

**WMCKA SYMPOSIUM  
ADULT PROGRAM SCHEDULE COURSE DESCRIPTION  
AND SPECIAL EVENTS**

**BCU 3-Star Class**

***On-Water Class, Intermediate, Limited Class Size/Friday Night Sign-Up Required***

The BCU 3-Star class is a great way to see if you've made the transition from beginning to intermediate paddler. The BCU 3-Star course will cover basic strokes and maneuvers (such as edging, stopping, moving forwards, backwards and sideways) as well as more advanced strokes (such as bow rudder, low brace turn, high/low braces and sculling for support). Another portion of our time will be spent learning and experimenting with the many ways to tow boats. We'll also spend time practicing and learning several means to rescue ourselves and paddling partners. Finally we'll put our knowledge together and enact several paddling scenarios that will test our ability to perform rescues, offer basic first aid, and make use of our accumulated knowledge of fundamental kayaking theory.

This two-day class will offer you the necessary preparation to assess for the 3-Star Award. At the end of the training day the instructors will offer you feedback as to whether or not you are ready to test for the 3-Star Award and what areas you might want to focus upon before testing. The class will be fun, informative, and supportive and filled with fascinating kayaking technique. **Both Euro- and traditional style paddlers are welcome.**

**Backcountry Baker**

***Land Class, Recreational/Beginner/Intermediate***

This is another Michael Gray audience participation program. There will be demonstration of various baking methods to use on single-burner stoves from the use of commercially available camp bakeware, to those you make yourself. Turn out Black Forest Brownies, Banana Bread, and Jalapeno Cornbread to wow your friends in camp and make them forget all about you're forgetting the wine!

**Balance and Flexibility in Your Boat**

***On-Water Class, Intermediate***

In this class, 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 Strokes - Euro**

***On-Water Class, Beginner/Intermediate***

This course will teach you how to do basic strokes with a Euro-blade. There will be a focus on how to do the forward stroke and how to get the most out of your stroke. It's a great class for beginners, as well as those who want to perfect their forward paddling technique. Time permitting other basic positional and/or directional strokes may start to be covered.

**Basic Strokes - Traditional**

***On-Water Class, Beginner/Intermediate***

This course will teach you how to do basic strokes with a traditional or Greenland paddle. There will be a focus on how to do the traditional forward stroke, including how to get the most out of

your stroke. It's a great class for those who have never paddled with a traditional blade before, as well as those who want to perfect their forward paddling technique. Time permitting, other basic positional and/or directional strokes may start to be covered. If you don't have a traditional blade, but would like to try paddling with one, there are instructors who have one you can try out.

### **Basic Rescues**

#### ***On-Water Class, Beginner/Intermediate***

***Pre-requisite: Participants must have successfully performed a "wet-exit" before attending this class.***

In the event of a capsize, knowing how to get yourself or others back into their boat quickly and efficiently is important. This class will focus on both solo and assisted basic rescues. Participants should come dressed for spending a significant amount of time in the water - a wet suit or a dry suit are the best options.

### **Becoming One with Your Boat through Play**

#### ***On-Water Class, Recreational/Beginner/Intermediate***

Do you ever wish to return to the days of your youth? Here is your opportunity. Learn about your boat through play. As fun as it is, it will increase your paddling skills by teaching you about balance, edging, stability, and maneuvering.

### **Boat Repair**

#### ***Land Class, Beginner/Intermediate, Limited Class Size/Sign-up Required***

Kayaking can be a tough sport - especially on the boats. Need some tips on how to repair those dings, cracks and other unappealing things that happen to boats through use and misuse? This is the class for you. ***Boat repair materials will be available for purchase.***

### **Building a Skin on Frame Boat**

#### ***Land Class, Recreational/Beginner/Intermediate***

If you're just curious, or seriously thinking of building your own West Greenland skin-on-frame kayak, don't miss this class. Discover what it takes to build one - built around your own personal dimensions - from start to finish. You'll get first-hand knowledge about the types of wood and tools used in the construction process, costs and resources for building materials. The presenter, Jeff Balazs, is a fine woodworker and will show his own hand-built kayak, paddles, and several of his models. He will also demonstrate his craft on the water. This will be a truly enjoyable adventure in creativity.

### **Discovery Learning**

#### ***On-Water Class, Intermediate***

Learn how your kayak works in this guided discovery class. Through experimentation and feedback you'll learn why your kayak behaves the way it does and how you can use your body position and paddle to make it behave the way you want it to. Edging, paddle strokes, and body position are the primary focus. Nigel Foster's creative guidance and your own discoveries will enlighten you!

### **Dressing for Paddling**

#### ***Land Class, Recreational/Beginner***

Knowing how to dress for paddling increases safety and comfort. But there are so many options. How do you start to build your paddling wardrobe? This class provides information on the different

types of clothing for paddling and how to select clothing that will meet your needs for the water, conditions, and times of the year in which you chose to paddle.

### **Feldenkrais for Paddlers**

#### ***Land Class, Recreational/Beginner/Intermediate***

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.

### **First Aid for Paddlers**

#### ***On-Land, Recreational/Beginner/Intermediate***

This class will be taught by an instructor with experience in wilderness medicine. Information will be provided on what should be in a kayaker's first aid kit, including what types of drugs you should carry with you. It will also cover the uses for each of the components, including what to do for sprains, strains, cuts, hypothermia, bee-stings, dental emergencies, and common illnesses like diarrhea.

### **Fitting Your Boat to You**

#### ***Land Class, Beginner/Intermediate, Limited Class Size/Sign-Up Required***

Having a boat that fits your body well gives you more control over your boat and can help you improve your paddling skills. In this 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. ***Boat fitting materials will be available for purchase***

### **Green Grocer**

#### ***Land Class, Recreational/Beginner/Intermediate***

The theme of this class is from "slime to slaw" in one easy lesson. It will teach you how to add fresh fruits, veggies and even meats to your multi-day kayak trips without turning your boat into a science project. Audience participation is mandatory in the preparation of a few salads and maybe even some strawberry shortcake.

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

#### ***On-Water Class, Recreational/Beginner/Intermediate***

You've had a great weekend and learned so many new things. Here is your opportunity to put it all together. Go on a fun paddle designed to help you apply all that you have learned. Some of the essential tips and tools for working with groups on the water will be discussed. There may just be some surprises along the way.

### **Hip Snap/Rolling Instruction**

#### ***Land Class, Beginner/Intermediate***

So you want to learn to roll. This class will teach you the basics about the hip snap, an essential part of the roll, and give you a chance to practice on land before you try it on water. It will also cover basic rolling technique.

### **Hitting the Target through Precision Paddling**

#### ***On-Water Class, Intermediate, Limited Class Size/Sign-Up Required***

Want to miss the rocks, hit the waves, and look good doing it? This class will help you 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 their kayak exactly where they want 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**

#### ***Land Class, Recreational/Beginner/Intermediate***

Hypothermia can be a very real risk and present a dangerous situation for kayakers. This class will provide information about hypothermia, the danger to paddlers, how to avoid it, and how to treat it if it occurs.

### **Individualized Instruction**

#### ***On-Water Class, Recreational/Beginner/Intermediate***

This class is designed to help you learn or perfect what ever skill(s) most interest you. Participants will be broken into small groups to learn/practice desired skills.

### **Introduction to Bracing**

#### ***On-Water Class, Beginner/Intermediate***

Braces are paddle strokes that prevent capsizing when your boat starts to tip. This class provides an introduction to the low and high brace. There will also be discussion about the different situations and/or conditions in which these skills are used.

### **Introduction to Expedition Planning**

#### ***Land Class, Beginner/Intermediate***

So you're thinking of heading out into the wilderness. Learn how to evaluate your destination, determine the best season, plan for tides, obtain maps and charts, and sort out "make-or-break" logistics. Does this trip match your skill level? How do you prepare your body and your gear for what's ahead? Learn from the experts how to plan for such trips and what to take with you.

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

#### ***On-Water Class, Beginner***

For beginning kayakers, this course is the perfect follow-up to the "Introduction to Kayaking/On-Shore Basics" class. This course will teach you 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**

#### ***Land Class, Recreational/Beginner***

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. It is an essential class for those just starting out in the sport.

### **Leadership and Rescues - Part I/Part II**

#### ***Land Class (Part I) On-Water Class (Part II), Intermediate***

***Prerequisites: Must attend Part I in order to participate in part II. In addition, participants must have successfully performed a "wet-exit" before attending this class.***

Most big incidents start out small. In this two-part class (half on land, half on water), we cover the basic strategies for risk assessment, group management, and incident management. We also practice rescues (assisted and self) and participate in on-water scenarios. A key element of this class will be discussions applying what we learn to common situations that could lead to a serious incident and how to avoid getting into trouble.

### **Loading Your Boat on Your Vehicle**

#### ***Land Class, Recreational/Beginner/Intermediate***

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.

### **More Bracing**

#### ***On-Water Class, Intermediate***

***Pre-requisite: Participants must have attended an “Introduction to Bracing” class or have experience with bracing.***

This class is designed to perfect your low and high brace and maybe even how to high brace in extreme conditions. It will also cover other bracing techniques including the sculling brace or sculling for support and the static brace.

### **More Rescues**

#### ***On-Water Class, Intermediate***

***Pre-requisite: Participants must have attended a “Basic Rescues” class or have knowledge of, and have practiced, basic solo and assisted rescues.***

This class is designed for the intermediate paddler who has already learned and practiced basic solo and assisted rescues. Depending on class participants’ skills and interests, time can be spent perfecting basic rescues or working on different rescue techniques such as the bow rescue, the scoop, and/or the hand-of-god

### **More Strokes - Euro**

#### ***On-Water Class, Beginner/Intermediate***

Do you ever have trouble getting your boat where you want it to go? This class will focus on directional and positioning strokes with a Euro-paddle. It will be tailored to meet the needs of the class but will cover the concept of edging and allow practice in edging, as well as teach such strokes as the sweep stroke, stern rudder, bow rudder, and draw stroke. It is a great follow-up to the “Basic Strokes - Euro” class.

### **More Strokes - Traditional**

#### ***On-Water Class, Beginner/Intermediate***

Being able to get your boat where you want it to go is critical. This class will focus on directional and positioning strokes with a traditional paddle. It will be tailored to meet the needs of the class but will cover the concept of edging and allow practice in edging, as well as teach such strokes as the sweep stroke, stern rudder, bow rudder, and draw stroke. It is a great follow-up to the “Basic Strokes - Traditional” class. If you don’t have a traditional blade, but would like to try paddling with one, there are instructors who have one you can try out.

### **Basic Navigation (Part I)**

#### ***Land Class, Beginner/Intermediate***

Understanding navigation is important to getting to where you want to go and returning back home. Part I of this course will familiarize participants with the concepts of dead reckoning, piloting, chart reading and use of a compass. Participants should bring a note pad and base plate compass.

### **Navigation: Theory to Practice (Part II)**

#### ***Land Class, Beginner/ Intermediate***

***Pre-requisite: Participants must have attended the “Navigation Basics (Part I)” class in order to participate.***

Building upon the topics covered in the first session, participants will plot courses with considerations for various topography and weather possibilities. The basics of GPS navigation will be discussed. A comprehensive application based desk top case study completes the course.

### **Night Paddle**

#### ***On-Water, Recreational/Beginner/Intermediate***

This guided paddle around Big Blue Lake will introduce you to the beauty and serenity of paddling at night. A light on your boat is required. ***Lights will be sold at the registration desk.***

### **Packing Your Boat for a Day Trip or Overnight Trip**

#### ***Land Class, Recreational/Beginner/Intermediate***

Heading out on the water and wondering what you should take with you? This class will teach you about the essential things to pack in your boat on a day trip, as well as an overnight trip. And, it might just provide you with some insights on some luxuries you might want to consider.

### **Quick Introduction to the Symposium**

#### ***Land Class, First-time Symposium Participants***

This class will provide you with information on how the WMCKA symposium is organized, an overview of the symposium schedule including daytime classes and evening events, and an opportunity to ask and get answers to any questions you may have. It is intended to help you get the most out of your first symposium.

### **Recreational Boats are Kayaks Too! (Part I and Part II)**

#### ***On-Water Class, Recreational***

This two-part course is designed for participants who own the smaller, wider kayaks sold as “recreational kayaks”. Information will be provided on the best uses for and the limitations of this type of kayak. We will also provide you with skills needed to have fun and be safe paddling this type of boat. Symposium participants with recreational boats should plan on attending both Part I and Part II.

### **Rescues for Smaller Rescuers**

#### ***On-Water Class, Recreational/Beginner/Intermediate***

***Pre-requisite: Participants must have successfully performed a “wet-exit” before attending this class.***

Paddlers come in all shapes and sizes. If you are small in stature and sometimes worry about whether you have what it takes to rescue your paddling partners, this is the class for you. It would

also be a good class for your paddling partners. It's not all about strength and size, technique has a lot to do with it.

### **Rodeo**

#### ***On-Water for Participants and On-Land for Those Who Just Want to Watch Beginner/Intermediate/Crazy Instructors***

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 a participant or stand on the dock and cheer on these "water warriors."

### **Rolling and Towing Demonstration**

#### ***Land-Class/Demonstration, Come Watch from the Dock***

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**

#### ***On-Water Class, Intermediate***

***Pre-requisite: Participants must have taken a class in or be familiar with both the hip snap and bracing.***

This class will provide one-on-one instruction on rolling. It is appropriate for both intermediate paddlers wanting to work on their first roll and paddlers who already have a roll but want to expand their rolling repertoire. Participants should come dressed for spending a significant amount of time in the water - a wet suit or a dry suit are the best options.

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

#### ***Land Class, Recreational/Beginner/Intermediate***

How do you keep yourself safe out on the water with so many other people and boats? 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**

#### ***Land Class, Recreational/Beginner/Intermediate***

Safety on the water is essential, and having the right equipment with you is part of staying safe. This class provides an introduction to safety equipment: what to get and how to use it.

### **Towing**

#### ***On-Water Class, Intermediate***

Many paddlers are reluctant to be towed. They feel if they need to be towed, they have somehow failed. But the reality is, towing is a regular part of paddling and a critical safety procedure that assists all members of the group. It is okay to be towed and it helps you, as well as the rest of your group. Learn the situations in which towing is appropriate or required and the proper towing technique.

### **Traditional Boat and Paddle Design**

#### ***Land Class, Recreational/Beginner/Intermediate***

This class provides an in-depth look at the traditional boat and paddle design, taught by Al Anderson who makes his living building traditional boats and paddles.

## **Wacky Strokes**

### ***On-Water Class, Intermediate***

The exercises and skills taught in this class will broaden the paddler's awareness of blade control and personal wetness, as well as develop aches in muscles you didn't know you had!

## **Watching the Weather**

### ***Land Class, Recreational/Beginner/Intermediate***

Understanding the weather and the potential risks it poses to kayakers is an important part of kayak safety. Learn how to watch the weather and make decisions that keep paddling safe and fun.

## **Wind, Waves and Surf**

### ***Land Class, Intermediate***

What happens when the wind starts to blow and the waves buffet you about? This session concentrates on winds and their effects on you and your boat and how to deal with the peskiest of kayak responses to winds—weathercocking and leecocking. Talk will discuss paddling techniques for those times when the big winds hit and you need to get back to shore. In the second part of this session, Ken Fink takes us to the next level of handling the waves resulting from winds or distant storms. He'll discuss surf and how to deal with it; both going out and getting back onto shore safely; what to do when paddling at openings of tidal inlets and how to paddle in standing waves resulting from interactions among arriving and reflected waves. He'll describe paddling techniques for head, beam, and quartering sea conditions for open ocean and coastal paddling.

## **Where to Go - Kayaking Trips in the Midwest**

### ***Land Class, Recreational/Beginner/Intermediate***

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

## **Women's Clinic**

### ***On-Water Class, Beginner/Intermediate***

***Pre-requisite: Participants must have successfully performed a "wet-exit" before attending this class.***

This class provides participants with the opportunity to learn in an all-women environment and is open to women of all skill levels. Participants will be divided up into small groups according to their interest and skill level. Paddling skills ranging from strokes to braces to rescues can be addressed. Both traditional and Euro-paddlers are welcome.