

## Training Camp 2015 Course Offerings

· We've changed up the format this year and availability is on a first come, first served basis, so sign up early to get the classes you want! Instructors have been tentatively assigned and most classes will be limited in size. If there is a particular instructor you want to work with, look for their name listed below. Please be sure to indicate your class preferences for each day – Saturday AND Sunday.

### Saturday Classes

#### **Kayaking Essentials ([Level A](#)) with [Leslie Tyson](#)**

##### **8 Students Maximum**

Saturday and Sunday 2 day clinic

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 1. On the water boaters will get comfortable with executing all the basics in a current, including strokes, balance, posture and tilt in order to successfully perform eddy turns, peel outs, ferrying and more.

#### **Kayaking Essentials ([Level A](#)) with Sasha Stauffer**

##### **8 Students Maximum**

Saturday and Sunday 2 day clinic

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 1. On the water boaters will get comfortable with executing all the basics in a current, including strokes, balance, posture and tilt in order to successfully perform eddy turns, peel outs, ferrying and more.

#### **Go with the Flow ([Level B, C, D](#)) Instructor TBA**

##### **No Maximum**

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 Instruction Team to customize your trip.

#### **Intermediate FUNdamentals ([Level B](#)) with [Debbie Hathaway](#)**

##### **8 Students Maximum**

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.

#### **Intermediate FUNdamentals ([Level B](#)) with [Amy White](#)**

##### **8 Students Maximum**

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.

#### **Intermediate FUNdamentals ([Level B](#)) with Reid Jackson**

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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.

### **Intermediate FUNdamentals ([Level C/D](#)) with [Mark Robbins](#)**

#### **8 Students Maximum**

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### **Level-Up Boot Camp ([Level C](#)) with Laurie Maciag**

#### **8 Students Maximum**

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 or iPads 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!

### **Level-Up Boot Camp ([Level D](#)) with Kyle Johan**

#### **8 Students Maximum**

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 or iPads 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 Water ([Level D](#)) with [Dick Alweis](#)**

#### **8 Students Maximum**

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 C/D](#)) with John Leventhal**

#### **8 Students Maximum**

This is the ideal class for those 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! **Note: this same class will be held on Saturday and Sunday but the instructor requests you sign up only for one day or the other.**

### **Intro to Playboating ([Level C/D](#)) with Dave Holzman & Don Dowling**

#### **No Maximum**

If you are afraid to enter the wave this is the class for you. Learn beginner play boating skills such as surfing waves, side surfing and flat spins. This group requires solid river skills and a solid river roll. Class will be held at the whitewater park in Salida.

### **Intro to Slalom ([Level D](#)) with Lisa Adams & Landis Arnold**

### **15 Students Maximum**

Saturday **and** Sunday (2 day clinic)

Slalom paddling is a great way to perfect our kayaking skills and challenge ourselves in the river without the consequences of hard whitewater. We will be working on slalom skills in an eddy-rich section of the river. Learn to nail eddy turns, stay on line, and what the heck “Up!Up!Up!” means in this two day clinic.

### **Take Me to the River! – SUP Transition to Whitewater (Stand Up Paddleboard)**

#### **10 Students Maximum**

Saturday **and** Sunday (2 day clinic)

SUP Transition to Whitewater will allow students to take their flat water SUP skills onto moving water. This course will cover basic river hydrology, equipment, River SUP strokes, board control techniques, and other necessary skills for Whitewater SUP. The course content will be catered to the class participants as much as reasonably possible. Students will need a fundamental understanding of SUP basics on flat water prior to signing up for this course.

- Students must provide their own: pfd, helmet, appropriate footwear, and river clothing.
- Don't have a SUP? No worries! Whitewater SUPs are available to rent for this course at a reduced rate of \$25/ day. Please reserve your rental in advance to ensure availability.
- For any questions or to reserve a board, please contact [kim@softsideup.com](mailto:kim@softsideup.com) .

## **Sunday Classes**

### **Kayaking Essentials ([Level A](#)) with [Leslie Tyson](#)**

#### **8 Students Maximum**

Saturday and Sunday 2 day clinic

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### **Safety Basics**

**Lead Instructor: Matt Rensel**

**8 Students Maximum**

Sunday Only

Safety Basics in accordance with the safety code of American Whitewater. We'll cover rudimentary concepts regarding personal preparedness and responsibility, boat and equipment preparedness, and group preparedness and responsibility. Much of this class will be conducted on dry land, and then we'll progress to swimming techniques in the river.

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