

## **COURSE DESCRIPTION AND SPECIAL EVENTS**

### **WMCKA SYMPOSIUM 2008**

**H20 = Course will be conducted on the water. Participants should come dressed for paddling and possible immersion.**

#### **Advanced Rescues – H20**

Once you have learned rescue basics, it is time to learn some advanced rescue techniques that can be used in special situations. Rescues to be taught may include the Scoop, the Sling, the Hand of God, and the Bow Rescue. (Maybe reentry and roll as well)

#### **Advanced Navigation: Theory to Practice – H20** MUST HAVE ATTENDED BASIC NAVIGATION

If you think you are beginning to understand navigation, this 2½-hour class will help you put your knowledge to the test. It will include plotting a course in the classroom setting and then heading out to the water to try out your new skills.

#### **Backcountry Gourmet**

This course will provide an interactive demonstration of a provisioning method that can fuel your backcountry excursions with style. In addition to being a way to think about food, it is also a discussion and demonstration of an outdoor kitchen and its potential for turning out eating experiences that enhance your paddling trip. Bring ideas to swap, an appetite, and a paddling jacket for when the food starts flying. Guaranteed symposium-lite – 30 percent less serious than the average program.

#### **Balance and Flexibility in your Boat**

**H20** INTERMEDIATE LEVEL

You will be introduced to 27 weird and unusual ways to experience kayaking in calm water. The goal is to increase your balance and flexibility by doing things (all of them legal) that you would never otherwise do in a boat. Each move will be described, demonstrated and coached.

#### **Basic Navigation**

The course will introduce how to use a compass and a chart/map, and introduce dead reckoning and piloting.

#### **Basic Rescues - H20**

In this course participants will learn how to get yourself or someone else back in a boat after capsizing.

#### **Becoming One With Your Boat Through Play**

Once you know the basics, discover other fun things to do with a boat to increase your comfort with edging, stability and maneuvering.

#### **Boat Repair**

Need some tips on how to repair those dings, cracks and other unappealing things that happen to boats during use and misuse? This is the place.

#### **Loading Boats on Vehicles**

Paddling is only part of it. First you have to learn how to get your boat to the water. Learn different techniques for getting your boat on the car and to the launch safely.

#### **Children's Program (ages 7-12)**

Lots of opportunities for fun in and out of boats. Parents must be available to supervise children when not in class, and must pick them up promptly. This is NOT a babysitting time.

#### **Dressing for Paddling**

This class discusses what a paddler should wear when paddling in different weather and water conditions.

### **Feldenkrais for Paddlers**

Feldenkrais is a movement Method that helps to reteach people movements they may have forgotten due to injury, disuse, or habits. Feldenkrais can increase balance and trunk rotation through core movements in the pelvis and hips (essential for kayaking!). Participants should bring a blanket or pad to lie on.

### **Fast Touring with a Wing Paddle – H2O**

Learn to paddle with a wing paddle and increase your touring speed.

Limited to 6-8 participants. The instructor will provide wing paddles or bring your own.

### **Greenland Boat and Paddle Design**

This class provides an in-depth look at the Greenland boat and paddle design.

### **Group Paddle: Putting It All Together – H2O**

This 2-½ hour class will take you on a group pleasure paddle. However, there may be some surprises along the way.

### **Hitting the Target Through Precision Paddling – H2O (limit of 15 students - intermediate level please)**

Want to miss the rocks, hit the waves, and look good doing it? This class will help you to increase your ability to steer your kayak with grace and style. By using a series of strokes and by blending strokes, the students will be taught how to accurately place the kayak exactly where they wish it to be. We will use floats in the water as our targets, so there is no consequence for being a little off the mark. The instructor, Jim Tibensky, is a former slalom champion with lots of experience in getting the boat where it should be.

### **Hypothermia**

This class will provide information about hypothermia, the danger to paddlers, how to avoid it, and how to treat it if it occurs.

### **Individual Instruction - H2O**

Sessions are available for you to review any skill that you would like. Participants will be broken into small groups as appropriate to practice desired skills.

### **Introduction to Kayaking– Launching Your Boat/Wet Exits - H2O**

This course will review how to get into a boat on shore. Participants will then practice how to get safely out of their boat if it tips over in the water. Participants will get wet in this class so they need to dress accordingly.

### **Introduction to Kayaking - On Shore Basics**

This course teaches you about the basic equipment for kayaking, how to get in and out of your kayak, and how to get a good fit in your kayak.

### **Introduction to the Symposium**

This class is designed with those attending their first symposium in mind. Learn what the symposium has to offer, how the schedule is set up, and how to select the classes that will ensure you get the most out of the event.

### **Night Paddle – H2O**

This guided paddle around Big Blue Lake will introduce you the serenity of paddling at night.

### **101 Uses for a Paddle Float - H2O**

It's a pillow, a back support, a multi-purpose rescue aid, a yellow toy. Be prepared to get wet as you learn and have fun with your paddle float.

### **Packing for a Day trip and slightly longer as well**

Participants will learn what to take with them on a day trip as well as an overnight.

### **Paddling Partners**

Does paddling as a couple strain your relationship? Is one of you too bossy, too timid, too talkative, too careless, too cautious, too fast or too slow? Or are you just starting to paddle together and worried about the potential pitfalls of learning a new sport together? Then this is the class for you. Instructors Sharon and Alec Bloyd-Peshkin will offer lessons learned from teaching and personal experience to identify ways you can support each other (and have fun) as you learn and enjoy kayaking together.

### **Paddling - Basic Stroke (Euro) - H20**

In this course participants will learn basic paddling strokes with a European/feathered paddle

### **Paddling - Basic Stroke (Greenland) - H20**

In this course, participants will learn basic paddling strokes with a Greenland/Traditional paddle.

### **Paddling – More Strokes and Bracing (Euro) - H20**

This class will provide an opportunity to learn and practice edging, bracing, draw strokes and other skills depending on class interest. This is a great follow-up to the basic Euro paddling class.

### **Paddling – More Strokes and Bracing (Greenland) H20**

This class will provide an opportunity to learn and practice edging, bracing, draw strokes and other skills depending on class interest. This is a great follow-up to the basic Greenland paddling class.

### **River Running 101: What You Must Know BEFORE You Paddle On Moving Water**

This off water class is tended to familiarize you with the basics of paddling Class 1 rivers (moving water). Both sea kayaks and recreational kayaks are appropriate for rivers, but only if the paddler knows what hazards to look for and how to be safe on the river. Join Jodi, an experienced river boater and rafter, for this very important class - before you try the Pine, Manistee, Rifle, Huron and other excellent Midwest rivers.

### **Recreational Boats are Kayaks too! On land and H2O**

A ½ day course designed to provide aid and information to first time boat purchasers and those who already own the smaller, wider kayaks widely sold as “recreational kayaks”. We will focus on safety, the limitations and the best use for boats in this category. Please try to attend both sessions for maximum learning.

### **Rodeo – H20**

This event is the water version of the “wacky races.” It provides all levels of kayakers the chance to get in the water, act a little bit crazy and have some fun. Join us as either a participant or an observer.

### **Rolling and Towing Demonstration**

They make it look so easy. Watch as top kayakers provide a demonstration and an explanation of the techniques used in different types of rolls. The rolling demonstration will be followed by a demonstration on towing techniques.

### **Rolling Clinic - H20**

A short rolling demonstration will be provided, followed by one on one instruction.

### **Rules of the Road/Signaling Devices**

How do you keep yourself safe out on the water with many other people? In this class, information will be shared about what the Coast Guard rules are, as well as show participants the signaling devices that are required by law.

### **Safety Equipment**

This class provides an introduction to safety equipment: what to get and how to use it.

### **Stretching on Land to Increase your Balance and Flexibility on the Water**

This is the land based skill building class to make the “Balance and Flexibility in Your Boat” moves easier to do. You will learn by doing a set of stretches that can loosen you up and make you feel good after paddling. These are not warm up exercises or Yoga, but are intended to help you recover and be ready for the next time out! Bring a mat or towel and be ready to feel good as you lounge around talking about the day’s activities.

### **Sunrise Sustenance (Yoga and Stretching)**

It is important for kayakers to be flexible. Learn how to stretch those muscles, relax, and start your day joyfully. This class is before breakfast. Please bring a towel or something else to kneel on so you’ll be more comfortable.

### **Tailor Fitting Your Boat**

This class covers the basics on using closed cell foam to make a boat a perfect fit. Other options for stowing gear will also be discussed.

### **Trips: Coastal Kayaking Locations in the Midwest**

If you are feeling more comfortable with your paddling skills and want to head out for an adventure, this class is for you. Michael Gray will share information about short coastal trips that can be taken in the Great Lakes area. Expect some slides and lots of information.

### **Towing - H20**

This course will provide you on the water experience towing other kayakers.

### **Watching the Weather**

Understanding the weather and the potential risks it poses to kayakers is an important part of kayak safety.

### **Women’s Clinic H20**

Women of all skill levels are welcome at this clinic. There are many instructors and participants will be divided up into classes according to skill level. Paddling skills ranging from strokes, to braces, to rescues will be addressed. Both Traditional and Euro instruction are available.