Florida FreeStyle Symposium (FFS)

March 18, 19, 20, and 21
Florida State College at Jacksonville
Betty P. Cook Nassau Center
Yulee, Florida

SYMPOSIUM INFORMATION

Welcome to the Florida FreeStyle Symposium! The FFS offers excellent instruction in a quiet water venue for people wishing to improve their skills in paddling and precise control of their canoes. Courses are offered in all skill levels and are taught by ACA certified instructors. Student/instructor ratio is limited to 5 to 1. The symposium site is located just outside of Jacksonville Florida, near Interstate 95.

In conjunction with the Florida FreeStyle Canoe Symposium,
there will be a meeting of the board of directors
of the ACA FreeStyle Committee.

REGISTRATION:

1. Print forms using links below: (click here to print all forms as a package)
    - **Registration Form**
    - **FFS Menu** (food order form)
    - Waiver: **Adult** / **Minor**
    - **Medical Form**
    - Giant Slalom Registration
2. Additional Information
    - Symposium Overview PDF
    - **FreeStyle Class Summary**
    - **FreeStyle Homework Sheet**
    - **Giant Slalom Description**
    - FFS Gallery
3. Select the desired courses, skill level, lodging and gear needs on the **Registration Form**.
4. Indicate any meal choices on the **FFS Menu**.
5. Complete the Waiver (**Adult** / **Minor**) and **Medical Form**.
6. Mail the Registration Form, Menu, Waiver and Medical Form with your payment to Marc Ornstein (at address on registration form).
7. Confirmation will be sent upon receipt of registration.

Please note that there is a $50 registration/site admission fee that is a required fee for all participants whether or not you sleep on site. The registration/site fee is required even if you do not take classes.

Registration deadline is March 1st, 2011. There is a $25.00 discount for registrations received before December 31st. There is a $30.00 late fee for registrations received after January 31st.

LODGING: You will need to bring bed linens or sleeping bag, pillow, and towels. Full shower and bath facilities available in the new dorm. Sleeping accommodations are bunkhouse style with separate men's and women's facilities. Tent sites are available if desired. There are only bunkhouse accommodations for 27 people. Those accommodations will be first come, first served. Additional participants may camp on site or seek accommodations in any of several local motels.If you wish to stay on site Monday night you may for an additional charge of $17 (bunkhouse) or $16 (camping). (See the registration form.)

MEALS: For those who wish meals, we will be offering full meals during the symposium. Utensils will be provided. We will provide the following meals.

- Friday March 18th Dinner
- Saturday March 19th Breakfast, Lunch, Dinner
- Sunday March 20th Breakfast, Lunch, Dinner
- Monday March 21st Breakfast and Lunch only

Meals may be individually ordered. You may choose only those meals that you want.

INTERPRETIVE FREESTYLE EXHIBITION: SUNDAY EVENING
Participate if you wish or be a spectator and enjoy the show.

FREESTYLE GIANT SLALOM: SATURDAY EVENING
A splash from the past. This is your chance to try out basic freestyle moves in a fun, timed competition. The goal is to use basic maneuvers to navigate your way around a buoy course. It's a great way to put what you've learned to "practical" use.

CLOTHING: March is usually very pleasant in Northern Florida, and can be warm during the day. Evenings are often cool. Cold snaps are possible and participants should be prepared with warm clothing. Please come prepared for any weather. We paddle unless it is storming.

GEAR/EQUIPMENT: Bring a canoe, paddles, PFD (to be worn at all times when on water), and kneeling pad. Instructors will teach you in the canoe that you bring. We need to know ASAP if you will need to rent a boat, PFD, paddle, and / or kneeling pad. We will try to assist with boat rental to the extent that we can.

Note: We will be holding an instructor update on Friday March 18th. All instructors will receive an email regarding this. Those attending the update may stay on site Thursday night for an additional charge of $17 (bunkhouse) or $16 (camping).

LINKS

- Campus Map
- Google Map of Location
- Nearby Motels
- Outdoor Education Center Website