

Training Camp 2016 Course Offerings

Course Offering

Availability is on a first come, first served basis, so sign up early to get the classes you want! Instructors are tentatively already 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.

If you have volunteered as a sweep or support person at Training Camp in the past but wished there was a higher level class to help you improve your own skills, you might consider one of the level D classes. You'll be surprised at the level of instruction you'll receive!

Kayaking Essentials (Level A)

8 Students Maximum per Course

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 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.

Two Courses Offered:

Course 1 - Lead Instructor: Leslie Tyson

Course 2 - Lead Instructor: Diane Redish

Go with the Flow (Level B or Level C)

No Maximum # of Students

Saturday and / or Sunday

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 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.

Two Courses Offered (Level B & Level C):

Lead Instructors: TBA

Intermediate FUNdamentals (Level B or Level C)

8 Students Maximum per Course

Saturday and /or Sunday

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.

Five Courses Offered (4 for Level B; 1 for Level C):

Course 1 - Lead Instructor: Debbie Hathaway – Level B

Course 2 - Lead Instructor: Amy White - Level B

Course 3 - Lead Instructor: Bob Daigler - Level B

Course 4 - Lead Instructor: Ryan Ness - Level B

Course 5 - Lead Instructor: David Clair - Level C

Level-Up Boot Camp (Level C or Level D)

8 Students Maximum per Course

Saturday and / or Sunday

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!

Two Courses Offered (1 for Level B; 1 for Level D):

Lead Instructor: Nik White – Level C

Lead Instructor: Kyle Johan – Level D

Reading Water (Level D)

8 Students Maximum

Saturday Only

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.

Lead Instructor: Dick Alweis

Surfin' Safari (Level C & D)

8 Students Maximum

Saturday OR Sunday (pick one)

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!

Lead Instructor: John Leventhal

Intro to Playboating (Level D)

12 Students Maximum

Saturday and / or Sunday

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 the reigning World Freestyle Champion Emily Jackson who will be leading this class. 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.

Lead Instructors: Emily Jackson and Peter Holcombe

Intro to Slalom (Level D)

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 "Hup!Hup!Hup!" means in this two day clinic. Saturday will be at the WW park in Salida and Sunday will be a river trip to employ the techniques learned Saturday.

Lead Instructor: Landis Arnold

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

10 Students Maximum

[Saturday and Sunday \(2 day clinic\)](#)

The River SUP class 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. There might even be some SUP yoga! 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. Flat water classes can be arranged prior to Training Camp, by contacting kim@softsideup.com

- Students must provide their own weather appropriate clothing and footwear
- Don't have a SUP? No worries! Whitewater SUPs, paddles, pfd's, helmets, leashes are available to rent for Training Camp at a reduced rate of \$25/ day. Please reserve your rental in advance to ensure availability. Your equipment will be waiting for you at the KOA.
- For any questions or to reserve equipment, please contact kim@softsideup.com

Lead Instructor: Kim Lowe

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.