



LEVEL #1 RECREATIONAL _____

- NOT Race Focused, Paddle for Fun!
- Swimmer or Life Jacket Required
- All Fitness Levels - Come as you are!
- No Time Trial or Cross Training Required
- Meet, Socialize & Enjoy Outrigger Paddling
- Will Learn Emergency Recovery, Equipment use & Coached Paddling

LEVEL #2 FUN RACER _____

- Novice to + Years Paddling Experience
- Average+ Fitness Levels
- Racing - More or Less
- Due to Busy Lifestyle, *Attendance is Important but not Required.*
- No OC1 Time Trial/Cross Training required, although highly encouraged!
- Learn Progressive Paddling thru OC1/OC6
- Swimmer or Life Jacket Required
- Will Learn Emergency Recovery, Equipment use & Coached Paddling

LEVEL #3 COMPETITIVE RACER _____

- Above Average to High Level Fitness
- Race and Compete at the Highest Level
- Compete for Top Crew at OC1 Time Trials
- Cross-Training & Team Blending Requirements
- High Expectation in Maintaining Paddling Skills & Fitness
- Ability to Self-Rescue & Paddle in Rough Water
- Organized Family & Paddling Schedules - Life Balanced

Name: _____

Home Location: _____

BEST CONTACT # _____

Paddling Experience: Yes _____ No _____

If YES: _____

Experienced Swimmer: YES _____ NO _____

Age: _____

MEDICAL CONDITIONS: YES _____ NO _____

If YES: _____

TIME TRIAL RECORD:

WINTER RACING (YES) _____

TIME TRIAL #1 _____

TIME TRIAL #2 _____

TIME TRIAL #3 _____

TIME TRIAL #4 _____