



# Gold Coast Outrigger Canoe Club

Membership Prospectus 2017

## About Us

Gold Coast Outrigger Canoe Club was formed in December 2013 by two paddling families, the Paine's and the Davis's. Headed by enthusiasts Leigh Paine and Tony Davis, this club has been established to grow both Junior & Novice paddlers and to also cater for experienced paddlers on the northern end of the Gold Coast.

The Gold Coast Outrigger Canoe Club is the sister club of the Cradle Coast Outrigger Canoe Club which was formed in Burnie, Tasmania by Leigh & Linda Paine in 2006.

## Our Culture

Gold Coast Outrigger Canoe Club is a family orientated club, catering especially to juniors. Our core values are: Respect, Responsibility, Positivity and Innovation.

**Respect:** All Club Members are to respect the coaches and committee decisions and adhere to any instruction given.

**Responsibility:** All Club Members are responsible for their own actions to adhere to Club Rules and regulations.

**Positivity:** The Club is an environment of positivity, each member will be encouraged to perform to the best of their abilities and make a positive contribution to the club in every way.

**Innovation:** The Club will be innovative in their event hosting and training methods, bringing a refreshing approach to the sport to create growth and develop the sport.

All members will be provided with our club Code of Conduct which is to be adhered to at all times once a membership application has been accepted. The Code of Conduct is included in this document.



## Management Committee 2016 /2017

<b>President</b>	<b>Leigh Paine (head coach)</b>	<b>0429 093 662</b>
<b>Vice President</b>	<b>Karren MacClure</b>	<b>0403 545 355</b>
<b>Treasurer</b>	<b>Tonia Cruz (Doyle)</b>	<b>0411 411 611</b>
<b>Secretary</b>	<b>Lavinia Chothia</b>	<b>0449 500 131</b>
<b>Registrar</b>	<b>Tonia Cruz (Doyle)</b>	<b>0411 411 611</b>
<b>Events Coordinator</b>	<b>Damien Grace</b>	<b>0478 627 539</b>
<b>Junior Coordinator</b>	<b>Jodie Pukepuke</b>	<b>0424 944 075</b>
<b>Canoe Captain</b>	<b>Shay Carroll</b>	<b>0432 116 482</b>
<b>Uniforms</b>	<b>Deb Brady</b>	<b>0413 478 774</b>
<b>Fundraising</b>	<b>Linda Paine</b>	<b>0405 106 308</b>
<b>Grants Coordinator</b>	<b>Linda Davis</b>	<b>0418 154 026</b>
<b>Junior Spokesperson</b>	<b>Shania Paine (Junior Captain)</b>	<b>0455 598 903</b>
<b>Committee</b>	<b>Sharlene Herbig</b>	<b>0405 628 951</b>

## Training & Outrigger Regattas

Gold Coast Outrigger Canoe Club conducts training activities during the mornings and evenings throughout the week, year round. We cater for new paddlers, novice, elite in both Junior and Senior categories.

Regattas in the zone are held mostly on Saturdays. A list of upcoming regattas can be obtained from [www.aocra.com.au](http://www.aocra.com.au) on the SQ Zone page.

In addition to these races, the club also participates in regattas hosted by other outrigger canoe clubs. Other races that Gold Coast Outrigger Canoe Club Paddlers can participate in are the Australian OC1/2 National Titles, Australian Junior National Titles, Takapuna Cup in New Zealand, Hawaiian Airlines Sydney Harbour Challenge, Great Barrier Reef Challenge, Vaka Eiva in the Cook Islands, and World Marathons Tahiti to name a few.

## Age Classifications

Gold Coast Outrigger Canoe Club is sanctioned by the Australian Outrigger Canoe Racing Association (AOCRA) and further information about AOCRA can be found on their website [www.aocra.com.au](http://www.aocra.com.au)

Age Divisions	Age
Minnows	8-10
12 Under	
14 Under	
16 Under	
19 Under	
21 and Under	20 to 21 inclusive
Open	20 +
Masters	40+
Senior Masters	50+
Golden Masters	60+
Platinum Masters	70+

## Training Times and Locations

Training times change depending on the season and normally increase in the summer racing season. Please contact Leigh Paine (0429 093 662) or check out posts on our facebook page.

Once you become a member join our Members Only Facebook page for current training times and locations and other club news.

[www.facebook.com/groups/GCOCC.MembersOnly](http://www.facebook.com/groups/GCOCC.MembersOnly)

### **Current training locations include:**

Southport Aquatic Centre Broadwater Parklands  
Coomera Lakes - Watersport Ln, Oxenford

Please be aware of our neighbours and keep noise to a minimum when arriving and departing at training so as not to upset the residents!

It is advisable to bring to training a water bottle, towel and a change of clothes for the drive home. Also have your sneakers and swim goggles in the car for cross training activities should we experience odd numbers. A hat to keep the sun out of your eyes is also a good idea!

Our main club site is at the Southport Aquatic Centre. Paid car parking is between 9am-7pm at the Aquatic Centre, so bring some coins for the meter. After training on Saturdays hang around for a coffee with other members!

Any questions relating to coaching - please contact:

Gold Coast Outrigger Canoe Club Head Coach, Leigh Paine 0429 093 662



## Membership & Racing

Divison	Base Fee	Maintenance & Storage Fee	Total Membership Fee
Minnows (8-9 yrs)	\$50	\$25	\$75
Junior (10-18 yrs)	\$100	\$25	\$125
Adult (19+ yrs)	\$200	\$25	\$225
Family (2 Adults & up to 4 juniors under 21)	\$400	\$50	\$450
Interstate Member (Must reside in a state other than QLD or 100+ km away from GC)	\$100	\$25	\$125
Dual Adult Member (Full member of another club, trains and/or races with GC)	\$50	\$25	\$75
Dual Junior/Minnow Member (Full member of another club, trains and/or races with GC)	\$25	\$25	\$50
Associate Member (non-paddling supporter)	\$50	\$25	\$75

NB: Age brackets are based on what age you will be turning at the beginning of the year.

Club memberships are payable into the Club Bank Account and can be made online

Bank: Bendigo Bank  
 Branch: Paradise Point  
 BSB: 633-000  
 Account: 151067949

In addition to the Club Fees – each member is responsible for ensuring their AOCRA membership is current which then covers you for insurance. This can be updated and paid online at [www.aocra.com.au](http://www.aocra.com.au)

- Only current Gold Coast Outrigger Canoe Club members who are financial are able to be nominated to race.
- Race fees must be paid in advance to the club account before you will be nominated to race – proof of payment to be emailed to club treasurer.



## Membership Application Form

The Member Application Form can be found at the end of this document. This form will need to be completed, printed, signed and returned and membership fees paid.

Alternatively you can collect a printed application form by emailing our club secretary - [gcocc\\_secretary@outlook.com](mailto:gcocc_secretary@outlook.com)

All Club members must also be a financial member of AOCRA (The Australian Outrigger Canoe Racing Association) This covers you for insurance for 12 months from the date that you pay for all paddling activities whilst within Australia.

Additional International Travel insurance is required and to be purchased by the individual club member for cover whilst competing overseas.

The Club Code of Conduct is detailed on the following pages. A signed copy of this also needs to accompany your membership application. Copies are also available from the club secretary.

The GCOCC Constitution can also be found on our website. Please read this and become familiar with its contents. [www.goldcoastoutriggers.com/the-club/club-constitution](http://www.goldcoastoutriggers.com/the-club/club-constitution)

Once you become a member join our Members Only Facebook page for current training times and locations and other club news.

[www.facebook.com/groups/GCOCC.MembersOnly](http://www.facebook.com/groups/GCOCC.MembersOnly)



## Paddling Technique.....By Head Coach – Leigh Paine

An outrigger is pulled not pushed through the water. To do this, paddlers need to reach out, grab the water and drag the canoe forward. Most blades also have a bend (usually around 10 degrees, held with the blade bending away from the paddler) which increases the lift of the blade as it enters the water. This effectively pulls and lifts the canoe to decrease the canoe surface area and the water resistance. Lift is achieved by focusing power at the front of the stroke.

The paddle should exit the water when it reaches the paddlers mid-thigh to hip. Extending the stroke beyond this point decreases the lift generated and increases drag. Synchronised paddling; with all paddles entering and exiting the water at the same time and all paddlers using the same technique; provides the maximum pull and lift for the minimum effort. This can only be achieved through developing a consistent paddling technique both individually and as team, it requires practice.

Rotating from the hips allows paddlers to apply leverage and deliver maximum pull through the water. Twisting the upper body instead of using the arms utilises stronger muscle groups and minimises fatigue. This reach and twist motion requires flexibility. Locking the lower body and arms also results in less rocking of the canoe creating a consistent streamlined hull. Paddlers should maintain a straight line up the spine, twisting around this plane, with heads up and all in a row. The optimum degree of lean (forward) is influenced by the paddler. Smaller paddlers may use a dynamic approach where they lean forward a little (10-30 degrees) at the start of the stroke to increase reach and then straighten during the stroke to provide power. Others should focus on a static approach with minimum lean and no forward/backward body movement. Inappropriate lean increases lower back stress and should never be excessive, larger paddlers should always adopt a static style.

Paddling technique is continually under review and development. Consequently there are a wide range of differing ideas about what constitutes good technique; however everyone agrees that all paddlers in a canoe should have the same technique. The following Paddling Phases can be used as a general guide.



## Set Up Phase

The stroke commences.

- Maximum reach and twist with the paddle blade just out of the water.
- Paddle blade perpendicular to canoe hull.
- Lower hand around 1 hand width from the start of the blade face.
- Top hand should not be outside the canoe.
- Bottom arm with minimal bend and locked.
- Top arm slightly bent and locked.
- Leading leg (paddle side) extended and firmly planted. Offside leg bent under the seat.
- Both legs (knees) braced against canoe to lock the paddler in.
- Straight back, possibly a small forward lean.
- Head up.
- Basically your arms and shoulders should form a "big C".

## Entry Phase

Plant the blade. **Push** the blade cleanly into the water.

- Everyone at the same time.
- Drop bottom shoulder to move arms down and drive the full blade into the water up to the neck.
- Strive for a clean entry (no plonking) by maintaining the paddle perpendicular to the canoe and entering the water at the speed (horizontal paddle movement) of the canoe.
- At this stage you are not pulling the canoe just getting the blade planted.

## Catch Phase

This phase commences once the full blade is in the water and can be considered as the preparation for the power phase. It delivers lift to the canoe and minimises drag on the canoe.

**Pull** the canoe through the water.

- Start body rotation and apply pressure to the top hand, this moves the canoe forward and creates lift.
- The paddle shaft moves toward the vertical and becomes fully anchored.



## Power Phase

The blade is now aligned with the maximum surface area and the canoe is ready to absorb the surge of power. **Pull** with power.

- Drive with the extended leg.
- Rotate with locked arms.
- Straighten upper body.
- Focus on pulling the canoe through the water creating a power surge.

## Exit Phase

This phase occurs once the blade reaches the mid-thigh to hip. Leaving the blade in the water past this point increases the drag.

- Everyone at the same time.
- Rotation is complete and the blade is quickly removed from the water by rolling the shoulders to lift the bottom and drop the top hand.
- Some bend naturally occurs in the bottom arm at this stage.
- There should be no power applied, focus on getting the blade clear of the water.

## Recovery Phase

Return the paddle to the Set Up Phase.

- Relax and recover.
- Twist top wrist to feather the blade over the water.
- Rotate back to the set up position, straightening the bottom arm.
- Keep bottom hand travel parallel and just off the canoe side.

## Roles of each seat in an Outrigger Canoe

### Seat 1

Seat 1 sets the style, rhythm and rate for the canoe. The rate will vary depending on conditions, but is usually somewhere around 60 strokes/minute. They should be able to feel the run and attitude of the canoe and will adjust the stroke to suit prevailing conditions and the other paddlers to deliver optimum performance. Number 1 is a pure endurance athlete; their primary concern is perfect technique, a consistent rhythm and efficient power delivery. Under no circumstances should a number 1 allow themselves to become so physically exhausted that their stroke begins to suffer, when seat 1 fails the team fails. When the heat is on (Racing other canoes, congested start lines or sprinting) they have the mental control to ignore everything that is going on around them and maintain focus on consistent rhythm and technique. They are self-motivating, focused and perfectionists who constantly think about their stroke (am I rotating, is my catch strong, am I smooth and consistent) knowing that everything they do effects the entire boat.

### Seat 2

Seat 2 mirrors Seat 1, this is vitally important to set both sides of the canoe up to work together. They depend on the body and arm movements of Seat 1 to determine the rhythm and rate as they do not have a blade in front of them to follow; this is a very underrated and technically challenging skill. They must have technically strong and powerful changes, if seat 2 misses a change the entire canoe is out of time. If seat 1 sets the rhythm and rate for the team then seat 2 sets the timing, teamwork and glide for the entire canoe, one small lapse in concentration and the canoe will loose its run. Timing with seat one must be perfect in entry, exit, stroke length and power delivery. Number 2 is the main source of support and encouragement for Seat 1 and looks after seat 1 above all else, if the rate, rhythm or technique of the canoe fails they are as much at fault. It is beneficial for seat two to have ocean and wave experience as when downwind surfing they will call the rate changes for seat 1 when catching waves. The 1/2 combination is a team within a team and is the foundation on which the canoes performance is built.

### Seat 3

Seat 3 is a power seat and part of the engine room of the canoe. In most cases this is a seat for a stronger/heavier paddler. From here they have maximum access to the water and can consistently deliver pulling power with their weight acting as a stabiliser. The center seats of the canoe (3,4) suffer less from waves and sideways swivel and have the most solid and consistent access to the water, as a result they are relied upon to deliver consistent, high volumes of power with every stroke. They must drive the canoe forward to allow seats 1 and 2 to set a consistent rhythm. 1 and 2 cannot do an effective job unless they get the required drive from power seats. Seat 3 is in control of the calls (Huts), it is often underestimated how important this role is. Calls must be consistent and more importantly motivating; seat 3 must have a clear, strong voice and be able to call an aggressive, motivating hut. When you are 3 hours in, worn out and racing for the line the motivation of a strong aggressive call is paramount. If the call sounds weak or tired then that will translate to the whole crew. The focus of Seat 3 is also to follow Seat 1 like a shadow and be able to instantly adjust to any changes in seat ones tempo and rhythm, timing must be perfect.

### Seat 4

Seat 4 is also a power seat. Seat 3 and 4 are the “fire-breather” seats. These are your bigger, stronger paddlers who can reach down into the depths of their strength reserves and give everything they have when needed, they are the paddlers that will take you past another canoe, get you out of trouble and get you off the line and around turning buoys in the sprints.. If seat 1 and 2 are responsible for setting the foundation of the canoe then seat 3 and 4 are responsible for using that foundation to provide the power and the go-forward. Seat 4 works with seat 3 as a team within a team, seat 4 is the prime motivator for seat 3 and is there to ensure that seat 3 and 4 work together to deliver maximum effort when needed. One thing often overlooked in seat 3 and 4 is balance, these athletes must have supreme balance and be able to deliver maximum power on both sides of the canoe any lean to the left by the power seats will translate into weight directly on the ama and this in turn will slow the canoe and pull it offline. Mental toughness is also a requirement of the power seats, even when the power is on and the muscles are burning these seats need to be able to deliver “perfect” timing, seat 4 must be a shadow of seat 2 matching their stroke precisely. In addition Seat 4 is located in the best position for bailing and keeping the canoe dry (as much possible).



## Seat Five

Seat 5 requires all round skills and needs to be a truly intuitive and adaptable paddler. Seat 5 is an integral member of the powerhouse but also has the best view of the canoe and can clearly see the Ama and must be quickly able to react to prevent a capsize (huli). Seat 5 is in the best position to monitor the timing of the canoe and must make sure the boat is working together; they must also have perfect timing themselves as they will destroy the run of the canoe and disrupt all the good work of their teammates if they are out of time. Seat 5 needs to deliver power to the canoe and support the efforts of seat 3 and 4, they need to be able to do this from a higher, less stable position and while encountering the “dirty water” created by seats 1-4, this is a tricky and underrated skill, more than anyone in the canoe they must have a strong, solid catch on the water and in this respect their technique must be perfect. Their stroke needs to be strait, smooth and consistent, any deviation from a strait stroke in seat five will pull the canoe offline and make life hard for the steerer and seat 1 as the canoe will weave. When the going gets rough seat 5 is one of the most important seats in the canoe, running with waves seat five works with the steerer to become the “outboard motor” that drives the canoe onto waves, they are in the best position to feel the rise of the tail of the canoe and work intuitively with the steerer to push the canoe onto runners.

## Seat 6 (Steerer)

Steerers motivate the crew, providing positivity, direction and feedback. Their ability to read the water and identify the best line to navigate can be the difference between a good team and a great team. Steering requires an intuitive feel for the canoe and a high level of skill (it is not easy) especially in ocean conditions. The steerer still needs to contribute to the power of the canoe and needs to be able to balance the requirements of steering and paddling. Steerers carry a larger paddle and can deliver short, powerful bursts of power when required, however if this power is not delivered in a smooth fashion and in time with the rest of the canoe then it will destroy the run, rhythm and timing of the entire boat. Poorly delivered power from the steerer will cause the canoe to surge, weave and jump. It cannot be stated strongly enough that the steerer must ensure they are in time and rhythm before trying to provide power to the canoe. A steerer needs good intuition and must be able to predict what the canoe will do and proactively and use small, light corrections to guide the canoe rather than reactively correcting the canoe with heavy steering inputs. The moment a steerer feels heavy pressure from a steering input then he/she knows they have destroyed the run of their canoe. Steerers must be confident, good communicators and understand that their prime role is to respect and not waste all the effort and work of the 5 paddlers that form the team in front of them.



## Code of Conduct

Version 1, 1<sup>st</sup> January 2014

- ✓ Act within the rules and spirit of outrigger canoeing.
- ✓ Promote fair play over winning at any cost.
- ✓ Encourage and support opportunities for people to learn appropriate behaviours and skills.
- ✓ Support opportunities for participation in all aspects of the sport.
- ✓ Treat each person as an individual.
- ✓ Show respect and courtesy to all involved with the sport.
- ✓ Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- ✓ Respect the decisions of officials, coaches and administrators.
- ✓ Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- ✓ Display appropriate and responsible behaviour in all interactions.
- ✓ Display responsible behaviour in relation to alcohol and other drugs.
- ✓ Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- ✓ Ensure your decisions and actions contribute to a safe environment.
- ✓ Ensure your decisions and actions contribute to a harassment-free environment.
- ✓ Do not tolerate abusive, bullying or threatening behaviour.

### Paddlers

- ✓ Give your best at all times.
- ✓ Participate for your own enjoyment and benefit.
- ✓ Abide by the rules and show respect for other paddlers, coaches and officials.



## Coaches

- ✓ Place the safety and welfare of all paddlers above all else.
- ✓ Help each person (paddler, official, etc.) to reach their potential. Respect the talent, developmental stage and goals of each paddler and encourage them with positive and constructive feedback.
- ✓ Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of young paddlers.
- ✓ Ensure that any physical contact with another paddler / boat is appropriate to the situation and necessary for the person's skill development.

## Officials

- ✓ Place the safety and welfare of the paddlers above all else.
- ✓ Ensure all paddlers are included and can participate, regardless of their race, gender, ability, cultural background, sexuality or religion.
- ✓ Be consistent, impartial and objective when making decisions.
- ✓ Address unsportsman - like behaviour and promote respect for other paddlers and officials.

## Administrators / Committee

- ✓ Ensure quality supervision and instruction for paddlers.
- ✓ Support coaches and officials to improve their skills and competencies.
- ✓ Act honestly, in good faith and in the best interests of the sport as a whole.
- ✓ Ensure that any information acquired or advantage gained from the position is not used improperly.
- ✓ Conduct club responsibilities with due care, competence and diligence.

## Parents

- ✓ Encourage your child to participate, do their best and have fun.
- ✓ Focus on your child's effort and performance, rather than winning or losing.
- ✓ Never ridicule or yell at a child for making a mistake or losing a competition.
- ✓ Help out the coach or officials at training, regattas and social occasions where possible.
- ✓ Model appropriate behaviour, including respect for other paddlers and officials.

## Spectators

- ✓ Respect the effort and performances of paddlers and officials.
- ✓ Reject the use of harassment, bullying or violence in any form, whether by other spectators, coaches, officials or paddlers at any time.

All members to complete the below and return with Membership Application:

I, \_\_\_\_\_, have read and understood the Code of Conduct policy and will abide by it as a member of the Gold Coast Outrigger Canoe Club.

Signature \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

If Under 18 Years, Signature of Parent / Guardian

Signature \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

Club Constitution

I, \_\_\_\_\_, have read and understood the GCOCC Constitution and will abide by it as a member of the Gold Coast Outrigger Canoe Club.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

If Under 18 Years, Signature of Parent / Guardian

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

Thank you, please return either hard copy, or scanned signed copy to [gcocc\\_secretary@outlook.com](mailto:gcocc_secretary@outlook.com) or bring a hard copy to training





**Gold Coast Outrigger Canoe Club**  
**PO Box 14**  
**Chevron Island 4217**

Registrar: Tonia Doyle

Ph: 0411 411 611

[treasurer.gcooc@gmail.com](mailto:treasurer.gcooc@gmail.com)

Last updated 12/10/16

### NEW MEMBER APPLICATION - CLUB PADDLER REGISTRATION

#### New Member Information

Name:				AOCRA No:	
Address:					
Suburb:				Post Code:	
e-Mail:					
Mobile:				Home Phone:	
DOB:			Gender:		

#### Other Information

Next of Kin Name:		Relationship:		
Address:		Telephone:		
Are you a Competent Swimmer ?	YES / NO	Note: To meet AOCRA safety requirements, each Club is required to ensure member swimming competency through certification or testing.		
Do you suffer any Medical Conditions ?	YES / NO	If Yes, please complete below and discuss with head coach (asthma, heart condition, blood pressure etc)		
<b>Condition</b>	<b>Treatment</b>	<b>Year</b>		
Do you have a current QLD boat licence?	YES / NO	Do you have a current QLD boat licence?	YES / NO	
Do you hold a current first aid certificate?	YES / NO	Do you agree for your name details to be used in club publications and for your image to be used in media?	YES / NO	
Are you transferring from another AOCRA Club ?	YES / NO	If yes which club		
Are you a level 1 outriggering coach?	YES / NO	If yes - certificate No.		

#### Approval Signatures

**WARNING - PLEASE READ BEFORE SIGNING** In signing below, I hereby acknowledge that I have read and consent to being bound by the AOCRA Indemnity Agreement and abide by the Rules, Directions and Constitution of AOCRA Inc and the club and to accept the terms, exclusions, conditions and limitations of OAMPS Injury and Legal Liability Insurance Contract. I have read and understand the AOCRA Anti-Doping Policy as published at [www.aocra.com.au](http://www.aocra.com.au). I agree that all fees are non-refundable. I agree that I will assist with the running of the club by volunteering at Gold Coast OCC-run regattas, helping with the loading, unloading and towing of the trailer, canoe rigging and de-rigging, washing of covers and general maintenance of the equipment and shed as required. I accept that any personal belongings stored in the club shed or transported on club trailers (including OC1s and OC2s) are not covered by GCOCC insurance policies. I accept the club's risk management assessment (including all attachments) and agree to abide by its policies. If I fail to abide by the policies therein, I indemnify Gold Coast Outrigger Canoe Club Inc and hold it harmless against any liability, damage, cost or expense arising out of or in connection with any failure on my part to adhere to the risk management assessment and its attachments. Copies can be obtained from the Secretary as required. I agree that any comments I make on the club's social media channels will be honest, in good taste and respectful. Failure to comply with this clause may result in my club membership being revoked.

**My signature below acknowledges that I AGREE UNCONDITIONALLY TO ACCEPT THE AFOREMENTIONED TERMS.**

<b>SIGNATURE: Paddler or Parent/guardian (&lt;18)</b>	
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Nominated By:		Seconded By:	
Club Registrar:			

#### Membership Fee

<b>New Member Year</b>		<b>Membership Type:</b>	
<b>Date of Payment</b>		<b>Amount Paid:</b>	

#### Payment Methods

<b>Cash / Cheque / EFT</b>			
Internet Pay Anyone Transfer To:	<b>Account Name</b>	<b>BSB No.</b>	<b>ACCOUNT No.</b>
	<b>Gold Coast Outrigger Canoe Club</b>	<b>633-000</b>	<b>151067949</b>



**Gold Coast Outrigger Canoe Club**  
**PO Box 14**  
**Chevron Island 4217**

Last updated 22/12/16

**HELPFUL HINTS FOR NEW MEMBERS**

**USEFUL CONTACTS**

**Coaches:**

Leigh Paine (head coach) 0429093662  
 Deb Brady - 0413478774  
 Dwane Carroll - 0409008497

**For queries about:**

**Payments** - Tonia Doyle 0411 411 611  
**Memberships** - Tonia Doyle 0411 411 611  
**Uniforms** - Deb Brady 0413 478 774  
**Face Book signup** - Damien Grace 0478 627 539

**AOCRA MEMBERSHIP**

1) AOCRA is the Australian governing body for outriggering and every paddler must join to be covered by our insurance on the water.

Go to: [www.aocra.com.au](http://www.aocra.com.au)

- \* On the top left hand side click on [Login]
- \* This will take you to a [sign in] page.
- \* Click on the [I'm not a Member - I want to Join!] button
- \* Fill in your details
  - \* Zone: choose SQ Zone
  - \* Club: choose Gold Coast Outrigger Canoe Club
- \* Pay by credit card

Fees for 12 months:

Seniors: \$70  
 Juniors: \$45

1) Gold Coast Outrigger Canoe Club Membership Fees (as at 10/12/16)

Membership covers 12 months from date of signup. Please complete a membership form & return to registrar

Minnows (8-9)	\$75
Junior (10-18 yrs)	\$125
Adult (19+ yrs)	\$225
Family (2 adults/4 jnrs)	\$250
Interstate Member	\$125
Dual Adult Member	\$75
Dual Junior/Minnow Member	\$50
Associate Member	\$75

**Our Club Bank Account Details for paying membership fees/ uniforms / entries etc**

Internet Pay Anyone Transfer To:	<b>Account Name</b>	<b>BSB No.</b>	<b>ACCOUNT No.</b>
	<b>Gold Coast Outrigger Canoe Club</b>	<b>633-000</b>	<b>151067949</b>

**OTHER INFORMATION**

Website: [www.goldcoastoutriggers.com](http://www.goldcoastoutriggers.com)  
 Facebook: [www.facebook.com/groups/GCOCC.membersonly](http://www.facebook.com/groups/GCOCC.membersonly)  
 Facebook is used to communicate training details etc