

paddling excellence clinic

Sponsored by the Hawaii Canoe & Kayak Team

When: Saturday, 31 July 2010
Time: 1pm ~ 3pm
Venue: University Ave. Boat Halau on the Ala Wai
Fee: \$25 for non-members and \$15 for HCKT members
Contact: <HCKT@HCKT.ORG> or <robby_singh@hotmail.com>



This event will be fabulous for all levels of 6-man and OC1 paddlers as well as any paddlers who want to improve their performance. The main focus of this clinic will be on the Outrigger Technique and "moving the boat" with maximum speed and minimum effort. Learn how to position yourself, your paddle and your force to get your maximum speed and performance. Great for any level of paddling, junior teams through to experienced paddlers! Come along and find the secrets of success from World Champion Outrigger paddlers and Olympians.