

Whitewater Kayak Rodeo Freestyle Playboating (Level 4)

CALL FOR CUSTOMIZED COURSE DATES



HERE'S WHAT TO EXPECT:

Learn to play the river. In this course, we will focus on the skills that allow you to stay on a surfing wave longer, do sharp cutbacks, back surf and stern squirt. Then it is onto a friendly hole to work out side surfing, spinning, enders, pirouettes and cartwheel basics using our patented cartwheel teaching tool. This course will begin on flatwater fine tuning the strokes and stroke combinations that are needed to play the features. We will then progress into Class II-III whitewater play features. Learn to identify friendly play features and how to use them. We will use rodeo freestyle kayaks to allow the best learning curve for these moves.

SKILL REQUIREMENTS:

Must be able to perform ferries, peel outs and eddy turns. Must be comfortable with self-rescue (rolling or swimming) in Class II-III whitewater. Must have a proficient flatwater roll.

WHERE:

This class will begin at 9am at the UMD Outpost in Carlton, 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:

The weather in June can be cold and wet. Please bring layers of clothing to stay warm on and off the water. Refer to the attached equipment list for items to bring for on water use.

FOLLOW UP:

Staff will be at the Outpost by 8:30am. Please call the Outpost if you will be late, need directions, or are not able to attend the course (cancellation policy applies). Outpost phone # (218) 590-6667.

COST:

Available as a one or two day private instruction session FOR TWO OR MORE PADDLERS, \$140 per person for one day, \$240 per person for two days, dates arranged at least one month in advance to accommodate every ones schedule. All participants must complete the UMD Health Form and Liability Waiver during the registration process.

Explore more with the Outdoor Program:

- Thirteenth Annual St. Louis River Whitewater Rendezvous
July 24-26
- Swift Water Rescue
May 23-25

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org

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

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

Whitewater Kayak Rodeo Freestyle Playboating (Level 4)

Course Outline

Day 1

- Introductions and expectations
- Discuss whitewater options and water levels
- Depart for put-in
- Stretching for playboating
- River hazards and safety discussion
- Review strokes, bracing, and maneuvering in relation to playboating moves
- Warm up on waves, holes, and eddy lines
- Lunch
- Change sites if necessary
- Finding the perfect play spot
- Front surfing
- Side surfing
- Spins in a hole
- Stern squirts
- Return to Outpost

Day 2

- Review videos with emphasis on the steps to a cartwheel
- Head for the 210 drop
- On-water stretching routine
- Working with cartwheel machine to refine body positioning
- Explore eddy line play moves
- Enders and pirouettes
- Cartwheels
- Blasts
- Video of you in the hole and doing other moves
- Walk to Outpost to review videos over lunch
- Breakdown of individual focus points
- Back to the hole to work on moves
- Splats
- Focus on making the moves last longer
- Load trailer
- Course wrap-up and evaluations

Course objectives: Participants will learn how to:

- Identify potential play areas that are safe from river hazards.
- Execute strokes and maneuvers that are needed for efficient playboating.
- Front surf, side surf, spin in a hole, ender, pirouette, cartwheel, blast, and splat.
- Play the river.

Whitewater Kayak Rodeo Freestyle Playboating (Level 4) Equipment List

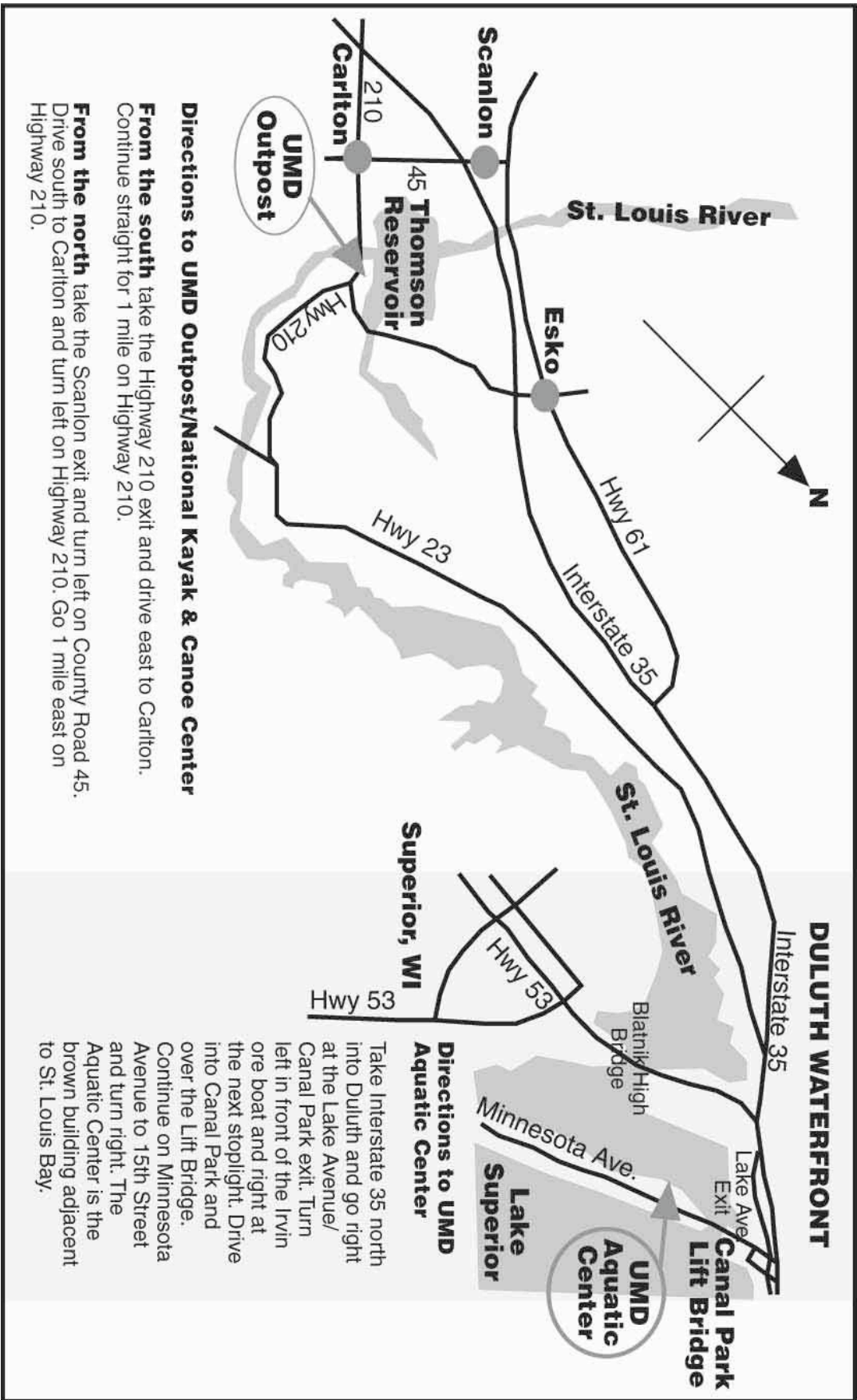
The weather in June can be cold and wet. Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. Refer to the equipment list for items to bring for on-water work. We will be getting wet during this course. Bring your whitewater kayak or canoe 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
- helmet
- spray skirt
- paddle
- whitewater rescue equipment
- wet suit & paddling jacket
- dry bags and maps
- first aid and repair kit

YOU BRING

- swimsuit & towel
- filled water bottle
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- notebook & pencil
- lunch
- nylon wind breaker
- nose plugs
- camera (optional)
- footwear - 1 pair of thin soled neoprene booties or sneakers that can get wet
- synthetic long underwear top and bottom / no cotton
- fleece long sleeve top or wool sweater



DULUTH WATERFRONT

UMD Aquatic Center

Directions to UMD Aquatic Center

Take Interstate 35 north into Duluth and go right at the Lake Avenue/ Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Aquatic Center is the brown building adjacent to St. Louis Bay.

Directions to UMD Outpost/National Kayak & Canoe Center

From the south take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.
From the north take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.