



[www.vivaa.ca](http://www.vivaa.ca)

2010 Season

Vancouver Island Va'a (the "Club") is a goal oriented Outrigger canoe racing and training program. Involving both coached competitive (Comp) and coached development (Devo) programs, Our mission is:

- To develop and train paddlers to achieve excellence in the sport of outrigger canoe racing.
- Encourage skill development in a variety of paddling disciplines.
- Foster the spirit of Ohana on Vancouver Island and beyond.

Practices will include both dry land and on the water technical training as well as open water sessions up to 4 hours. Practices will also include a monthly OC 1 time trial as well as a weekly OC 6 time trial. The expectation of all club members is to train hard. (Each member is responsible for their own development).

The Competitive program will have 4 scheduled practices a week. (April to September) They will be Tuesday/Thursday/Friday/Sunday. Participants in this program are expected to include in their training an additional on or off water session per week (Run/Bike/Gym or Paddle). One session per week will be in small boats (oc1/oc2/surf ski/marathon canoe). Winter training is reduced to two on water session per week.

The Development program will have 3 scheduled practices a week. (April to September) They will be Tuesday/Friday/Sunday. Participants in this program are expected to include in their training an additional on or off water session per week (Run/Bike/Gym or Paddle). One session per week will be in small boats (oc1/oc2/surf ski/marathon canoe). Winter training is reduced to two on water session per week.

Paddlers in these programs will focus on competing in a variety of Local, National and international races. Targeted races for this season are; (Club racing will not be limited to only these races, but these are our priority races. International goal races are also included on this list).

**May 29** - Jericho Iron

**June 12** - Island Iron

**July 10** - Howe Sound Iron

**July 17** - Columbia River Gorge Iron

**Aug.1** - Vernon Freshwater Change race

**Aug 15** - Canadian National Outrigger Iron Championships

**Sept 18** - Length of the lake

**Sept. 26** - Na Wahine for the women

**Oct.10** – Molokai Hoe for the men

Crew selection for all of these targeted races is by committee. The club has a 5 person crew selection committee that will meet in advance of each race to select which paddlers will race and in what crew they will race. It is the clubs philosophy that the fastest crew is not necessarily the crew with the fastest six paddlers in it. We believe that the fastest crew is one that is fit and has the best blend in the boat.

The selection committee will look at a number of factors before deciding on crew placement. The main factors for selection are Fitness, Blend, Technique, Seat Experience, Race Experience, Time Trial results and Attendance. If you have questions on selection you can speak directly to the committee and they will be able to explain their decision to you.

## Vancouver Island VA'A Outrigger Racing Canoe Club

Membership application and Agreement 2010

Date \_\_\_\_\_

I can swim 100m \_\_\_\_\_yes \_\_\_\_\_no

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email Address \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Emergency contact name \_\_\_\_\_ Phone # \_\_\_\_\_

Gorge Rowing and Paddling Centre Fees paid \_\_\_\_\_yes \_\_\_\_\_no

## Members Code of Ethics

As a member of the Club, I agree to familiarize myself with the following code of ethics and conduct as follows:

1. Members are expected to treat ALL fellow members and the general community with respect, honesty and fairness
  - a. Show respect for self, other members and competitors.
  - b. Show respect for the Coaches, Directors and board members of the club.
  - c. Show respect for the sport and culture of canoe paddling.
  - d. Show respect to the Gorge Rowing and Paddling Facility, its staff and equipment.
2. Members are encouraged to participate in and support club activities, events and committees.
3. Everyone is encouraged to strive to achieve their personal best both physically and mentally and support others in this effort. Everyone is responsible for working on their own technique, timing and improvement.
4. Behaviour such as Violence, Physical or verbal abuse is unacceptable and grounds for suspension or expulsion.
5. Members are encouraged to keep the best interests of the team before their personal aspirations.
6. Members are required to keep a training diary and may be asked to provide same to the coaches. (Training dates, duration, what you accomplished, how you felt)

## Code of Conduct

If I am a Coach, on the Executive, a Crew Captain for a race or practice or a Steersperson, I agree that I will;

1. Treat each paddler with respect and dignity.
2. Foster an environment of open communication with the paddlers.
3. Provide paddlers with program requirements, practice schedule and crew selection criteria.
4. Be prepared to seek help from the president or Coach Liaison in solving conflicts
5. Utilize a positive coaching style that fosters teamwork and promotes the values and missions of the club.

As a paddler, if I have a complaint, I will talk to my coach. If I feel my complaint isn't addressed, I will talk to the President or Coach Liaison. I understand that if a matter is brought to the President or Coach Liaison, he/she will automatically bring the matter before the Board for consideration and resolution.

I understand that it is my responsibility to uphold the Code of ethics/Conduct. I understand that the club promotes an open forum of communication and that I should follow the procedures to make myself heard. I understand that I have the power and responsibility to make a positive difference in my club. Given just cause, I understand that the Board of Directors/Executive does have the right to revoke my membership.

I understand the Club accepts no liability for damages to person or property.

Sign\_\_\_\_\_ Print Name\_\_\_\_\_ Date\_\_\_\_\_