

# Pool Based Kayak Bracing & Rolling (Level 2)

**JULY 6 & JULY 26, 2008 10:00AM - 2:00PM**



## HERE'S WHAT TO EXPECT:

This four-hour session is designed to improve your boat control by focusing on hip snap development, body position and paddle blade dexterity that is related to stabilizing and rolling the kayak. Our friendly instructors will assess where you are and then shape the course content to fit your needs.

## SKILL REQUIREMENTS:

Must have completed a Level 1 course or equivalent. Must be able to demonstrate basic knowledge of a wet exit and kayak strokes

## WHERE:

This class will begin at 10am at the UMD Pool in Duluth, Minnesota. This is a physically active class, please get plenty of rest and eat a healthy breakfast.

## COURSE INFORMATION:

Read the attached course outline to familiarize yourself with the skills that you will be learning.

## EQUIPMENT:

We will help you wash out your kayak if you prefer to bring your own to the pool. Be sure to bring a spray skirt that fits your cockpit. Refer to the attached equipment list for additional details.

## FOLLOW UP:

Staff will be at the UMD Pool by 9:30am. If you wish to bring your kayak into the pool all of the necessary assistance will be provided before the session begins at 10:00am.

## COST: \$75 (includes one year of ACA Membership Benefits)

All participants must complete the UMD Health Form and Liability Waiver during the registration process.

## Explore more with the Outdoor Program:

- Sea Kayak Touring Essentials & Night Navigation - August 9
- WW Kayak Class I-II River Running, June 13-15 & July 11-13
- River Tune Up June 22 & July 7
- Rodeo Freestyle Playboating, call for private instruction
- Twelfth Annual St. Louis River Whitewater Rendezvous July 18-20
- Swift Water Rescue May 24-26

## GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

[www.umdrsop.org](http://www.umdrsop.org)

For more whitewater paddling information call Randy Carlson at (218) 726-6177.

For more sea kayak information call Pat Kohlin at (218) 726-8801.

**The Real Classroom is outside...Get into It!**

# **Pool Based Kayak Bracing and Rolling (Level 2)**

## **Course Outline**

**9:30am - Meet at Pool if you wish to use your own kayak**

**10:00am- Course begins in the UMD Pool**

- Introductions and expectations
- Video analysis of C to C roll technique
- Fitting the kayak
- Wet exit
- J-lean and hip snap development
- Bow rescue development
- Demo and description of roll
- Personalized roll practice with instructor

**12:30pm- Lunch break**

- Videotape rolling technique
- Review rolling video
- Continue with rolling practice and make technique refinements

**2:00pm- Wrap up**

**Course Objectives:** Participants will be able to:

- Wet exit.
- Continuously hold a j-lean.
- Right a kayak using a hip snap.
- Use a bow rescue to right their kayak.
- Identify the steps of a kayak roll.
- Practice the roll independently or with a friend.
- Roll a kayak upright under their own power.

# **Pool Based Kayak Bracing and Rolling (Level 2) Equipment List**

Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. Refer to the equipment list for items to bring for on-water work. Bring your whitewater kayak and accessories if you can. We will look at your equipment and provide additional safety and performance ideas. If you need to use our equipment please indicate this on your registration.

## ITEMS WE FURNISH

- kayak
- life jacket
- spray skirt
- paddle

## YOU BRING

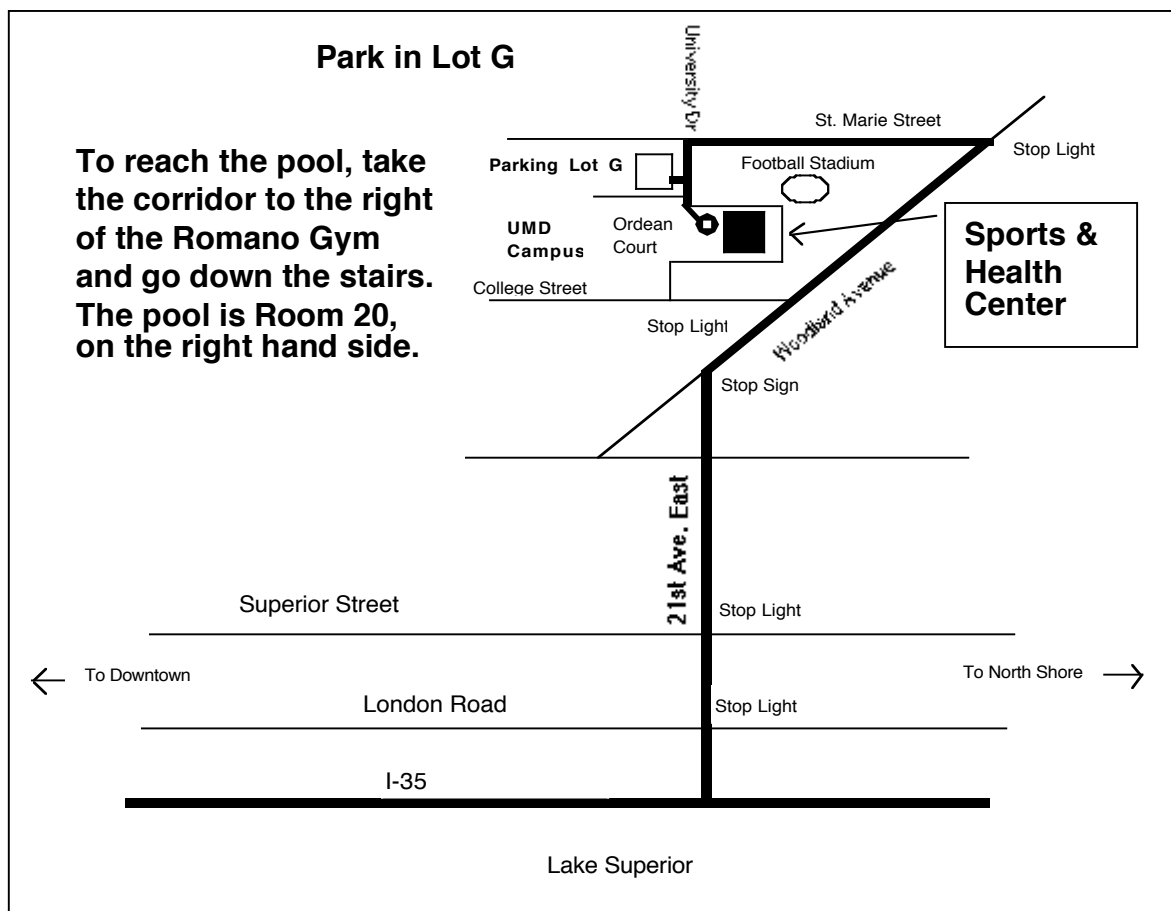
- swimsuit & towel
- filled water bottle
- eye glasses strap
- lunch
- nose plugs
- camera (optional)

# Directions to University of Minnesota Duluth Recreational Sports Outdoor Program Campus Facilities

- Take I-35 North past downtown Duluth to 21st Avenue East. (*Not 21<sup>st</sup> Ave. West*)
- Exit onto ramp, turn left at top of ramp and head up 21st Avenue several blocks until you reach a stop sign at a 'T' intersection at Woodland Avenue.
- Turn right onto Woodland Avenue and go several more blocks (*continue past the green 'U of M Duluth' sign*) until you reach the 3rd stop light at St. Marie Street. (*Intersection has a Conoco, Food-N-Fuel and Domino's Pizza*)
- Turn left onto St. Marie Street and travel about 4 blocks to University Drive. You'll see a large **UMD** sign on the left.
- Turn left onto University Drive. Parking lot G is on your right. **Park in Lot G.** Parking cost is \$1.50. (Free during the summer.) and walk to the Sports and Health Center located across from the 'lower left' corner of Lot G. The lobby doors are located behind a cement arch.

## Drop Off Spot

- To drop people off, continue forward on University Drive to the stop sign and take the right-hand fork to Ordean Court, a cul-de-sac in front of the Sports and Health Center. (*Note: Ordean Court is a drop off spot only. Vehicles left there unattended may receive a \$28 ticket.*)



For a more detailed map and directions visit UMD's website at  
<http://www.d.umn.edu/sss/admissions/discover/visit.html>