

## Training Camp 2018 Course Descriptions

Saturday		Sunday		Who	Description
Skill	Class Name	Skill	Class Name		
A	<b>Intro to River Kayaking (Both days required)</b>			For 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.
B	<b>Go With The Flow</b>	B	<b>Go With The Flow</b>	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.
B	<b>Beginnermediate Fundamentals</b>	B	<b>Beginnermediate Fundamentals</b>	For 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.
B/C	<b>Boating Betties, Beginnermediate</b>	C/D	<b>Boating Betties, Intermediate</b>	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.
C	<b>Intermediate Fundamentals</b>	C	<b>Intermediate Fundamentals</b>	For 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.
C	<b>Level Up - Building Confidence for Class III</b>	C	<b>Level Up - Building Confidence for Class III</b>	For kayakers who want to solidify their confidence 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!

D	<b>Intro to Playboating</b>	D	<b>Intro to Playboating</b>	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. 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.
D	<b>Advanced Instruction - Building Confidence for Class IV</b>	D	<b>Advanced Instruction - Building Confidence for Class IV</b>	For kayakers who want to solidify their confidence 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!
N/A	<b>Kids Team (2 days)</b>	N/A	<b>Kids Team (2 days)</b>		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.
N/A	<b>SUP</b>	N/A	<b>SUP</b>	Transition from Flat Water to Whitewater on a SUP. Prerequisite: previous flat water experience. Must provide your own board.	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. The course content will be catered to the class participants within reason.
N/A	<b>Inflatable Kayak Instruction</b>	N/A	<b>Inflatable Kayak Instruction</b>	If there is enough interest in this course, we will make it happen. Must provide your own boat.	This course will cover basic river hydrology, equipment, strokes, boat control techniques, and other necessary skills for Whitewater IK. The course content will be catered to the class participants within reason.
N/A	<b>Intro to Oar Rafting</b>	N/A	<b>Intro to Oar Rafting</b>	Bring a PFD and dress appropriately for a full day on the river.	All gear included, limited to 8 students. This is an introduction to oar rig rafting (not paddle rafting) and is intended for people with basic whitewater knowledge. The first day will be a hard skills rowing clinic taught by a Canyon River Instruction and the second day can be whatever topics the students are most interested in. Intermediate boaters with their own boats can tag along. For more information contact the Training Camp Director, Terra Hoover