

Training Camp 2017 Course Offerings

Most classes will be limited to 8 students and availability is first come, first served. Some classes are both SATURDAY AND SUNDAY and others are your choice.

Intro to River Kayaking (Level A)

16 Students Maximum

Saturday and Sunday (2 day clinic)

Who should take this class: Brand new kayakers.

Pre-requisite: You must have taken a pool class and have been on moving water at least once.

We begin this course on dry land with gear review, discussion of river and safety basics, land based demo and practice of basic boat control and recovery skills, (which is all much more fun than it sounds!) and will progress to moving water on day one. On the water boaters will work on getting comfortable with executing all the basics in a current, including strokes, balance, posture and edging in order to successfully perform eddy turns, peel outs, ferrying and more.

Go With the Flow (Level B)

16 Students Maximum

Saturday and / or Sunday

A float trip with the focus on SAFETY.

A safe, mellow, chillaxin' float trip for those who prefer a low-stress experience. No intensive skills drills, this is an uncomplicated, fun but instructional cruise requiring mild effort. The group(s) can determine their own focus, whether it's discussion about reading whitewater or safety scenarios, or what-have-you. Talk to your Trip Leaders to customize your trip.

Beginnermediate FUNdamentals (Level B)

32 Students Maximum

Saturday and /or Sunday

Who should take this class: Kayakers who have been on more than 5 moving water trips and want to build skills and confidence. There will be an emphasis on river skills.

A river trip where we'll work on paddle strokes, bracing, edging, eddy turns, peel outs, ferries, rolling and river reading to maximize your future fun factor. Participants are encouraged to ask questions and let the Instruction Team know which skills they most want to work on. Emphasis will be placed on river running and skills drills.

Boating Betties, Beginner/mediate (Level B/C)

8 Students Maximum

Saturday ONLY

Who should take this class: Women Only, no testosterone!

Run the river, work on skills drills, recovery skills such as bracing and rolling, build your confidence in a supportive environment with other women.

Boating Betties, Beginner/mediate (Level C/D)

8 Students Maximum

Sunday ONLY

Who should take this class: Women Only, no testosterone! For Betties who have a flat water roll and want to step it up.

Run the river, work on skills drills, learn to break down a rapid, not just bomb through it, and build your confidence in a supportive environment with other women.

Intermediate FUNdamentals (Level C)

16 Students Maximum

Saturday and /or Sunday

Who should take this class: Kayakers who have some confidence on moving water but want to work on skills. There will be an emphasis on rolling.

A river trip where we'll work on paddle strokes, bracing, edging, eddy turns, peel outs, ferries, rolling and river reading to maximize your future fun factor. Participants are encouraged to ask questions and let the Instruction Team know which skills they most want to work on. Emphasis will be placed on river running and skills drills.

Next Level (Level C)

8 Students Maximum

Saturday and Sunday (2 day clinic)

Who should take this class: Kayakers who want to be confident in Class 3 Whitewater

For assertive boaters who want to get to the next level! This clinic will grill and drill and improve your skills. We'll be working mostly in a particular rapid, practicing stroke efficiency and advanced eddy hopping by running a particular predetermined route utilizing specific series of maneuvers. You'll benefit from specific, candid individual critiques (and possibly,

immediate video feedback, if we are able to obtain tablets to use and volunteers to video). Once you get your critique, you'll portage back to the top and run the designated course again. And again. You won't believe what you see and how much you learn!

Reading Whitewater (Level C)

8 Students Maximum

Saturday ONLY

Learn to visually dissect a rapid so you can navigate it yourself, rather than following someone. **River Roll preferred, not required.**

You're confident in your river skills but you have anxiety about finding the best route through a rapid? This class will develop your ability to visually dissect whitewater and better understand the forces at work. Become more confident in your ability to negotiate a rapid and to recognize typical obstacles you may encounter.

Surfin' Safari (Level D)

8 Students Maximum

Sunday ONLY

Learn to break down a rapid and catch waves to surf. **River Roll required.**

This is the ideal class for those who have a reliable river roll, good ferrying skills, and a desire to maximize their fun by dancin' with the river, not just running it. We will focus on eddy hopping through rapids and searching for great waves to surf in order to make the fun last longer (instead of blasting from top to bottom without stopping). We will practice boat scouting in order to identify eddies and waves within rapids, and work on how to adjust a ferry to catch the waves, along with the techniques needed to stay on them and do the dance!

Next Level (Level D)

8 Students Maximum

Saturday and Sunday (2 day clinic)

Who should take this class: Kayakers who want to be confident in Class 4 Whitewater. **River Roll required.**

For assertive boaters who want to get to the next level! This clinic will grill and drill and improve your skills. We'll be working mostly in a particular rapid, practicing stroke efficiency and advanced eddy hopping by running a particular predetermined route utilizing specific series of maneuvers. You'll benefit from specific, candid individual critiques (and possibly, immediate video feedback, if we are able to obtain tablets to use and volunteers to video).

Once you get your critique, you'll portage back to the top and run the designated course again. And again. You won't believe what you see and how much you learn!

Intro to Playboating (Level D)

12 Students Maximum

Saturday and / or Sunday

River Roll required.

Want to take your paddling to the next level? Gain balance, boat control, fear control and best of all build a bomb-proof roll. This class will take you through a proven progression that world champion kayakers have used to push the limits. If you don't believe us, just come and learn from a member of Team Jackson. But don't worry, all you need is a good roll and willingness to take your paddling to the next level. The class will start with a warm-up routine to prevent injury, flatwater balance drills, fundamentals of kayak surfing, side-surfing, spinning, cartwheels and maybe getting your first loop! The best part is all these skills will make you more confident in your roll and river running.

Intro to Oar Rig Rafting -New!

6 Students Maximum

Saturday and Sunday (2 day clinic)

Recommended purchase: The [Guide's Guide Augmented](#)

Bring a PFD and dress appropriately for a full day on the river.

All gear included, limited to 4 students. This is an introduction to oar rig rafting (not paddle rafting) and is intended for people with basic whitewater knowledge to learn about running rivers in Colorado, national parks, and BLM lands. We will cover the minimum gear requirements, best places to learn, beginner overnight trips, and the permit process. After completion, the participants will be able to navigate a raft safely through Class II-III (-) whitewater.

Agenda

Day 1:

- Introductions & Equipment
- Rigging
- Passenger Safety
- River Navigation
- Righting a flipped a raft

Day 2:

- River Navigation (continued)
- Rowing Techniques
- Tips for handling big water
- Multi-day Trip Support

Kids Team

Saturday and Sunday (2 day clinic)

Participation in this class is only available to kids already enrolled in Kids Team pool classes. A code will be made available to parents in order to register.