FSS Class Information:

Classes are in three-hour blocks each for a total of 9 hours of instruction. Register for all three classes at the same level. Students in the class will stay together as a group and have a different instructor for each session to allow students to experience learning tips from a variety of instructors. Special classes are a single session (3 hrs) each and will be held on Saturday and Sunday afternoons. Kids classes will be three, 3 hr. sessions in the mornings.

Skill Levels:

Level 1: An introduction to FreeStyle and a Flatwater skills review. Recommended for paddlers who have never tried FreeStyle paddling. Even for experienced paddlers, efficient FreeStyle maneuvers begin with technically precise forward, reverse, correction, and/or sweep strokes. Learn FS concepts and terminology, and fine tune your existing skills, A solid foundation for FS paddling and you will begin your first FS maneuvers.

Level 2: Should be familiar with what FS paddling is supposed to be. May have seen FS demos or even have attempted some maneuvers. Basic Flatwater strokes are reviewed and FS forward maneuvers (Axle, Post, Wedge, Christie) are taught.

Level 3: Have had previous FS instruction; should be familiar with terminology and FS forward maneuvers. Review various reverse strokes; learn FS Reverse maneuvers.

Level 4: Review forward and reverse FS maneuvers; review cross bow skills. Learn FS cross maneuvers, such as the Cross Axle, Cross Christie, Cross Post, and Cross Wedge.

Level 5: Should be advanced in FS paddling and be well versed in forward, reverse, and cross FS maneuvers. Advance to learning FS cross reverse maneuvers.

Putting It All Together: For advanced students who want to refine skills and better understand/ work on linkages. May include music selection, fine tuning skills, and how to choreograph (for those who are interested in using music). Students may bring a 3-4 minute tape of music for development into a routine. Or learn maneuver linkages and fine tune skills without music.

Kids Class: Students will learn boat control and water safety, basic strokes, and /or freestyle maneuvers based on their skill level, interspersed with fun activities.

Special Classes:

High Kneel Thrust (Sat. PM) How to use this technique to enhance pitch and heel in the forward and x forward quadrants.

Paddleography (Sat. PM) Will help the advanced freestyle paddler develop skills needed to create an interpretive routine for competition or exhibition. Elements of a sound freestyle competition piece will be discussed and demonstrated. Students are encouraged to bring potential competition music and draft interpretive presentations.

Heeling and Kneeling (Sat. PM) How to confidently heel the boat to the rail while using your knees for control and weight shift

Classic Form (Sun. PM) Will review archetypal stroke and maneuver form. Learn what constitutes show quality Freestyle paddling while reviewing initiations, heel, placements, boat pitch, conclusions, and kneeling positions. A must for serious freestyle competitors and exhibitors.

Touring Technique (Sat. PM) North American Touring Technique is the preferred method of moving a canoe over distance. Like marathon racers, we sit and use a bent paddle at relatively high cadence, switching sides to correct or change course. BYOB; [Bring Your Own Bent].

Forward Stroke Including Inside Circle and X Inside Circle (Sun. PM) Inside Circle is an advanced-level whitewater practice mantra using an uncorrected Forward Stroke to paddle an onside circle. The Cross Inside Circle is the same mantra using an uncorrected Cross Forward to paddle an offside circle. Paddlers kneel with straight paddles to practice these powerful and effective strokes.

Canadian Style Paddling: (Sun. PM) After practice on some static strokes, we will use an English Gate for practicing maneuvering tandem canoes solo in all directions. Experience not needed, but a tandem canoe is required and an otter tail paddle and kneeling pad is beneficial.

Make Every Stroke Count! We will use a timed buoy course to limit the number of strokes between maneuvers. For FS paddlers of all abilities this will be good practice at accelerating in a straight line and doing a maneuver at a particular point. There will be rewards.

Creekin Freestyle: (Sun. PM) To be held on Lofton Creek, a short distance from the campus. We will use a variety of freestyle techniques to navigate the current and obstacles along the creek. Last year we didn't spot anything in the creek that would concern me about taking one of my strippers or a Loon Works boat, this will be real world use of your boat and not the controlled atmosphere of the college ponds.

Contact Marc with any questions that you may have about what level to sign up for or course description clarifications.

Note: All folks are welcome, even if you just want to come for the weekend and paddle with old friends!