

# **Pool Based Rolling**



**June 20, 2010 10am - 2pm**

*HERE'S WHAT TO EXPECT: This course is designed to help intermediate level kayakers learn the fundamentals of a reliable roll and solid bracing. We will lay the foundation of the roll through drills that develop your hip snap and comfort in a kayak. The afternoon will be spent refining your bracing and rolling technique. Bring your own kayak or use one of ours.*

*WHERE: The class will begin at 10am at the UMD Pool*

*COURSE INFORMATION: This is a physically active class, please eat a healthy breakfast and drink plenty of fluids. We will spend the morning establishing and reinforcing the fundamentals of bracing and rolling, the afternoon will be spent refining and practicing your technique.*

*EQUIPMENT: Please bring the following equipment:  
Swimsuit & towel, filled water bottle, notebook & pencil, lunch, footwear - 1 thin and narrow soled pair of shoes to get wet, i.e., neoprene booties, teva style sandals, tennis shoes, etc,  
You may want to bring a pair of earplugs if water flushing in and out of your ears is uncomfortable*

*WE PROVIDE: noseplugs, boats, paddles, lifejackets, accessories*

*COST: \$75*

*Time: 10am-2pm*

*Place: UMD Pool*

## *Explore More with RSOP:*

- Stand-Up Paddleboarding
- Adventure Sport, Beach Recreation Day
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- Whitewater Canoe Courses
- Rock Climbing on Minnesota's North Shore
- Rock Climbing Wall
- American Canoe Association Instructor Certification Workshops
- Climbing Instructor Certification and Training Workshops
- Summer Youth Adventure Camps

## *General Information and Registration*

*Phone: (218) 726-7128*

*Fax: (218) 726-6767*

*Email [rsop@d.umn.edu](mailto:rsop@d.umn.edu)*

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

*Sea Kayaking Information  
Call Pat Kohlin at 218-726-8801*

**Alternate Dates & Customized Courses Available Call 218-726-7128**

**Course Content:**

- **Welcome & introductions**
- Introductions & Expectations**
- Health & liability forms**
- Student & instructor expectations**
- Environment-underwater learning**
- Physical-flexibility, fatigue**
- Emotional-fears**
- Cognitive-information overload**

*perform the following strokes/maneuvers with efficiency, fluidity and control.*

- C-C or Sweep roll**
- Low brace**
- High brace**
- Static brace turns**

**10:30-12:00 Rolling Instruction**

- **Hip Snap Development Sequence**
  - Using bow of kayak**
  - Using paddle float**
  - **Paddle Placement for C-C Roll and Sweep Roll**
  - Instructor placement**
  - Student placement**
  - **Putting it all together, and where to go from here.**
- Students will have the opportunity to practice rolling at select times during the bracing instruction*

**12:30-2:00 Bracing**

**Dry Land Instruction**

- The dynamics of boat control**
- Shaft and blade angles**
- Catch and release points**
- The box, torso rotation and driving the foot pegs.**
- Edging to unlock the trailing keel**
- Working with wind**

•**Braces**

- Low**
  - High**
  - Sculling for Support**
- (Low & High)**
- Low Brace Turn**
  - Bow Rudder**

•**Video-taping , Playback and Analysis**

*Students will be given feedback on their ability to:*

- Identify component parts of each stroke**
- Perform each stroke by connecting component parts with smooth transition, fluidity and control**
- Practice refinement of strokes and maneuvers for final video sequence**

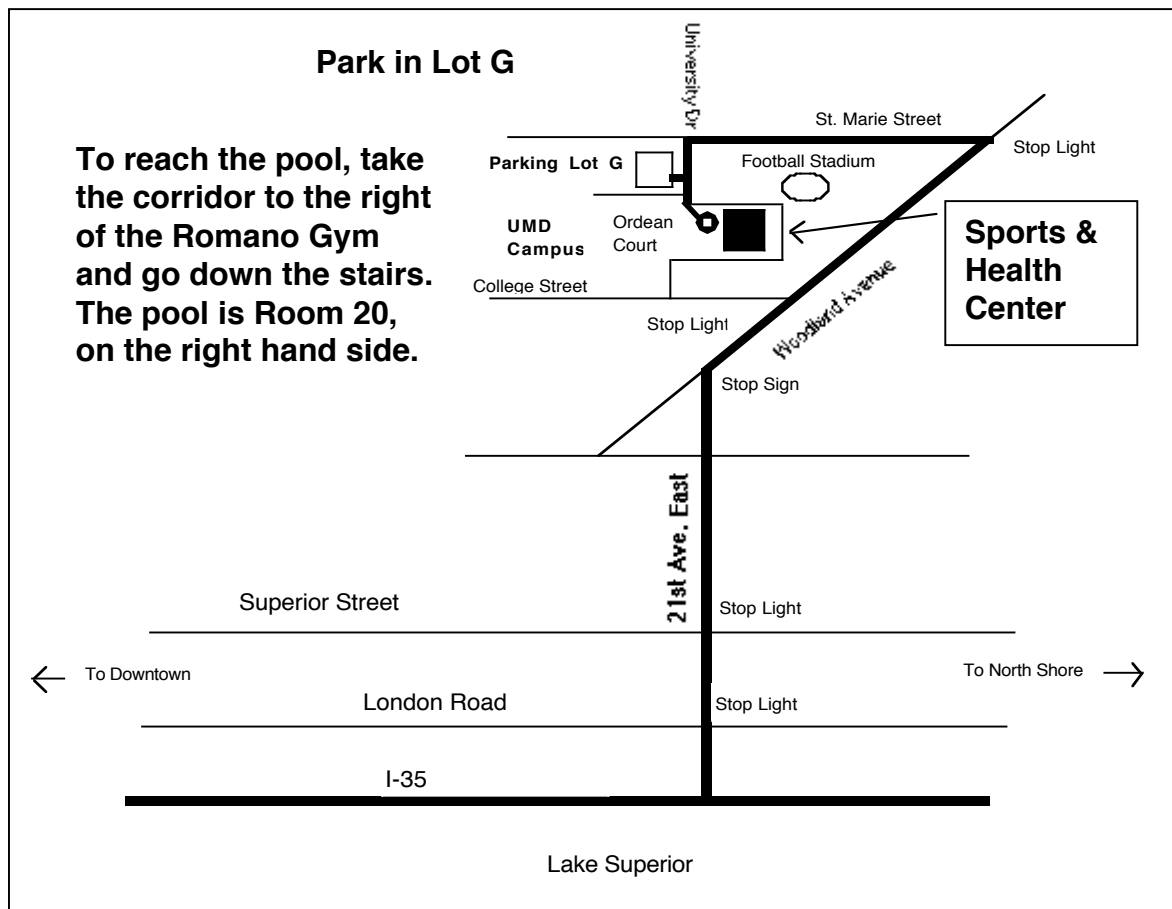
**Objectives:** *Using on-water practice, classroom discussion and video analysis, participants will learn to*

# 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>