FLORIDA FREESTYLE SYMPOSIUM
MARCH 18-21, 2011

SCHEDULE

Friday, March 18

8:30 AM Instructor Update

*Participants should have had breakfast **before** they arrive.*

Bring lunch and snacks or be prepared to go out for fast food for lunch. No meals provided until dinner.

4:00 PM	Registration, Free Paddle on ponds
6:00 PM	Dinner
7:00 PM	Orientation meeting, schedule of events
7:30 PM	Instructor meeting
8:00 PM	Freestyle Board Meeting

Saturday, March 19

7:30-8:15 AM	Breakfast & assignments
8:30 AM	Get Gear and meet at the ponds
8:45 AM	Safety Talk
9:00-12:00	Class Session 1
12:00-12:30	Lunch
1:00-4:00 PM	Special Topics
4:30-6:00 PM	Giant Slalom Competition
6:30 PM	Supper and Announcements
8:00 PM	Chalk Talk - Boat/Paddle Physics by Tom Mackenzie

Sunday, March 20

7:30-8:15 AM	Breakfast
8:30- 11:30 AM	Class Session 2
12:00-12:30 PM	Lunch, announcements
1:00-4:00 PM	Special Topics
5:00-6:00 PM	FreeStyle Exhibition
6:30 PM	Supper and Announcements
8:00 PM	Campfire, Jam Session, Social (Bring instruments)

Monday March 21

7:30-8:15 AM	Breakfast
8:30-11:30 AM	Class Session 3
12:00-12:30 PM	Lunch, announcements
12:30	Turn in evaluations and load gear

Checkout from the campus is by 2:00 PM unless you have registered to stay over Monday night.

What to bring

- Canoe and paddles
- PFD (must wear)
- Kneeling Pad
- Towels and personal toiletries
- Unfitted linens, pillow, blanket for bunk bed
- Eating Utensils; plate, bowel, cup
- Mosquito repellant
- Flashlight
- Camp Chair (optional)
- Clothing for any weather
- Sunscreen
- Water bottle

Emergency Numbers: Marc's Cell 585 698-5773
Florida State College, Betty P Nassau Center 904 548-4400