

Competent Sea Paddler Committed 2 The Core Sea Kayak Coaching July 5-9, 2012



Course Directors: Christopher Lockyer Guest Coach: Andy Stamp

Aim

This advanced program is designed to solidify all your sea kayak skills. During this course we will start looking at linking strokes into manoeuvres. The program will include an expedition that will give you ample opportunities to practice your navigation, on water leadership, route finding and living out of your sea kayak. This will be an intensive 5 day program. Participants require Paddle Canada Level I or equivalent skills and must be in good physical condition.

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| Day 1 | 7:00 pm Meeting for paperwork and social time |
| Day 2 | Exploration of skills Rescue Session (group) Video Analysis Rolling session Evening Session: Weather and “The living sea” |
| Day 3 | Advanced stroke practice Rescue Session (solo) Rolling session Evening Lecture Session: Navigation |
| Day 4 | Advanced stroke practice Surfing and rough water landing practice. Lecture Topic Trip planning, packing. |
| Day 5 | Trip Pack up, navigation practice leadership, safety |
| Day 6 | Navigation practice, on water leadership, landing in rough water, Communication, Group dynamics . |

Every day will begin with a creative warm up and stretching exercises

All days will end with a debrief session discussion and recapping all information covered in the day's session.

Schedule subject to change depending on weather and other situations.