

Canoe Racing Season Is Off to a Fast Start

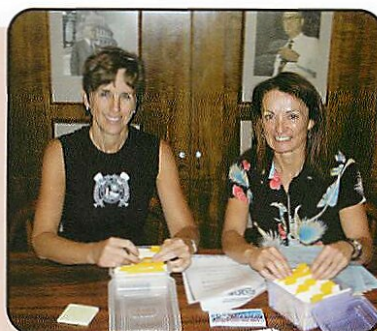
Photos by Marilyn Kali

With the 2005 Oahu Hawaiian Canoe Racing Association regatta season getting underway in less than a month, more than 200 Club members registered to paddle on March 5 and April 9. Late registration is still available at the Front Desk.

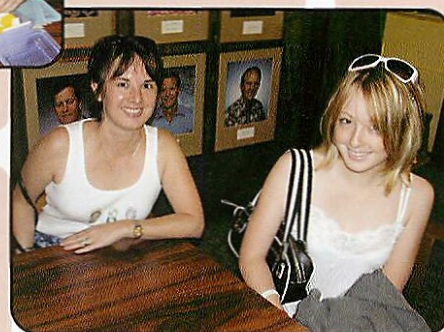
A mini-Club Day which had been scheduled on March 5 was cancelled due to jellyfish in the water.

The theme of this year's regatta season is *Get On It!*

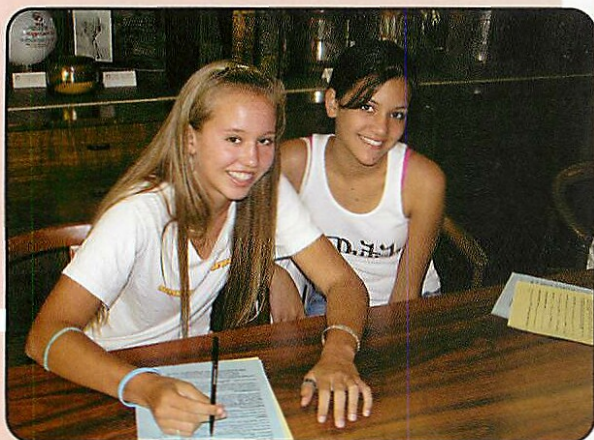
Practice has already gotten underway for all of the Club's youth, novice, open and masters crews. The first regatta is Sunday, June 5 at Keehi Lagoon. If you want to paddle this year, get in touch with the Canoe Racing Committee as soon as possible.



Registrar Alice Lunt and Lori McCarney are hard at work.



Jenya Davidson, Jon Hunter and Nainoa Watson will be paddling.



Juliana Brown and Dominique Reeuwijk fill out registration forms.



Cathy and Kristen Kerch register.



Kelly McMahon, Gerri Pedesky, and Sandra Steinman complete registration paperwork.



Juliana and Doug Behrens await regatta season.



Kent and Barbara Giles are back to paddle after living in Japan for a while.

Positive Coaching for Parents of Paddlers

By Mike Town

"We want our kids to enjoy paddling, get in good shape, and make life long friends. We want them to learn about teamwork and the ocean, as well as win".

These were some of the goals that some 50 parents and youth set for young paddlers at a one hour Positive Coaching Alliance (PCA) Parent Workshop on March 5 on the Koa Lanai. I had the good fortune to present the workshop. Several key PCA themes were emphasized.

Mistakes are OK

Parents were given real life scenarios to discuss. When asked how they could handle a situation where a canoe flipped during a race because of their child's "mistake", responses included, 1) waiting to see what the child had to say, if anything, 2) listening very carefully without giving any advice whatsoever, and 3) helping the child realize that "mistakes are OK".

Parents discussed the "mastery concept" used with Olympic athletes: i.e. effort, learning and mistakes (ELM) work far better than the traditional focus on results, comparison with others and no mistakes. That mastery concept reduces anxiety and increases a sense of control in most youth athletes. As a result, youth stay active in sports longer and enjoy them more.

Sports Should Be Fun

If the sport is downright fun (the "romantic" stage of talent development), children remain interested and enthusiastic according to PCA studies. The transition from the romantic stage to the technical stage must be managed very carefully to keep a young athlete from burning out.

Seventy percent of America's youth quit youth sports by age 13 per national studies. This traditional "win at all cost" mentality takes a heavy toll on our youth, because fun is lost before latent talent of youth emerges.

In contrast, Michael Jordan was cut from his high school basketball team but continued on to greatness due to his enthusiasm and love for the sport. One parent said it just right, "we want avid paddlers for life". Paddling can and does become a happy family tradition.

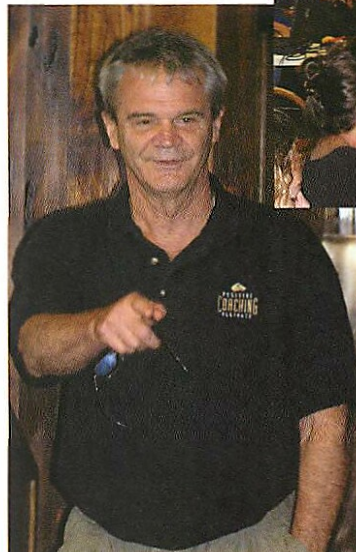
Parents as Second Goal Coaches

PCA teaches coaches and parents two key goals for youth athletes: 1) winning (important) and 2) learning life's lessons (more important). PCA emphasizes that youth coaches are "double goal coaches" while parents are "second goal coaches". OCC parents readily agreed their role is to encourage their children to enjoy the sport, try as hard as possible and work as a team, always respecting the sport.

Parent-Coach Partnership

The final concept was the "parent coach partnership" where parents reinforce the coaches' role and support their entire team and their child. Studies clearly indicate that 95% of youth athletes have the raw talent to make it in sports and a key variable is parental support.

"The more you as parents support your children, the more your children will excel in sports and in life" is the PCA message.



Mike Town



Parents and youth paddlers listen to the positive coaching philosophy.

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