



My love for paddling

By: Matt

I have outrigger paddled for five years now. I have learned the Hawaiian values of the sport and it has given me lots of life lessons along the way.

This spring I volunteered to paddle at the Duel in the Desert race. I was seat one on the junior team. Seat one is my favorite because I can put my head down and feel the rhythm. I am one of the more veteran paddlers of the juniors and I enjoy keeping a steady pace. Paddling is like a form of meditation for me. The Duel short course race is 8 km long and when I'm in seat one I'm an alaka'i (leader), setting a good technique and rhythm. I have had leadership experience with being a captain on my hockey team and I feel really good when I encourage others.



My junior team for the Duel of the Desert 2019

One of the things we have to do at are club PRCC is transfer the boats in and out of the boat house and onto the water. That takes a lot of Laulima (cooperation) because the boat house is really tight and there is a lot of other boats. We need to be careful not to hit the ama on the doors and not to make contact with the other boats. I have learned that to keep the boat safe we need to work together and communicate well to make sure we don't damage the boat.



I'm on the front of the ama as we transfer the boat back into the club house. Our boats are returned to the club house in the traditional Hawaiian way with the back going in first.

I also really enjoy my outrigger paddling club as it is like a big Ohana (family). My mom, dad and sister paddle with the club as well as lot of friends from school that I have encourage to join the paddling program. I have made a lot of friends over the years of being involved with the club. Sometimes I go out with the adult and some of them are at least 60 years older than me. Other times I paddle with the younger kids, my friend Zaida is only 7 and she loves to chase me. It's the funniest thing hearing her little voice Kahea (caller) the "huts" and "hos".

I find the sport very komo pū (inclusive) because all the adults are helping me and teaching me how to get better. On the second day of the Duel race I raced an OC2 with Maverik my friend who is two years younger than me. We had a great time racing against the adults and even beating a few. I learned how to steer well under pressure and was able to e paipai (encourage) Maverik to keep a good pace and paddle hard.

When you're in the boat the team has to be tight and in ho'okahi (unison) because If you aren't the boat won't move efficiently. Timing is very important to keep the boat moving swiftly through the water. We do many drills working together in unity. My favorite drill is the pause drill in which we all pause at the start of the catch of the stroke and enter the water all together.

Now that I'm more experienced I help the new kids learn about the sport of outrigger paddling. I find it like a Kulena (reasonability) because when I started the big kids helped me out and now it's my turn.

I love being on the water and I am so glad that I live in a Penticton, a city located between two lakes. The name Penticton is derived from a word in the Okanagan language and translates into "a place to stay forever". In Penticton I attend a francophone school named École Entre-Lacs (school between lakes). So, it seems appropriate with all these terms that I am drawn to the water.

I love Paddling and it is one of my favorite sports alongside with my hockey and water skiing.

