



PITTWATER OUTRIGGER RACING CLUB



This booklet contains some information regarding:

- How to Join
- What to wear
- Where and when we paddle

For more information please visit:

Website: pittwateroutriggers.com.au

Facebook: Pittwater Outriggers Club

Team App: Please join Pittwater Outriggers on the **Team**  **App**; to ensure that you're informed about the many training opportunities available to you each week.

We're always looking to welcome new members into our friendly club, no matter what your level of paddling experience. We have a wide range of groups, from social to extreme racers, so, if you're keen to give it a go, you're entitled to three free paddles, before deciding whether you would like to join us.

For anyone who is interested in trying Outrigger Canoeing, please contact either our Head Coach (Gary Finnigan- 0407 649 300) or one of the Men's or Woman's Captains (Paul Flynn-0422 962 333/ Vanessa Henderson- 0415 322 133). They will discuss with you which group would be best for you, so that you feel safe and comfortable within the group.

Once you have completed your trial sessions there is a two-step process to becoming a registered and insured paddler, and a member of Pittwater Outrigging Racing Club.

HOW TO JOIN

To become a member of Pittwater Outriggers, there are 2 registration fees that apply.

Firstly there is an annual PORC club fee (\$220 for 365 days of paddling!) and the second is a member fee for AOCRA (Australian Outrigger Canoe Racing Association) of \$70.

How to Pay PORC Club Fees

The PORC club fees cover administration, affiliation fees, and purchase and maintenance of equipment. The current fee is \$220 with the renewal date being the 1st October of each year. The club Treasurer will work out a pro rata fee if you are joining for only part of the year.

To join go to our website and fill in the online form and then forward payment as set out below.

Direct Debit BSB: 062-251 Account Number: 10038760 Reference: Your full name. Cheque: Mail to Pittwater Outrigger Racing Club Inc. P O Box 1143 Mona Vale NSW 2103.

How to Pay AOCRA Fees

These fees are paid directly to AOCRA (not to PORC) on an annual basis. Your year begins on the day you join, so timing is different for everyone and unfortunately probably won't coincide with paying your club fees. AOCRA will automatically remind you each year when your fees are due. This money goes towards State and National administration plus **provides the insurances that cover you whilst you train and compete in AOCRA and other events/activities as a club member.**

When filling in the membership form on our website there is a link through which you can join.

You must join both PORC and AOCRA to paddle, even if you do not intend to race. When you think about it, it's pretty cheap compared to other sports AND it lasts for a whole year not just a season!

WHAT TO WEAR/ BRING (BEWARE: You *WILL* get wet!)

Recommended clothing:

- Comfortable shorts/bike pants/wetsuit shorts
- Singlet top/T-shirt/rashie
- Shoes that can get wet

- Cap
- For cold/windy weather: thermals (these are the best at staying warm when wet), a spray jacket and perhaps a beanie

Also bring with you:

- Water
- Suncream
- A change of clothes
- Towel
- A plastic bag for your wet clothes
- A sense of adventure!

WHERE AND WHEN WE PADDLE

The club has 2 registered coaches. Whilst attention is paid to technique at most sessions, special technique sessions are arranged during the year.

Training sessions:

These training sessions are open to all club members and continue throughout the year. Winter is a great time to train and maintain fitness. During the race season, men's, women's and mixed crews may choose to train separately and at other times to fit their individual schedules.

Please join us on the Pittwater Outriggers on the [Team !\[\]\(e474458956c9a37fbf9586ddb60a7fa1_img.jpg\) App](#) so that you will always know what training opportunities exist. We can all see who is training and ensure we have the correct equipment at the right location. Opt in to player or official and your reason for joining is that you are a member/paddler.

Check the website and Team App for current sessions and times.

Give us a call now to book your 3 free sessions and enjoy the ride!

Please fill in the following indemnity form before you paddle and hand to the session leader.