ladies, leading crew cheers, volunteering to hold boats in the water for race starts, and each time with that ever present smile on his handsome face.

As distance racing practices began right after States, Nainoa was the only junior who joined "the big boys." And they couldn't help but grin at his infectious joy over being able to ride ocean swells in a racing canoe.

Because Nainoa sets an example for which every Outrigger member could be proud, he is a 2006 Outstanding Youth Paddler.

Malia Schimmelfennig came into the 2006 regatta season with zero previous paddling experience. She had good athletic ability and participated in other sports, but like most of her teammates, Malia struggled with "The Attention Factor".

During the early part of the season, the Girls 14s crew spent hours in the trainer, and learned the fundamentals of paddling technique utilizing a step by step process sitting on chairs and stroking with "bladeless" paddles. This process initially proved to be a challenge for all of the girls, and particularly for Malia, as things just didn't flow. It looked like it might be a "long" season for her.

To further challenge Malia and her crewmates, Coach Chris

Kincaid devised a spreadsheet measuring on a weekly basis a dozen subjective, objective, and skills criteria for each girl beginning May 1.

The criteria included such things as practice attendance, timing, changes, blade depth, attitude, effort, and posting the lowest 500 meter ergometer times. Coach Chris used the criteria to determine which six of the 13 girls on his roster would be in the crew on race day.

About midway through the season, something clicked for Malia and she went from being lost trying to learn fundamental steps to being one of the best paddlers in the crew.

Her ergometer times went from one of the slowest to one of the top six fastest times. She went from a splashy, half blade paddler to an aggressive, full purchase paddler. She was in the crew that won gold at the Macfarlane Regatta, and also in the crew that placed third at the Oahu's which qualified the Girls 14s for States.

Malia accomplished the most over the short regatta season, and she did so despite getting a late start on the season. For all she has accomplished, Malia is a 2006 Outstanding Youth Paddler.

There hasn't been another paddler this year that has raced in as many different crews as Juliana Behrens. She practiced with the 14s, but on Sundays, she enthusiastically paddled wherever she was needed - no objections, no questions, no attitude. She raced most often with the Girls 13s crew, which had exactly five on their roster, and helped the crew post its first win of the season at the Macfarlane Regatta.

Juliana is a deceptive athlete; very quiet and unassuming but possessed of a fierce, competitive spirit and a super-positive attitude every coach would love to encounter. Like her crewmate, Malia Schimmelfennig, Juliana had to deal with Coach Chris' criteria, and she struggled with his demands to improve her skills.

But she rose to his challenges, worked hard to improve her criteria (she posted the fourth best ergometer time), and earned her way to a spot on the crew for the Hui Nalu Regatta.

However, that day, the Girls 18s needed a steersman, otherwise the crew would have to scratch. Coach Chris asked Juliana to give up the seat she finally earned in the 14s to steer the 18s. Despite the fact that Juliana had only ever done quarter-mile sprints, and never turned a canoe around a race flag, she agreed to do a half-mile sprint with a turn—later in the day—just to help out another crew.

The following week at Oahu's, she again won a spot on the 14s crew which earned a bronze medal finish to seal the crew's qualification for States. Because of her red and white team spirit, and because this young lady is all about stepping up, Juliana is a 2006 Outstanding Youth Paddler.

*On the Cover: Nainoa Basdavanos, Juliana Behrens and Malia Schimmelfennig were named the winners of the Bob Fischer Memorial Trophy as outstanding junior paddlers. See story on page 6.
Photo by Doug Behrens.*