CANOEING I

A. Introduction and logistics
   Instructors and participants
   Expectations, limitations, timing
   Waiver, risk assumption
   Life jacket policy - always on water
   Site specifics

B. Personal preparation
   No alcohol, drug use
   Property rights – litter, noise, etc.
   Etiquette on and off water
   Personal skills
   Swimming ability?
   Fitness and warm up
   Safe paddle, boat handling
   Safety and rescue procedures
   Personal equipment check

C. Getting started
   Car topping, racks, straps
   Canoe carries
   Launchings and landings
   Tandem communication
   Canoe trim and balance
   Positions - sitting, kneeling
   Basic terminology

D. Equipment
   Paddles-doubles, straights, bents, parts, sizing, hand positions
   Canoe-types, parts, materials
   Care of equipment
   Optional equipment

E. Safety and rescue
   Hazards-wind, waves, weather, current, rocks, bridges, dams, strainers
   Hypothermia
   Dehydration
   Rescue sequence RETHROG
   Priorities-people, boats, gear
   Water comfort
   Swim boat to shore
   Boat-over-boat rescue

F. Paddling concepts
   Canoe physics - pull the paddle, push the canoe, steer from rear,
   Paddle physics - vertical blade, vertical shaft
   Body physics - torso rotation, shoulder care
   Stroke parts - catch, propulsion, recovery

G. Strokes
   Forward
   Forward with switch
   Back stroke
   Draw
   Pushaway/pry
   J correction

H. Maneuvers
   Forward, reasonably straight
   Stopping, straight and short
   Spin in place
   Turn in an arc while underway
   Abeam (sideways only, no headway)

End Canoeing I
These are the basic building blocks of all canoeing.
Go somewhere! Practice while you're going.
Remember: Practice makes better!

FREESTYLE I

A. **Go back and review CANOEING I with particular attention to:**

B. Safety and rescue

C. Paddling concepts
   Canoe physics - review, add **heel** and **pitch**
   Paddle physics - review, add **palm roll, slice**
   Body physics - review, add **palm roll**, kneeling positions
   Stroke parts - catch, propulsion, recovery

D. Strokes
   Review, especially **static draws**

E. Maneuvers - review
   Maneuver parts: initiation, placement, conclusion

F. On-side turn
   1. Forward stroke with **palm roll** to a vertical in-water recovery (**slice**) (Indian stroke, C stroke)
   2. **Slice** your in-water recovery to a position ahead of your knee (ahead of the center of rotation) and "open" the blade slightly to the direction of the turn (a **static bow draw**). Ride 'til the motion almost dies, conclude with a draw to the bow.
   3. **Weight shift**: Come up on your knees as you slice forward. Feel the "brace" of the paddle. Feel the enhancement of the turn.
   4. **Heeling:** Also shortens and changes the in-water shape of the canoe to enhance the turn. **Heel** to the inside or outside of the turn (axle inside, post outside). Practice heeling, and as your balance improves, rely less on the brace.

G. Sideslip
   Move your static draw closer to the center of the canoe. In previous maneuvers the static draws were moving the bow of the canoe away from the direction of travel (i.e., turning). With sideslips you're moving the center of the canoe (actually the center of rotation) away from the direction of travel, so the canoe keeps pointing in the direction of travel but actually moves diagonally.

   Static draw (sideslip): Boat running straight, **slice** your recovery (blade vertical) forward to somewhere between hip and knee, initiate with a slight draw, open the blade gently to the direction of the sideslip, ride until it begins to "decay" and conclude with a subtle loaded slice toward the bow for another forward stroke.

END FREESTYLE I.
Go work on that stuff. Play games like follow-the-leader.
Practice to and from the dock, practice on buoys,
practice and play, play and practice, see yourself on video.
When it quits being fun, quit.

FREESTYLE II

A. **Go back and review CANOEING I and FREESTYLE I, get it right (efficient and effective). If that stuff's sloppy, everything else will be too!**

B. Safety and rescue – review

C. Paddling concepts – review

D. Strokes – review

E. Maneuvers – initiation, placement, conclusion
(see the homework summary sheet)
- Axle
- Post
- Christie
- Wedge
- Sideslips

F. Linkages
There are a lot of ways to link maneuvers. Each instructor will have their favorites to share with you. The first step is to make your strokes and maneuvers as efficient as possible so you can cut down on the number of strokes needed between maneuvers. Then look for conclusions and initiations that can be combined.

My favorites are the sideslips linked to turns. The stern often drifts off in the direction of sideways travel during a sideslip. This often is an ideal initiation for a maneuver. The draws generally can be converted to wedges, and the prys to axles.

Also, try converting your turns to sideslips by changing your draw or pry placement in the middle of the maneuver. (sometimes it helps to sneak in a little forward stroke).

END FREESYTLE II. Go work on that stuff and don't forget the basics.
Play games, practice, and see yourself on video.
Remember; practice makes better.

FREESTYLE III

A. **Go back and review CANOEING I, and FREESTYLE I and II, get it right (efficient and effective). If that stuff's sloppy, everything else will be too!**

B. Going backward - Spend time just going backward. Think about what the canoe is doing. It's going to be harder to control than going forward was when you first got in a canoe. Consider weight-shifting forward to enhance control and then dropping back to enhance reverse maneuvers. But first, just spend time going backward.

- Back stroke
- Far back
- Reverse C
- Compound back, w/ & w/o palm roll

C. Reverse maneuvers

- Reverse Axle
- Reverse Post
- Reverse Christie
- Reverse Wedge
- Reverse Sideslips

D. Linkages - As you get comfortable with each reverse maneuver, try linking it to its equivalent forward maneuver and then to the others. It's a fun way to go somewhere slowly.

End FREESTYLE III.
So, what's left? You can dance your canoe frontward and backward.
What more could there be? Go on to FREESTYLE IV and V and see.

FREESTYLE IV

A. Work on your cross-forward stroke

B. Save the review of FREESTYLE I-III for the linkages

C. Maneuvers
As you work on each of the cross maneuvers, link them to (and practice) your onside and reverse maneuvers.

- Cross Axle
- Cross Post
- Cross Christie
- Cross Wedge
- Cross Sideslips

D. Linkages
Look at all these possible linkages you have to play with now!

FREESTYLE V

As you figure out how to do the maneuvers crossed and reversed, review the other maneuvers by linking them in as many ways as you can.

- Cross-reverse Axle
- Cross-reverse Post
- Cross-reverse Christie
- Cross-reverse Wedge
- Cross-reverse Sideslip