



## ***Geographe Outrigger Canoe Racing Club Inc.***

Based at Geographe Bay Yacht Club - 1 King Street, Busselton WA

Postal: PO Box 982, Busselton WA 6280

Email: [Geo.outriggers@hotmail.com](mailto:Geo.outriggers@hotmail.com)

Facebook: Geographe Outriggers Busselton

## **CLUB MEMBERSHIP PACKAGE**

### **OUTRIGGER CANOEING:**

Outrigger canoeing has its origins in the ancient Polynesian seafarer's and navigators who populated the islands of the Indian and Pacific Oceans. Outrigger canoes were the original catamarans and were used for war, fishing, and transportation. Sailing canoes were used for voyaging and exploring, and outrigger canoes - "Wa'a" (Hawaii), "Vaka/Va'a" (French Polynesia), and "Waka" (New Zealand) - are a highly respected part of the culture of these island nations.

The Hawaiians and the Tahitian's began racing outrigger canoes in the late 1800's and the first outrigger canoe club was formed in Hawaii in 1908. In Australia, outrigger canoeing was established on the east coast of Australia in 1978 and the peak body is the Australian Outrigger Canoe Racing Association Inc. (AOCRA). WA competition started in the late 90's and there are now clubs in Busselton, Bunbury, Mandurah, Rockingham, Ravenswood, Fremantle and Perth. Geographe Outriggers was formed in November 1996.

The main competitions in Western Australia, coordinated by the WA Zone of AOCRA (WAZA), are held during the summer months starting in October with races, regattas and State Titles in April with separate Juniors races known as the Sandgroper Series. There is also a Winter Series of monthly races from June to September. Clubs can attend National and International outrigger events as well as local iconic paddling events which include ski's and SUPs. Geographe Outriggers compliments the racing season by hosting Whale Watching paddles, Full Moon paddles, the Meelup Relay Challenge (26km), Cruise Ship paddles, organised social activities or just relaxed paddling around the jetty with the chance to see some dolphins.

OC6 Outrigger canoes are up to 15m long and are designed for a variety of water conditions from river and inlet paddling to open ocean paddling. They can be used in the surf or sailed. Races vary from sprints to marathons for all age divisions and members are given the opportunity to paddle OC1's, OC2's, V1, V4, V6's, and V12's. Training involves paddling in the vicinity of Busselton Jetty, east to Port Geographe Marina, or west to Dolphin Road Boat Ramp. We have a sprint course close to the beach and paddlers are taught correct paddle technique and race strategy. Skills sessions and fitness is also a focus, as are fun races, and of course – Jetty Jumping!

## **CLUB COMMITTEE:**

President: Kim Davis  
Vice President: Bonnie McBeath  
Treasurer: Julie Hoyle  
Secretary: Libby McLaughlin

Committee: Darren Allsopp  
Astrid Bashford  
Andrea Triffitt  
Richard Lucas  
Tyanne Robinson

## **CLUB COACHES:**

Laurie Haynes:

Laurie has been paddling for over 35 years in a range of paddling disciplines from kayak (K1, K2) and marathon canoe (MC2) in the Avon Descent, to ocean surf skis (S1) and outrigger canoes since moving to Busselton in 2003. He has an extensive background in outdoor pursuits and delivering wilderness programs, and in 2013/14 sailed half way around the world with his family. Laurie is keen on promoting skill development and progression and focuses on team building and maximising potential. He is a Level One Outrigger Canoeing Coach and a clinical psychologist in private practice.

Steph Braid:

Steph has been paddling outriggers since 2012 but has had lots of experience being a part of and coaching team sports in the past e.g. hockey, basketball, netball etc. Since she moved to Busselton from the Kimberley, and previous to that Tasmania, she has really enjoyed getting out on the ocean with our outriggering club. Steph is a teacher at GMAS and specialises in the Middle School age group. She has a Level One Outrigger Canoeing Coach qualification and also has her Community Surf Rescue and First Aid qualifications.

Darren Allsopp:

Darren is a proficient river and ocean paddler having successfully completed a number of Avon Descents and local adventure races. He paddles regularly on the ocean and understands safety issues on and off the water. He brings with him lots of energy and resourcefulness and contributes greatly to the management of the club as a whole. Darren has a Level One Outrigger Coaching Certificate.

Jill Johansen:

Jill has been a professional fitness instructor for 25 years. She is certified in Body Pump; RPM; Grit Strength/cardio; TRX Suspension Training & recently Metafit Hiit Training (High intensity interval training). She has been an outrigger paddler with our club for 10 years and was a gold and bronze medalist in the 2016 National Sprint Titles in Queensland. Jill promotes fitness and strength because it gives a sense of personal achievement, prevents injury, and builds cardio endurance, which is all required for Ocean Outriggering. Jill is a Level One Outrigger Coach.

Rhys Robinson:

Rhys has been paddling outrigger canoes as a junior since 2016. He is a competitive paddler and a great team builder. Rhys has the ability to work with a crew, improve their focus and encourage them to gel and paddle cohesively. Rhys is taking a gap year after completing Year 12 in 2018 and is interested in a teaching career. He is currently completing the requirements for his Level One Outrigger Canoeing Coach Certificate.

ALL club coaches have current Working with Children Checks.

## **MEMBERSHIP FEES:**

### **1. AOCRA FEES** (Include: National registration and compulsory insurance)

\$70 Ordinary Member / \$45 Junior Member

This fee needs to be paid asap as the signed indemnity form only allows for 3 practice sessions before insurance is void.

Pay AOCRA fee online.  
Go to [www.aocra.com.au](http://www.aocra.com.au) to join or renew your membership.

### **2. MEMBERSHIP CATEGORIES**

#### Ordinary member:

Includes all persons eighteen (18) years and over who have paid full Ordinary Membership fees (Except in the instance of Junior member attaining the age of fifteen (15) years may apply for an Ordinary membership provided they make a formal application to the Committee)

#### Junior member:

Includes all persons nineteen (19) years of age or under at the commencement of the membership season, who have paid full Junior Membership fees

#### Associate member:

Parents or Guardian of Junior members who wish to associate themselves with the Club but do not wish to be active canoeing members may apply to be Associate Members. (Non-paddling parent/guardian member with club voting rights. Associate Membership is voluntary

#### Honorary Life member:

Persons who have rendered outstanding service to the Club may, upon recommendation of the Committee and confirmed by 75% of the members present at a General meeting, elected as Honorary Life Member of the Club.

### **3. CLUB FEES** (Includes: GBYC levy and outrigger club running costs)

\$220 Ordinary Member      \$100 Junior Member (19 and Under)      \$120 for Associate Membership

Family Fees: Ordinary members/ Associate members (parents/guardians) to pay full fee

- First child's Junior membership fee = \$100
- Second child's Junior membership fee = \$90
- Third child's Junior membership fee = \$80
- Fourth child's Junior membership fee = \$70

Note: The City of Busselton has a junior sports fee subsidy available for families with a Health Care Card (KidSport Vouchers - see their website or visit Geographe Leisure Centre for info).

Pay Direct Credit to:  
Geographe Outriggers  
<Name> <Member Category> e.g. Ordinary/Junior/Associate  
BSB: 066508  
ACC: 10079763

## **4. ADDITIONAL COSTS**

Club Race and training shirts, approximately \$35

Events and races have an entry fee of \$15-25 depending on the event.

Paddles – new paddles cost \$350-450 and are shipped from the eastern states. There is no expectation to buy a paddle but some members have their own. There are some cheaper paddle options available from China, and as well as second-hand paddles.

Paddle bags can be ordered, they cost about \$75.

## **FUNDRAISING AND SPONSORSHIP:**

The club has kept the fees to a minimum with the understanding that all members including parents will assist with fundraising for club equipment and facilities.

Fundraising in the past has included: Bunning's Sausage Sizzles, Wheelbarrow raffles, Grape picking, Event stalls, Club barbeques and Ironman volunteering.

The club welcomes sponsorship opportunities and offers advertising space on the canoes. Please discuss any proposals with the club committee.

## **AGE DIVISIONS:**

Our club has the following age divisions:

Juniors:

12 and Under (12U)

14 and Under (14U)

16 and Under (16U)

19 and Under (19U)

Seniors:

Open (20-39yo)

Master (40-49yo)

Senior Master (50-59yo)

Golden Master (60-69yo)

Age divisions are based on the paddler's age on 31<sup>st</sup> December

## **SANCTIONED TRAINING SESSIONS:**

The summer season starts in October and finishes at the end of April with a Christmas and New Year break. Paddlers are encouraged to continue paddling and racing in the winter as we base ourselves out of Sensations Café beach at Port Geographe.

Training usually involves rigging canoes, warm ups and fitness, paddling technique and skills, endurance and lots of paddling on the bay and around the jetty. Saturday sessions are longer and depending on conditions can include supervised jetty jumping. Early in the season all paddlers are required to do a swim and tread-water test as well as capsized drills.

Teamwork is very important in outrigger canoeing and team selections are based on attendance and commitment at training.

## **WHAT TO WEAR & BRING:**

- Rashie/Thermal/Quick-dry shirt
- Club racing shirt for events
- Boardies/Neoprene paddle shorts
- Hat & Sunscreen
- Sunglasses (with cord)
- Paddle and paddle bag
- Footwear for around the yacht club and boat ramp
- Change of clothes
- Towel
- Water bottle

## **PARENT HELP FOR YOUNGER JUNIORS:**

“All Hands On” is the approach with lifting and moving the V6 canoes to avoid injury. All paddlers are required to take part in all aspects of preparation, rigging/de-rigging, wash down, pack up and storage of equipment.

Parent support is valued for moving the canoes to and from the beach each training session. This includes rigging/de-rigging, wash down and storage. Parents are asked to help with this for safe handling and time management, particularly for the younger paddlers.

Parents are requested to help with transporting juniors (car pooling) and canoe handling at events and races where possible. We also have gazebos and other equipment to set up.

Sausage sizzles at the club after training or events is also a great way to get to know other paddlers, coaches, and parents.

## **SUMMER EVENTS CALENDAR:**

The calendar of events includes paddling clinics held in Busselton or Bunbury; AOCRA/WAZA-sanctioned races/regattas in Busselton, Bunbury, Mandurah, Rockingham and Perth; and non-AOCRA events such as the Classic Paddle on the Swan River.

There are approximately 6-8 of these held on Saturdays or Sundays throughout the summer series including the State Titles at the end of the season. National Sprint Titles are usually held on the Sunshine Coast, Queensland at the beginning of February for those competing at that level.

Calendar of Events is available from the Club upon enquiry

## **COMMUNICATION:**

Club Emails:

Official club communication comes from our secretary via the AOCRA webmail. If you are a paid up AOCRA and club member you will automatically receive email communication unless you unsubscribe. Club emails are sent through via [geo.outriggers@hotmail.com](mailto:geo.outriggers@hotmail.com)

Club Website and Newsletter:

Website: <https://www.geographeoutriggers.com> Over the summer months the club produces a fortnightly newsletter with news and information, upcoming events, results, and photos. Please subscribe and stay up to date.

InstaTeam:

The Smartphone and computer app “InstaTeam” is used by the club to express an interest and confirm attendance at races and events – please install the app and request to join “Geographe Outriggers” (Team Code HAY8SQ). Updating your attendance on InstaTeam is very helpful for coaches to plan for races and events, please stay up to date.

Facebook:

Request to join the club facebook page “Geographe Outriggers Busselton” to stay up to date with club posts and photos. The WA Zone has a facebook page “WAZA Outriggers” that you can access to keep in touch with the sport on a state level. Nationally, “AOCRA” has a facebook page.



## CLUB REGISTRATION FORM

Geographe Outrigger Canoe Racing Club Inc.

Please tick the appropriate box

☐ **NEW APPLICATION**      ☐ **RENEWAL**

☐ **Ordinary Member**      ☐ **Junior member**      ☐ **Associate Member**

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

DOB: \_\_\_\_\_

Phone No. (Mobile): \_\_\_\_\_ Phone No. (Home): \_\_\_\_\_

Parent/Guardian Name: 1. \_\_\_\_\_ Ph. \_\_\_\_\_

Parent/Guardian Name: 2. \_\_\_\_\_ Ph. \_\_\_\_\_

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

Home Address: \_\_\_\_\_

Emergency Contact Name and Mobile: \_\_\_\_\_

AOCRA Fees Paid ☐

Risk Management Plan viewed and signed ☐

Club Fees Paid ☐

Parent/Guardian Consent Form signed ☐

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_

If Under 18 years (Parent/Guardian)

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_



**PADDLER’S RISK ASSESSMENT ACKNOWLEDGEMENT**

As a member of Geographe Outrigger Canoe Racing Club I have been made aware of the Risk Management Plan for the Club, and I have read the document.

I understand my obligations as a member of the Club to adhere to all the safety requirements as per this Risk Management Plan.

**SENIOR MEMBER**

<b>Full Name:</b>	
<b>Signature:</b>	
<b>Date:</b>	

**JUNIOR MEMBER PARENT/GUARDIAN**

<b>Child’s Full Name</b>	
<b>Parent/Guardian’s Full Name</b>	
<b>Signature</b>	
<b>Date:</b>	





## PARENT/ GUARDIAN CONSENT FORM

PADDLER'S NAME: \_\_\_\_\_

DATE OF BIRTH (D/M/Y): \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS: \_\_\_\_\_

PARENT/GUARDIAN'S NAME: \_\_\_\_\_

MOBILE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

OTHER EMERGENCY CONTACT: \_\_\_\_\_

OTHERS RESPONSIBLE FOR PICKING UP MY SON/DAUGHTER:

I hereby authorize my son/daughter \_\_\_\_\_ to participate in the activities supported by the Geographe Outrigger Canoe Racing Club.

Please state your son/daughter's swimming ability \_\_\_\_\_

Are there any medical conditions or any other information including medications that you feel is important to share with us related to your son/daughter's participation?

\_\_\_\_\_

\_\_\_\_\_

Please tick or cross the following:

- ☐ Permission to travel in tender boat
- ☐ Permission to ski behind tender with kneeboard or biscuit
- ☐ Permission for photo's to be taken and used for club promotions

If Under 18 years (Parent/Guardian)

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_