

08 SYMPOSIUM COURSE DESCRIPTIONS

- Body-Boat-Blade** Efficient and effective is the goal of this course. This is a signature course by Leon Somme and Shawna Franklin. Strokes are broken down to each component: the boat, the blade and the body. Learn how each of these affects each stroke and how to make each stroke efficient and effective
- Core Paddling** Learn how to use the core of your body to empower your strokes. This course is taught by Ben Lawry whose racing background enables him to give you feedback to improve your strokes.
- Coastal Kayaking I & II** Learn open water skills along the coast of the Gulf of Mexico. Directional control of the kayak in wind and current and increasing your awareness of your marine environment are some of the elements of this class. These skills will allow you to become more comfortable and confident when paddle along the coast line.
- Creative Kayaking** Tired of the same old drills and exercises? Improving your paddling skills should be fun. In Creative Kayaking, discover new facets to the art of paddling through the use of play and creative movement on the water. Rediscover the joy of paddling and of learning.
- Directional Control** How to manage your kayak in open water can be challenging. Learn how current, wind and waves effect your kayak and how to use techniques to maintain directional control of your kayak will be taught.
- Essential Skills** For those who are just getting started, this class will help ready you for 2 Star training on Saturday. Learning what to do when you capsize and how to get back in your kayak will be covered. Basic directional control stokes will be introduce.
- Forward Stroke Clinic** This class taught by Ben Lawry is sure to offer the paddler valuable insight on how to develop a powerful forward stroke. With techniques based on his kayak racing background, Ben shares his secrets of success when it comes to paddling efficiently.
- Greenland Paddling** Greg Stamer Cheri Perry and Turner Wilson will be offering a Greenland-Style Comprehensive course each day. This is an opportunity to work one-on-one with some of the most accomplished Greenland-style coaches.
- Mayhem with Maynard** For the paddler wanting new tools to work towards greater independence on the water and bigger safety margins as a leader. Steve will introduce concepts and practices that will allow participants to progress and become more self sufficient on open water. If conditions allow we will be working in flat and rough water. Tips on group management technique will also be offered if time allows. A great class for the club trip leader
- Paddling with Finesse** Fine tune your strokes with Russell Farrow, he will show you how to move your kayak gracefully and blend strokes together so it appears effortless.
- Performance** Get the most out of your strokes! We will analyze your current stroke, pinpoint areas for improvement, and share with you how to improve in those specific areas.
- Rescues & Towing** A variety of rescues will be covered: Assisted, Scoop, Hand of God, re-entry and roll along with towing techniques. A very fun and challenging class
- Rolling** This class is for those who are learning to roll for the first time, learning to roll on the opposite side and for those who would like to fine tune an existing roll using a Euro Blade.

2 Star Training <http://www.bcuna.com/PDF-Files/1-3-Star-Kayak.pdf>
3 Star Training <http://www.bcuna.com/PDF-Files/1-3-Star-Kayak.pdf>
2 & 3 Star Assessment <http://www.bcuna.com/PDF-Files/1-3-Star-Kayak.pdf>

