



BARK



SUPAH Distance Paddling Clinics

Presented by the Stand Up Paddle Association of Hawaii (SUPAH)

an independent non profit organization whose mission is to promote SUP distance paddling, SUP etiquette, and SUP community service events.

Clinic Schedule:

1/24/08 Paddling Technique 1

2/22/08 Paddling Technique 2

3/7/08 Open Ocean Paddling and Bump Riding, Ocean Safety

4/18/08 Equipment and Mock Race

5/16/08 Hawaii Kai to Kaimana Run and Graduation Party

June race season starts

Instructors will be Todd Bradley, Aaron Napoleon, Edmund Pestana, Morgan Hoesterey, Kainoa Beaupre, Doug Lock and others. Clinics are scheduled on the Saturdays when SUP races are not scheduled. There will be an opportunity to race and car pool with the group at organized events on the other weekends.

Clinics will start at 7:30am and go for 3 hours. The format will include instruction and individual coaching along with the opportunity to try various race boards or use your own. All ocean paddling will be escorted.

Location will be at Maunalua Bay in Hawaii Kai. Cost is \$50 per session or \$200 for 5 sessions. Cost includes daily refreshments, paddle shirt, safety whistle, and other goodies. Participants must be 15 years or older. Under 18 must be accompanied by an adult. Call 255-6255 for more information.

Name _____

Phone _____ Email _____

Gender _____ Age _____ Sessions: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ All _____

Years Paddling _____ Years SUP _____ Skill Level: Novice 1-2-3-4-5-6-7-8-9-10 Expert