

Adirondack FreeStyle Symposium Class Information 2011:

Morning and afternoon classes are in three-hour blocks of instruction. Register for four classes at the same level, skip or mix sessions, or take a day long, guided, Adirondack paddling trip.

ACA Instructor Update, Sunday 10 July 9am – 4pm.

Update ACA Instructorship at Intro, Essentials and FreeStyle levels. ACA fees additional to course fees.

Morning Solo Sessions: three hour courses, 1:6 Inst/ student ratios Tandem Instructors offer informal help; No Cost.

Solo Essentials and FS 1: Solo Flatwater Skills review; efficient, precise, forward, reverse, correction, and control strokes to hone existing skills.

FS 2 Solo: Forward, onside, maneuvers: Axle, Post, Wedge, Christie and Side Slips.

FS 3 S: Reverse, onside, maneuvers: Rev Axle, Rev Post, Rev Christy, Rev Wedge and Linkages are introduced

FS 4 S: Forward cross maneuvers: Cross Axle, Cross Christie, Cross Post, and Cross Wedge and linkages.

FS 5 S: Cross reverse maneuvers and linkages to other FS maneuvers

FS 6 S: Thrust High Kneel, Transverse Paddling and the Mackenzie Reversal

FS 7 S: Tuning and Paddleography; Interpretive Exhibition Preparation

Canadian Style: Solo paddling tandem canoes

Afternoon Tandem & Special Sessions: 3 hr. courses, 1:6 ratio

Solo Instructors provide informal help at No Cost.

Tandem Essentials and FS1: A Tandem Flatwater Skills review; efficient, precise, forward, reverse, correction, and control strokes to sharpen existing skills.

FS 2 Tandem: Forward, onside maneuvers; Axle, Post, Wedge, Christie and Side Slips.

FS 3 T: Reverse, onside, maneuvers: Rev Axle, Rev Post, Rev Christy, Rev Wedge and Linkages are introduced

FS 4 T: Forward cross maneuvers: Cross Axle, Cross Christie, Cross Post, Cross Wedge and linkages.

FS 5 T: Cross reverse maneuvers and linkages to other FS maneuvers.

FS 6&7 T: Thrust Kneeling, transverse stances, reversals and interpretive preparation.

Special Sessions: may be single classes or run all four days as needed.

Creekin' FS: Solo or Tandem eddy turns and ferries on the Saranac River WW Training Site

Paddling the Inside Circle: The perfect, uncorrected, forward stroke and it's cross variant.

Sit & Switch: North American Touring Technique w/ bent: the touring forward stroke with bent paddle. BYOB; [bring your own bent.]

Slalom: Precise and fast maneuvering on a buoy course; fun, flatwater prep for moving water.

Tuning: Solo or Tandem Work with the FS instructor of your choice in a private session.

Canoe Maintenance: With master brush man Tom MacKenzie. Monday, Tuesday only
Bring your boat that needs love and consideration.

Guided Day Sessions: Trips with the great NYS Guide Griz Caudle
Chubb River from Lake Placid into the High Peaks, 9-5 Tuesday,
Fish Creek Loop in the ST Regis Canoe Area, 9-5 Wednesday

Note: All paddlers must wear PFD's when on the water.

Evening Events:

Tuesday 7:30pm: **FS Slalom on Wolf Pond.**
Wednesday 7:30pm: **FS Interpretive Exhibition Wolf Pond**
Thursday: 7:30pm: **FS Interpretive Exhibition, Mirror Lake in
Lake Placid, then buy Dinner at Lisa G's.**