

# HONOLULU QUARTERBACK CLUB

*"The Preeminent Sports Source in Hawai'i, Recognizing All Sports"*

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## PRESS RELEASE

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The Honolulu Quarterback Club, celebrating 67 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, July 29th., at the MGR:

**+ Pono Ma'a - Coach - Ka Ulukoa - USA Volleyball Boys Jr Nat'l Champions  
+ Sean Monahan & Dana Gorecki - Waikiki Beachboys' Canoe Club**

**Pono Ma'a - Coach - Ka Ulukoa - USA Volleyball Boys Jr. 17s National Championships** - At the National Championships held on the mainland, Ka Ulukoa won gold medals in 3 team divisions, 15s club, 13s club and the 17s open. The 17s open division is coached by Pono Ma'a. Pono's 4th seeded Ka Ulukoa 17s defeated the 3rd. seated team 25-21 and 27-25 to go unbeaten in 11 matches. It was the 6th consecutive year that the team went undefeated on its way to the championship. Ka Ulukoa, a 501(c)(3) non-profit organization was founded in August of 2007 and is home to one of the most unique programs available in sports today. At Ka Ulukoa, they foster amateur athlete development for national competition through an approach called, "Total Person Education." This program leverages the enthusiasm a child experiences when playing sports to help develop life skills. Life skills that help them to excel on, and off, the court. The mission statement states Ka Ulukoa is dedicated to developing and supporting amateur athletes in Hawai'i for the purpose of competing in national and international volleyball venues, regardless of financial status; preparing student-athletes to excel in all areas of life by holding them accountable for athletic, academic, and community based responsibilities; and, fostering personal growth in a team setting while providing educational opportunities on nutrition, injury prevention, and well being. Pono will entertain questions on Monday at the HQC luncheon.

**Sean Monahan - Head Coach - Women's Waikiki Beachboys' Canoe Club** - Sean is currently the Head Coach of the Women's Waikiki Beachboys' Canoe Club (WBCC). A resident of Hawaii since 1994, Sean works as a Rescue Firefighter with the City and County of Honolulu Fire Department and volunteers his time coaching. Sean spent his first 7 years in Hawai'i as a top competitive athlete and waterman. In 1999 and 2001, he won the prestigious Molokai to Oahu World Championship Paddleboard race and to this day has been the only Hawai'i athlete to do so. In 2003, he won the State Surfski race in epic windy conditions. He has raced across the Kaiwi channel on a surfski, paddleboard, one-man and 6-man canoes countless

times, and is respected and sought out for his water, knowledge and abilities. In 2001, Sean gave up most of his training and competing to take on the task of building and coaching the mildly competitive Open Women's Program at the Waikiki Beachboys' Canoe Club. The goal was simple but ambitious – to win Na Wahine O Ke Kai, the world championship of outrigger canoe paddling. 10 years later in 2011, having built the strongest Women's Program in the State of Hawai'i, that goal was accomplished. Sean will talk about the long journey to the top, the challenges of building a club from within, and the commitment necessary for success. Sean will be available for questions on Monday.

**Dana Gorecki - President - Open Women's Paddler - Waikiki Beachboys' Canoe Club** - Dana is currently the President and an open women's paddler for the Waikiki Beachboys' Canoe Club (WBCC). She is an Early Childhood Education Project Administrator of a federally funded project at the University of Hawai'i. Dana joined WBCC in 2001 as a paddler. With Sean as Head Coach, Dana immediately embraced his coaching philosophy and overall goal for the women's program. Through her commitment to the club, Sean and her teammates, Dana has won 1 - 2 combined Hawaiian Outrigger Canoe Racing Association State Champion-ships titles in the Freshman, Sophomore, Junior and Senior women's events. She has also won each of the Hawai'i distance races as a paddler of the WBCC first crew. From the beginning, Dana has been a part of the WBCC crew's journey that culminated in winning the 2011 Na Wahine O Ke Kai. In 2005, Dana took on the role as President of Waikiki Beach-boys' Canoe Club. She was challenged with the task of building and maintaining membership as well as supporting Sean and his coaching staff in achieving the goal of winning Na Wahine O Ke Kai. Dana will provide a brief history of the Waikiki BeachBoys' Canoe Club, building the club's membership and the challenges of supporting the goal of the Club as both President and paddler. Sean and Dana will both take questions at the HQC luncheon on Monday.

**The Maple Garden Restaurant is located at 909 Isenberg (near the corner of King and Isenberg directly across from the Old Stadium Park) and there is free parking next to the Restaurant or street parking is available. The entrance to the meeting room is located at the rear of the Maple Garden building through the parking lot. Lunch is at 11:30 am and the program begins at 12 noon. The luncheon cost is \$15.00 per person for members and guest which includes tax and gratuities. The food is fabulous!**

**THE GENERAL PUBLIC IS INVITED**

**Come to our meeting & celebrate these speakers!**

**There is parking next to the Maple Garden Restaurant and plenty of street Parking.**