

## **Stroker Training:**

The Paddling 101 Class and several months of paddling experience is highly recommended before taking this course.

### **Seat One - Stoker's Responsibilities are:**

- 1. Communicate with Captain, (steers person), before launching.**
- 2. Establish Pace.**
- 3. Demonstrate good paddling technique.**
- 4. Know how to kahi and uni.**
- 5. Control the front of the canoe on launching and landing.**
- 6. Be prepared to take over if the Captain misses the canoe.**
- 7. You are the eyes at the front of the canoe.**

**Communicating with the Captain** is a high priority, as Captains vary in their preferences.

**Establish Pace:** Your pace should be consistent and not vary from side to side. Evaluate the crew. A quick pace can be detrimental to first-timers. Keep the same pace as you change sides. In rough waters, when your paddle barely reaches the water, maintain the stroke rhythm. If you stop, those behind you will also stop.

When starting up from a stop, the first four or five strokes will need to be very powerful, deep and long, to get the canoe moving. Once the canoe has gained momentum settle into your usual pace and maintain it steadily.

**"Power Up"**, call means increase the power of your stroke, (go deeper, longer), but maintain the same pace.

**"Pick it Up"**, means the Captain wants you to increase the pace, (go faster but don't sacrifice your stroke), maintain deep and long with a fast return.

**Remember:** Pace and power are not the same thing.

**Technique:** The rest of the crew is looking to you to follow your paddling technique.

**Kahi:** This is a draw stroke which the Captain may call for to assist in steering. It is a sideways stroke used to draw the bow to the paddle side. It must be deep enough to push water under the boat. Be careful when kahi-ing on the right in a single hull because of the risk of a huli. In some conditions you may need to call for help from the paddler in seat two, who should match your timing. The only way to learn this stroke is by on the water practice.

**Uni:** To do this put the paddle down the side of the canoe and hold in place by anchoring your lower arm on the top of the gunwale. The blade should be lower than the bottom on the canoe. This stroke pushes the canoe to the opposite side. The Captain may call for this when doing a sharp turn. MCC Captains rarely call for this maneuver. Again, the only way to learn this stroke is by on the water practice.

**Control the front of the boat on launching and landing:** Your communication with the Captain should have instructed you in what the Captain's requirements are. You may have to pull or push the front of the bow to head in the direction the Captain wants as the canoe enters the water. Get in quickly and start paddling efficiently, everyone else will follow you.

**Remember:** the Captain will be several seconds behind you getting into the canoe. Continue to keep the canoe as the Captain instructed, with a kahi if necessary, until the Captain is in control.

**Landing:** Get out quickly when the Captain tells you. It may be deep. It is your job to keep the bow perpendicular to the shore, the Captain needs you to do that. Watch the ocean. You are the one to remain with the canoe until it is put away.

**No Captain:** If the Captain misses the canoe on launching and there is no other Captain in the canoe, the Stroker is in charge. As soon as you are aware of this, call out to the crew that you are in charge, be authoritative. **The default protocol is to take the canoe out past the surf break.** Wait there for instructions. Situations vary greatly. These scenarios will be discussed in class.