

# **Sampler Format: Adventure Sport Beach Recreation Day (Level 1)**



**CALL FOR CUSTOMIZED COURSE DATES, \$55/person (group size 6-12)**

## **HERE'S WHAT TO EXPECT:**

Learn to stand-up paddleboard (SUP), sit-on-top kayak, pilot a foil kite and cruise on paved trails with a longboard and land paddle. All of these adventure sports are introduced during a five hour program south of the Park Point Beach House on Lake Superior. The sampler format provides a water and land station so the group can be split in half and switch stations after the lunch break. It's a FUN day that can lead to continued excitement by progressing into SUP touring, surfing or snow kiting.

## **SKILL REQUIREMENTS & GROUP SIZE:**

No experience is necessary. You will get wet ☺ Maximum group size is 12 to provide personalized instruction.

## **WHERE:**

This class will begin at 10am at the end of Park Point in Duluth, Minnesota and run until 3pm. See map for directions. This is a physically active class, please get plenty of rest and eat a healthy breakfast. Bring a bag lunch and filled water bottles for the beach.

## **COURSE INFORMATION:**

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

## **EQUIPMENT:**

Please bring layers of clothing to stay warm on and off the water. Refer to the attached equipment list for details on the items to bring.

## **FOLLOW UP:**

Staff will be at the south end of Park Point by 8:45am. See map for directions. Please call the RSOP Day Office at 218-726-7128 if you will be late, need more directions, or are not able to attend the course (cancellation policy applies). All participants must complete the UMD Health Form and Liability Waiver.

## **CUSTOMIZED COURSES:**

Additional stand-up paddle board instruction is offered along the Lake Superior Shoreline on calm and big surf days using a customized course format. Call for availability.  
\$135/person/day (2-3 people); \$125/person/day (4-6 people).

## **Explore more with the Outdoor Program:**

- Lake Superior SUP & Kayak Adventure Tour on the Split Rock Shoreline, July 29
- Stand-Up Paddleboard & Wave Surfing Introduction, July 28
- Lester River SUP & Sit-On-Top Kayak Rentals  
July 3, 9, 30  
August 13, 21
- Custom course in WW Open Canoe, call Randy at (218) 726-6177
  - Fourteenth Annual St. Louis River Whitewater Rendezvous  
July 23-25
  - Swift Water Rescue  
May 29-31

## **GENERAL INFO:**

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org

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

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## **Course Outline**

Introductions and expectations then split into two groups for water and land stations (15 min.)

**The water station features** - Stand-Up Paddleboarding (SUP) which is a paddling/surfing hybrid adventure sport that offers a thrilling full body workout and is a great way to explore our lakes and rivers. The sit-on-top kayak is very complementary with the SUP and it's easy to switch from one to the other. Two hour instruction sequence involves:

- Overview of equipment design and equipment distribution
- Discuss planning variations for river, lakeshore and surf zone exploration
- Stretching review and warm-up
- Transporting kayaks & SUPs with rudder and fin management in shallow water
- Kayak launching, SUP stance, balance & board trim
- Stroke development & flatwater maneuvers (also maneuvers in wind & waves weather permitting)
- Group communication, hazards and safety discussion
- Depart on our shoreline tour with skill development en-route
- If waves are present we will introduce kayak & SUP wave surfing, SUP footwork to adjust board trim and rail pressure while surfing a wave, kayak & SUP cutback skills and use of the paddle when surfing

**The land station features** - Kiting which uses the force of the wind to pull a person on a ground board, wake board, alpine skis or snowboard. As a kite pilots skills develop it's possible to move efficiently on cross wind reaches and even travel up wind. We teach kiting skills to two people at a time so if your not learning about the kite you are cruising on paved trails using a longboard and land paddle which is super smooth. Two hour instruction sequence involves:

- Kite equipment overview, foil kite features, launching, piloting, landing, de-power safety systems, cross wind travel on foot and on a ground board that rolls over the grass
- Longboard land paddling stance options, stroke technique, kick and stroke combination, carving turns, bracing and stopping

**Lunch on the beach or on the grass** - We will take a break and eat lunch as one group. During lunch we can talk more about adventure sport topics and opportunities. (30 min.)

Return equipment to van and trailer area then wrap up the course (15 min.)

### **Follow-Up Skill Development with UMD-RSOP:**

- Attend a scheduled Lester River stand-up paddleboard and sit-on-top kayak rental session
- Try the Lake Superior SUP & Kayak Adventure Tour along the Split Rock Shoreline
- Explore further SUP and surfing skills instruction on the wake behind a ski boat
- Try snow kiting in Northern MN and progress to kiteboarding on the water

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## **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. We will be getting wet during this course.

### ITEMS WE FURNISH

- stand-up paddle board
- sit-on-top kayak
- foil and inflatable kite
- longboard, land paddle & helmet
- life jacket
- helmet
- paddle
- wet suit & paddling jacket
- dry bags
- first aid and repair kit
- surf rescue equipment

### YOU BRING

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

