

## Capital Outrigger

Threshold Expectations for all Club Members – All club members are expected to meet the following three areas (Club Participation; Attendance and Compliance; Effort/Attitude) as good citizens of “Ohana Kai. These are checked off by the individual member and confirmed by the group coach/leader as they are met.

CLUB PARTICIPATION	
Helps with getting and returning canoes	
Helps with rigging and/or maintenance	
Helps out as needed in other ways with practices	
Brings towels and helps clean and organize canoes	
Helps with the organization or administration of the Club	
ATTENDANCE AND COMPLIANCE	
Follows guidelines for adding/dropping practices	
Shows up when signed up	
Follows the plan laid out for practice	
EFFORT	
Consistently gives best effort	
Is receptive to new ideas about practice, techniques and workouts	
Shows positive attitude in practice re: workout and with fellow paddlers	

Paddlers who meet and maintain the above expectations are qualified for race consideration.