

## 2016 Symposium Class Descriptions

This is all about you, the student. You may follow a given skill building track or you may flit from one teacher to another. Some classes require prerequisite skills. The goal is by the end of the weekend you should feel like a more confident, competent and safer paddler: a happy playful paddler! If you do not see the right class for you: talk to us, we can make it happen, short of changing the weather, that is.

**Titles in red are different tracks you might take to suit your interests and skill development.**

***Just getting to know your Kayak? Not sure what a sweep turn is? Feel Tippy? Try:***

**Beginning Sea Kayak-Part 1:** Learn basic kayaking skills including the forward, reverse, and turning strokes, getting in and out of a kayak from shore, and an introduction on how to capsize and get back in a kayak in the water. While this class is designed for the beginner, anyone who has never had formal instruction will benefit from this session. Both Euro and Traditional stick paddles are appropriate.

**Beginning Part 2 and Intermediate Sea Kayak:** If you have taken the Beginning Sea Kayak Class or you have been paddling for a while, but find you would like a lot more boat control, safety and confidence; this is the class for you! We will work on balanced edging and side draws, basic rescues, safety, and beginning bracing and hip snaps. Some of these skills are good prerequisites for beginning rolling. This class is fine with either a Traditional stick paddle or Euro Paddle.

**Fun and Balance, Playing in Your Boat:** Learn about your boat through play. While this is a great opportunity to have fun it will also increase your paddling skills by teaching you about balance, edging, stability, and maneuvering. Be prepared to have fun and get WET!

**Kayak Games, Duels, Chariots, Hockey and More:** YOU learn so much better and faster when you are having fun!

**Beginners Trip – Bird Creek Park to Turnip Rock and Back:** We'll paddle from Bird Creek County Park out to Turnip Rock and then return. This tour is entirely on-water; there is no land stop planned. We'll travel at a relaxed pace and cover 4-5 miles for approximately 2 hours, in this introduction to paddling on Lake Huron.

***Are you interested in Quiet Water Recreational Kayaking? Learn about Kayaks and Kayakers for small quiet inland waters.***

**Recreational Kayaking Part 1:** Learn launching and all the basic moves appropriate for small quiet waters and kayaks.

**Recreational Kayaking Part 2:** Put together what you learned in Part 1 and maybe play some games!

**Recreational Kayak Tour:** Tour the beautiful Pinnebog River in Port Crescent State Park.

***Kids Classes! The most fun of all!***

**Kids Kayak Basics, Kids Kayak Games, Kids Kayak Rescues, Kids SUP, Kids Tour**

***Want to flirt with SUP, or advance your skills on a Stand Up Paddle Board?***

We will have a variety of different boards and teachers for both Kids and Adults to glide on the Lake with. There is also a SUP tour!

***Are you a woman looking for a class that is centered on your learning style and pace?***

**Women's Classes, Parts 1 and 2:** This is a class for women taught by women. The group will be divided by interest and skill level. The skills covered will include Euro and Traditional paddling, safety and rescue techniques previously described. This is a great opportunity to learn in a relaxed student pace. This is also an environment in which many women feel more at ease to push their own comfort level.

**Women on the Water Round Table Discussion, Physical Accommodations and More:** Women are often stymied about how to: make the kayaks fit, be a backcountry camper, make boat loading less scary. How do we select gear and clothing that will make being a women on water/in the bush/ or just taking a leak - easier!!!!

***Have you already taken some classes and have been kayaking for a while? Ready to ramp up your skills? Both Euro and Greenland paddles are fine. How about:***

**Beginning Part 2 and Intermediate Sea Kayak:** If you have taken the Beginning Sea Kayak Class or you have been paddling for a while, but find you would like a lot more boat control, safety and

confidence; this is the class for you! We will work on balanced edging and side draws, basic rescues, safety, and beginning bracing and hip snaps. Some of these skills are good prerequisites for beginning rolling. This class is fine with either a Traditional stick paddle or Euro Paddle.

**Linked Strokes and Maneuvers:** If you already know basic sweep turns and draws to the side, this class combines different strokes to efficiently and beautifully turn and maneuver your kayak on the go!

**Advanced Linked Strokes and Maneuvers Class** goes beyond the Bow Rudder, to more advanced turns and corrections on the move. Move your kayak like a ballerina through water obstacles, or perhaps slalom?!

**Forward Strokes and Body Dynamics, Euro and Traditional Paddlers:** Want a more efficient forward stroke using the power of your whole body; while protecting your shoulders, this is the class. Learn different forward strokes for powering up, speed, or efficient touring.

**Video Stroke Analysis:** We will have one of our most detailed and articulate Instructors video tape your Forward, Reverse, and Turning strokes, a roll if you have one; and give you a constructive critique and CD of your performance to learn from. Always a terrific eye opener and learning tool!!!!

**Fun and Balance, Playing in Your Boat :** Learn about your boat through play. While this is a great opportunity to have fun; it will also increase your paddling skills by teaching you about balance, edging, stability, and maneuvering. Be prepared to have fun and get WET!

**Avoiding a Capsize: Hip Snaps, Bracing and Prerequisites to Rolling:** Avoid going for a swim!!!! Bracing to avoid a capsize involves righting the boat with your hips and using your paddle for extra assistance. These body dynamics and paddle blade manipulations are a prerequisite to learning how to roll your kayak; or play in waves and rough water. Become a more confident paddler!

**Rolling with Euro or Traditional Stick Paddle:** If you know how to brace and hip snap you may be ready to learn to roll your kayak. We will have several instructors ready to teach you rolling with either the Euro or Greenland Stick paddles.

**Advanced Greenland Rolling:** Greenland rolls: forward and back finishing rolls, and special traditional rolls used for various situations, the sculling brace, and the balance brace.

**Open Water Rolling:** Do you have a roll that you learned in a pool? Or a roll that works, but you haven't tried it out in real world conditions? Here is your chance to get some pointers to make that roll bombproof. We will start by seeing the current state of your roll and possibly tweaking it a bit, then you will see what you can do in some real world conditions with wind and waves (if we can find some). For those adventurous souls, this is also a good place to tryout or learn the re-entry and roll.

**Rescues:** This class will cover self rescue and group rescue techniques. The self-rescue teaches you how to get into your boat should you capsize and no one is available or able to assist you. The T-rescue or X-rescue is used to assist a capsized paddler back into a boat. Several adaptations of the basic rescues may be demonstrated. Required equipment: Bilge pump and paddle float.

**Advanced Rescues:** Once you have the Scramble and the T-Rescue down pat; advance your skills with choppy open water rescues, Scoops for injured paddlers, Hand of God for unconscious paddlers, techniques for safely handle very distressed paddlers, and more! Bring bilge pump and paddle float.

**Towing Incident Management and Group Leadership:** Anyone who has ever kayaked with a group can understand the importance of towing with regards to safety and group management. Towing techniques for short and long distances will be covered. Students will learn how to safely engage and disengage from a tow and how to provide additional support to the person being towed and for the person doing the towing.

**Navigation, a Land and Water Course:** Stay Found!!! Bring a hiking or deck compass and watch. We will learn how to plot your course on a map/chart. Then we will use your chart, compass and watch, on the water to find, and return from! your destination. There will be discussion on reasons and ways you might change your course and plans such as: weather, conditions and shoreline.

***Got Greenland or Traditional Paddle? Just want to try one????This year in addition to a half dozen Great Lakes Traditional Instructors we will also have Rowland Woollven from Scotland teaching Traditional Paddling!!!! We will have extra Traditional Paddles you you to try.***

**Traditional Paddling Parts 1 and 2:** Learn all the cool stick paddle moves with that facile stick. **Part 1** will cover forward and basic strokes, draws. **Part 2** will move into edging, braces, rudders and some maneuvers.

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**Advanced Greenland Rolling:** Greenland rolls: forward and back finishing rolls, and special traditional rolls used for various situations, the sculling brace, and the balance brace.

**Building Kayaks and Paddles - a Land Class with Chuck Smith:** What's it all about?

*Already had a few classes and you feel comfortable in some wind with waves that occasionally give you a really wet kiss? Try some **Advanced Courses:***

**Linked Strokes Class, for Both Traditional or Euro Paddle:** This class will review and blend various turning and forward strokes and braces. There will be a particular emphasis on boat and body work while executing the strokes and moving fluidly from one stroke to another.

**Advanced Linked Strokes and Maneuvers Class** goes beyond the Bow Rudder, to more advanced turns and corrections on the move. Move your kayak like a ballerina through water obstacles, or perhaps slalom?!

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**Towing Incident Management and Group Leadership:** Anyone who has ever kayaked with a group can understand the importance of towing with regards to safety and group management. Towing techniques for short and long distances will be covered. Students will learn how to safely engage and disengage from a tow and how to provide additional support to the person being towed and for the person doing the towing.

**Skills Tour with Scenarios from Your *Favorite Bad Dream*:** This class will take experienced kayakers beyond basic rescues and towing. This class is designed for the paddler who has had some training in the self-rescue, the T-rescue and towing. Techniques taught and practiced will include, how to deal with multiple capsizes, loaded boats, injured paddlers, incident management, group leadership.

**Skills Tour- Playing in Rocks and Shoals:** This Course will take place whether or not we have any rough water conditions. Learn how play in, out and over of rocks and shoals, -Port Austin has them everywhere! Use your Linked Strokes and Maneuvers, and an occasional rescue, in the wild!!!

**Advanced Rough Water Skills:** Should Lake Huron provide us with some rough conditions, let's take advantage of them and learn some rough water surfing and rock gardening! Focusing on advanced paddling skills such as: launching and landing, group management and boat control in wind and waves, this class is for paddlers with a confident roll, a strong comfort level in open water rescues, and proper clothing for extended immersion. Enrollment will be determined at the discretion of the coaches and will only be run if conditions are appropriate.

**Overnight Expedition Course,Advanced:** We will meet Thursday morning, 6/23, to give a trip overview, pack our kayaks and paddle to a campground(to be determined) and set up camp/cooking for the night. The first day we will concentrate on gear, packing, group-cohesion on water, coastal paddling skills(including wind and rough water), some beginning navigation, and backcountry camping skills. The next morning we will pack up and paddle back to the put in with some open water incident practice. This course is designed to introduce **intermediate paddlers** with some previous coastal/open water experience to the practical aspects of touring and backcountry camping with sea kayaks. We will need to paddle more than off shore in order to skirt shallow rocky waters and practice navigation. Rough water skills will be addressed to the extent that the weather allows. The equipment

list will be kept as minimal as possible so that you might use this experience to decide which items will work best for you, before you invest.

**Navigation, a Land and Water Course:** Stay Found!!! Bring a hiking or deck compass and watch. We will learn how to plot your course on a map/chart. Then we will use your chart, compass and watch, on the water to find, and return from! your destination. There will be discussion on reasons and ways you might change your course and plans such as: weather, conditions and shoreline.

***Do not see what you want????!!!! Try requesting something special for you from one of our loose instructors or attend:***

**Potpourri, or Paddler's Choice Classes:** Don't go home without a skill you really were hoping for; ASK and we will see what we can cook up for YOU! We will have plenty of Instructors available for individual and small group instruction.

***Time for a break? Want that boat and gear to make YOU happy? Time for Shore Classes:***

**How to Choose a Boat (Land Based Class):** Learn the different types of kayaks and what their uses are for. This class will discuss the pros and cons of kayaks from recreational to sea kayaking and will help you decide which boat is right for you

**Outfitting Your Boat (Land Based Class):** The key to boat control is a solid connection between you and your kayak. The best fit is when you are wearing your boat. The best way to get this perfect fit is to outfit your kayak yourself. In this hands-on class, you will be provided with information on how your boat should fit and assistance with tailoring your boat so that you get the fit you need. *Some boat fitting materials will be provided, additional materials will be available for purchase.*

**Women on the Water Round Table Discussion, Physical Accommodations and More!:** Women are often stymied about how to: make the kayaks fit, be a backcountry camper, make boat loading less scary. How do we select gear and clothing that will make being a women on water/in the bush/ or just taking a leak - easier!!!!

**Yoga at the Beach:** Work out the kinks and become more flexible for your kayak, as befit YOUR body!

**Building Kayaks and Paddles - a Land Class with Chuck Smith:** What's it all about?

**Dressing for Kayaking:** Wearing the right clothes and shoes prevents everything from chafing and sore feet, to hypothermia! We will make this complex and confusing subject work for you!

**Navigation, a Land and Water Course:** Stay Found!!! Bring a hiking or deck compass and watch, and learn how to plot your course on a map or chart. Use your chart, compass and watch on the water to find, and return from! your destination. There will be discussion on reasons and ways to change your course and plans-weather, conditions and shoreline.