

PORT AUSTIN SEA KAYAK SYMPOSIUM

JUNE 17 – 20, 2010

Meals

Lunch on Friday and Saturday will be provided at Bird Creek County Park. Dinner on Friday night will be at the U&I Community Center (map will be provided at registration), prior to Justine Curgenvén's presentation. All other meals you are responsible for on your own.

Essentials

On-water class participants are responsible for providing their **own** kayaks and equipment. **A PERSONAL FLOTATION DEVICE (PFD) MUST BE WORN AT ALL TIMES WHILE ON THE WATER.** A wetsuit or drysuit is also recommended. Kayaks must have bulkheads or adequate flotation, deck lines and carry a pump.

Demo Beach

Kayak manufacturers and kayak retailers will have products available for on-water trials at the Beach. This is a great opportunity to paddle and compare a comprehensive selection of boats, paddles, and personal flotation devices (PFDs) in one beautiful location, before you buy. The demo beach will be open on Friday and Saturday 9:30 - 5:30, and Sunday 9:00 – 11:30.

How to Dress for Lake Huron Paddling

For safety and comfort, attendees are encouraged to dress in layers and be prepared for water temperatures, not merely for the air temperatures. Do not wear cotton or denim as they do not insulate when wet and they take a long time to dry. We will be paddling in Lake Huron, water temperatures will be lower and there could be more wind than you experience on small, inland lakes. You are encouraged to wear a wetsuit or hydroskin along with a wind-breaking layer, paddle jacket or dry suit.

Layer 1 (next to skin) Lightweight wicking: wool, silk or synthetic material

Layer 2 (insulating) Midweight wool, fleece, Hydroskin or wetsuit

Layer 3 Paddling jacket, water shoes or neoprene booties, paddling gloves

Kayak Trips

- Refer to the trip destination and skill level description to make a good choice for you.
- Boats must be equipped with flotation—watertight bulkhead or air bags—that are secured in place.
- A PFD and wet suit or dry suit are required.
- You must be pre-registered to participate, this can be done on Thursday or Friday at the Trip Desk
- The trip leader may change the trip plan and exclude participants for the safety of the individual and group.
- **ALL TRIPS ARE WEATHER DEPENDANT!**
- What you need to bring:
 - Snacks
 - Adequate water for the day
 - Appropriate clothing for paddling

PADDLING SKILLS

Novice: Has very little or no paddling experience

Beginner: Has paddling experience, but has not done self or group rescue

Intermediate: Has paddling experience with some wind and waves and has some self and group rescue experience

Advanced: Has extensive open water experience in both wind and waves and has solid self and group rescue experience

THURSDAY

Symposium Registration 2:00 pm – 9:00 pm (Bird Creek County Park Pavilion)

Backcountry Pot Luck and Wine and Cheese Meet and Greet 7:00 pm – 9:00 pm (Bird Creek County Park Pavilion)

This is a great opportunity to meet the instructors for the weekend as well as fellow kayakers. Bring your favorite backcountry dish already prepared or prepare it right there for others to learn. There will not be facilities to cook so please only bring items to prepare on site that do not require water or electricity. Riverside Kayak Connection will provide small snacks, beverages, and paper products.

Bonfire and Star Gazing 9:00 pm - 11:00 pm (Bird Creek County Park Beach)

Great time to rekindle old paddling friendship or spark new ones! Join the Symposium staff at the bonfire on the beach. Be prepared to eat a few S'mores.

FRIDAY

Advanced/Intermediate Trip 8:00 am

Meet on the Beach at Bird Creek County Park for a meeting with the trip leaders. This trip will leave from Bird Creek County Park Beach and go to the Lighthouse and Turnip Rock.

Friday's trip is designed for Advanced/Intermediate paddlers and Saturday's trip is designed for Beginner and Beginner/Intermediate paddlers. Please choose a trip within the realm of your paddling skills and experience. Instructors will be available at the Trip Desk on Thursday to assist you in making this choice.

Demo Beach 9:00 am – 4:30 pm

Kayak manufacturers and kayak retailers will have products available for on-water trials. This is a great opportunity to paddle and compare a comprehensive selection of boats, paddles, and personal flotation devices (PFDs) in one beautiful location before you buy.

On Water Classes and Land Based Clinics 9:00 am – 4:30 pm

Please see Class list for details.

Lunch 11:30 am – 12:30 pm

Lunch will be provided for all attendees, instructors, and volunteers. The Corner Beverage will be preparing the lunches for Friday. Water will be provided, if you would like a different beverage please feel free to bring it.

Dinner 6:00 pm (U & I Community Center) (Map provided in your welcome bag)

The catered dinner for all attendees, instructors and volunteers will include chicken, veggie lasagna, green beans, red skin potatoes, spinach salad, cole slaw, pasta salad, broccoli raisin salad, mini dessert trays, lemonade and coffee.

Presentation by Justine Curgenvén Following Dinner (U & I Community Center)

Justine is an award winning adventure filmmaker and expedition sea kayaker, who runs Cackle TV and created the highly acclaimed "This Is The Sea" series of DVDs. Her latest DVD, "This Is Canoeing", was released in March 2010. Her films have won a dozen prestigious prizes including best 'mountain sport' film at Banff Mountain Film Festival. Some of Justine's previous expeditions include: the first all-female circumnavigation of Tasmania – 900-miles in 42 days, a solo trip around Iceland's West Fjords, a 400 mile journey up the Pacific coast of Kamchatka with Hadas Feldman and a novice Russian sea kayaker, a 500 mile circumnavigation of the Queen Charlotte Islands with Shawna Franklin & Leon Somme, a kayak crossing of the treacherous Bass Strait, between mainland Australia and Tasmania, and the first kayak circumnavigation of Wales (by sea, river and canal) with Fiona Whitehead. Justine was the featured speaker at the 2008 Great Lakes Sea Kayak

Symposium, where she did some filming for "This Is the Sea 4", and we are excited to welcome her to Port Austin!

Music by Belfast Gin Following Presentation (U & I Community Center)

Enjoy the Celtic Rock Music of the 7 piece Belfast Gin. Their unique brand of Celtic music is heavily influenced by rock, soul and blues. Be prepared to do some dancing and have fun!

SATURDAY

Beginner & Beginner/Intermediate Trip 8:00 am

Meet on the Beach at Bird Creek County Park for a meeting with the trip leaders. This trip will leave from Bird Creek County Park Beach and go to the Lighthouse and Turnip Rock.

Friday's trip is designed for Advanced/Intermediate paddlers and Saturday's trip is designed for Beginner and Beginner/Intermediate paddlers. Please choose a trip within the realm of your paddling skills and experience. Instructors will be available at the Trip Desk on Thursday to assist you in making this choice.

Demo Beach 9:30 am – 5:30 pm

Kayak manufacturers and kayak retailers will have products available for on-water trials. This is a great opportunity to paddle and compare a comprehensive selection of boats, paddles, and personal flotation devices (PFDs) in one beautiful location before you buy.

On Water Classes 9:30 am – 5:30 pm

Please see class list for details.

Lunch 12:00 pm – 1:00 pm

Lunch will be provided for all attendees, instructors, and volunteers. Lake Street Emporium will be preparing the lunches for Saturday. Water will be provided, if you would like a different beverage please feel free to bring it.

Dinner

On your own.

After Glow at The Bank of 1884

Join the Symposium instructors and Riverside Kayak Connection staff for an after dinner drink at The Bank of 1884. Great way to enjoy the company of your new paddling friends.

SUNDAY

Morning Mist Paddle 7:00 am – 8:30 am

Paddle begins from the beach at Bird Creek County Park.

Demo Beach 9:00 am – 11:30 am

Kayak manufacturers and kayak retailers will have products available for on-water trials at the Harbor Beach.

Potpourri/Personalized Instruction 9:00 am – 11:30 am

As the name implies, this class is about a little something for everyone. Is there something you didn't get to work on or try during the weekend or something you'd like to get a bit more help on? Then come on down to the beach Sunday morning and hook up with one of the many great instructors that will be on hand to help take you to that next level.

CLASS DESCRIPTIONS

- **Advanced Rescues and Towing Class**

This class will take experienced kayakers beyond basic rescues and towing. This class is designed for the paddler who has had some training in the self-rescue and the T-rescue. Techniques taught and practiced will include, how to deal with multiple capsizing, loaded boats, and injured paddlers.

- **Advanced Strokes Class**

This class will review the forward stroke and work on the positioning strokes (sweeps, draws, rudders, power stroke, speed stroke, reverse paddling, stopping fast). There will be a particular emphasis on boat and body work while executing the strokes and moving fluidly from one stroke to another.

- **Back Country Cooking**

Not necessarily gourmet cooking nor freeze dried food, but a great class to learn how to cook when you are in the Back Country.

- **Basic Boat Control – Part 1**

Learn the finer points of boat control, the key to efficient and effective kayaking. Taught in two parts, Boat Control 1 will focus on how the boat and the body work together. We'll cover the basic movements: rotation, edging and tilt. Then we'll move into edge turns and how torso rotation works with key strokes to turn the kayak on edge.

We strongly recommend that you follow this class with Boat Control 2 during your next session. You'll have the same instructor allowing for continuity and lots of fun learning.

- **Basic Boat Control – Part 2**

Continue learning the finer points of boat control and pick up where Boat Control 1 left off. We'll take our edges and turns to a new level as we build on those skills. Then we'll work on techniques to develop a solid hip snap – the key to braces and rolling. We'll then practice components of an effective low and high brace.

We strongly recommend that you follow Boat Control 1 with this class during your next session. You'll have the same instructor allowing for continuity and lots of fun learning.

- **Beginners Trip – Bird Creek Park to Turnip Rock and Back**

We'll paddle from Bird Creek County Park out to Turnip Rock and then return. This tour is entirely on-water; there is no land stop planned. We'll travel at a relaxed pace and cover 4-5 miles in this introduction to paddling on Lake Huron.

- **Boat Control**

- **Boat Design (Land Based Class)**

If you have ever wondered about boat design and what makes a vessel do what it

does this is the class for you. To understand the design of your boat helps you understand the best route to get it to do what you want.

- **Boat Repair (Land Based Class)**

Kayaking can be a tough sport – especially on the boats. Need some tips on how to repair those dings, cracks and other unappealing things that happen to boats through use and misuse? This is the class for you. *Some boat repair materials will be available for purchase.*

- **Bracing – Traditional**

Learn how to utilize your traditional paddle to brace, one of the most important maneuvers in kayaking! Bracing is all about the body, especially when using a traditional paddle, learn the proper body movements to become a bracing pro.

- **Forward Strokes – Euro**

This course will teach you how to do basic strokes with a Euro-blade. There will be a focus on how to do the forward stroke and how to get the most out of your stroke. It's a great class for beginners, as well as those who want to perfect their forward paddling technique.

- **Forward Strokes – Traditional**

This course will teach you how to do basic strokes with a traditional or Greenland paddle. There will be a focus on how to do the traditional forward stroke, including how to get the most out of your stroke. It's a great class for those who have never paddled with a traditional blade before, as well as those who want to perfect their forward paddling technique.

- **Fun and Balance**

Get to know your kayak better, become more comfortable with balance points, and enjoy a little one on one time with your boat. Be prepared to have fun and get WET!

- **Fun Start Kayaking**

Learn basic kayaking skills including the wet exit, forward and reverse strokes, getting in and out of a kayak from shore, and an introduction on how to get back in a kayak in the water. While this class is designed for the beginner, anyone who has never had formal instruction will benefit from this session.

- **How to Choose a Boat (Land Based Class)**

Learn the different types of kayaks and what their uses are for. This class will discuss the pros and cons of kayaks from recreational to sea kayaking and will help you decide which boat is right for you.

- **Intermediate Trip – Bird Creek Park to Lighthouse to Turnip Rock and Back**

We'll paddle from Bird Creek County Park out to Turnip Rock and the Lighthouse and then return. This tour is entirely on-water; there is no land stop planned.

- **Intro to Edging**

Edging is an advanced technique to assist you in turning your kayak and maneuverability; and plays a major part when in choppy conditions or if you have to suddenly change direction.

- **Intro to Traditional Paddling**
Do you want to learn the basics of traditional paddling? Participants will learn basic history and mechanics of the traditional paddle, the forward, reverse, and sweep strokes, and techniques to continue stroke development on their own.
- **Kids Kayak Basics**
Children ages 8-16 can learn kayaking in a fun, safe environment. We can provide equipment, instruction, and fun!
- **Kids Kayak Games**
Children ages 8-16 can enjoy learning kayak games in a fun, safe environment. We can provide equipment, instruction, and fun!
- **Kids Kayak Rescues**
Children ages 8-16 can learn kayak rescues in a fun, safe environment. We can provide equipment, instruction, and fun!
- **Knot Tying (Land Based Class)**
This hands-on workshop will help participants develop the skills to become a master knot tier. Knots that are useful in paddling will be demonstrated.
- **Navigation (Land Based and On-Water Class)**
This class will cover the basics of Navigation in a kayak. It will discuss the problems involved in navigating in a kayak as well as practical solutions. We will talk about charts, compasses, and other tools to use for navigation. We'll discuss ranges, dead reckoning, and other methods of piloting. Then we'll go out and apply these concepts in a short on-water exercise.
- **Next Step Kayaking**
This class is for paddlers who already have taken a Fun Start class, or are experienced paddlers looking to brush up on their skills. Participants will practice wet exits, learn assisted and self rescue techniques, and more.
- **Outfitting Your Boat (Land Based Class)**
The key to boat control is a solid connection between you and your kayak. The best fit is when you are wearing your boat. The best way to get this perfect fit is to outfit your kayak yourself. In this hands-on class, you will be provided with information on how your boat should fit and assistance with tailoring your boat so that you get the fit you need.
Some boat fitting materials will be provided, additional materials will be available for purchase.
- **Packing Your Boat for an Expedition (Land Based Class)**
Have you been thinking about doing an overnight trip in a sea kayak? Do you wonder how you'd get all that gear, food, fuel, water and stuff inside your boat? It can be a bit daunting, but with some knowledge and practice it is possible to take a trip out of a sea kayak, and live comfortably.
- **Playing – Skills Builder**
Learn about your boat through play. While this is a great opportunity to have fun it will also increase your paddling skills by teaching you about balance, edging, stability, and maneuvering.

- **Rescues and Towing**

This class will cover self rescue and group rescue techniques. The self-rescue teaches you how to get into your boat should you capsize and no one is available or able to assist you. The T-rescue or X-rescue is used to assist a capsized paddler back into a boat. Several adaptations of the basic rescues may be demonstrated.

Anyone who has ever kayaked with a group can understand the importance of towing with regards to safety and group management. Towing techniques for short and long distances will be covered. Students will learn how to safely engage and disengage from a tow and how to provide additional support to the person being towed and for the person doing the towing.

- **Rolling – Beginners Euro Style**

This class is for paddlers who already have taken a Fun Start class, or are experienced paddlers looking to brush up on their skills. Participants will practice wet exits, learn assisted and self rescue techniques, and more.

- **Rolling – Advanced Euro Style**

Need some more help with your roll? Get some pointers and extra help from our instructors during this class, designed for paddlers that have taken a previous rolling class.

- **Rolling – Traditional**

Whether or not you have a basic roll already, if you want to learn what it's all about rolling with a stick, this is the class for you! Based on the interests of the students, techniques taught can include the basic sweep roll, forward ending and back ending rolls, special traditional rolls used for various situations, the sculling brace, and the balance brace.

- **Rough Water Play Advanced**

Should Lake Huron provide us with some rough conditions, let's take advantage of them and learn some rough water play! Focusing on advanced paddling skills such as: launching and landing, group management and boat control in wind and waves, this class is for paddlers with a confident roll, a strong comfort level in open water rescues, and proper clothing for extended immersion. Enrollment will be determined at the discretion of the coaches and will only be run if conditions are appropriate.

- **Weather at Sea**

Weather and how it affects the sea is an important consideration when planning a paddle. Learn when to go and when not to go! This class will teach paddlers some weather basics, forecasting, and skills to forecast while on the water.

- **Women's Class**

This is a class for women taught by women. The group will be divided by interest and skill level. The skills covered will include Euro and Traditional paddling, safety and rescue techniques previously described. This is a great opportunity to learn in a relaxed environment. This is also an environment in which many women feel more at ease to push their own comfort level.