

# MIDWEST CANOE SYMPOSIUM

September 8-10, 2017

Camp Butler, Peninsula, Ohio

## SYMPOSIUM INFORMATION

Welcome to the Midwest Canoe Symposium! The MCS offers excellent instruction in a quiet water venue for people wishing to improve paddling and precise boat control skills. Courses are offered in all skill levels and are taught by ACA certified instructors. Student / instructor ratio is limited to 5 to 1. We are located in the scenic Cuyahoga Valley National Park, and can provide info on activities such as hiking, biking, historic tours, shopping, etc. for non-paddling friends or spouses upon request.

**\*Special topics sessions** are offered **Fri. a.m. and Sat. p.m.**, with **FreeStyle class sessions** held **Fri. p.m., Sat. a.m., and Sun. a.m.** Offerings this year include Canoe Poling, Stand Up Paddleboard, Qigong, (which incorporates breathing, stretching, and fluid movements to rejuvenate muscles and improve movement fluidity), and River Canoeing .

**\*\*National Interpretive Freestyle Exhibition held Sat. the 9<sup>th</sup> at 6:15 P.M.!**

**REGISTRATION:** Select classes and any meals desired on the Registration form, and mail it, the waiver, medical form, and payment to Elaine (at address on registration form). Confirmation, maps, and schedule will be sent upon receipt of registration. **Please note that a site admission fee is required for all participants whether or not you sleep on site.** (A fixed expense charged by BSA for use of the camp) **Early registration discount through August 20; registration deadline is August 27.**

**LODGING:** NOTE: The Butler dorm has twin XL mattresses. Bring your own bed linens, pillow, and towels. Full shower and bath facilities are available in the dorm. Sleeping accommodations are one large men's dorm room and one large women's dorm room on a space available basis. Tent sites are also available. Rvs and campers are welcome in the parking lot; however, no hookups are available. If you want a list of area motels, please indicate on the registration form. As much as we like our furry friends, no pets are allowed at camp per BSA policy. **Note: Camp opens September 7, Thursday p.m. for camping or dorm stay for an additional \$15 for that night. No meal service on Thurs. p.m. or Fri. a.m.**

**MEALS:** We offer full meal options at the Dorm/ Conference Center. They are home cooked, buffet style, with garden produce from the Mravetz garden. Please bring utensils, cup, glasses, plate, and bowl to keep our paper waste to a minimum.

**CLOTHING:** September is usually very pleasant in Ohio, and can be warm during the day. Evenings are usually cool, and lake effect showers are always possible but not usual. 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 need to rent a boat, PFD, paddle, and / or kneeling pad.

For any questions, please contact Bob and Elaine Mravetz at:  
**330-239-1725 (H) or 330-321-5111; e-mail: [rmravet@uakron.edu](mailto:rmravet@uakron.edu)**

## **General Class Descriptions**

**FreeStyle Classes** are three, 3-hour sessions for a total of 9 hours of instruction. Register for all 3 class sessions for the same course as the sequential nature of skills acquisition builds upon the prior classes. Students in a class stay together as a group with a different instructor for each session, allowing students to experience learning tips from a variety of instructors. Saturday, Sunday option (two sessions of 3 hours each) is only available for those unable to arrive for Friday classes.

**FreeStyle Classes:** Classes will meet Fri. 1:30 p.m. – 4:30 p.m.; Sat. & Sun. 9 a.m. – 12 noon

**Obedience Train Your Canoe:** For paddlers who have difficulty getting their canoe to go straight, stop, or maneuver. You may or may not have taken any formal instruction before and want to increase your boat's efficiency in moving through the water.

**FreeStyle Building Blocks:** An intro to FreeStyle & quiet water skills review. For paddlers who have never tried FreeStyle. Even experienced paddlers can refine efficiency in travel forward, reverse, & correction strokes. Learn FS concepts, FS foundation skills; fine tune existing skills.

**Forward:** Should be familiar with what FS paddling is supposed to be. Review efficiency in strokes and begin FS onside Forward maneuvers (Axle, Post, Wedge, Christie, Sideslips). Begin practical linkages of maneuvers.

**Reverse:** Have had previous FS instruction in FS Forward maneuvers. Reverse strokes; learn FS Reverse maneuvers (Rev. Axle, Rev. Christie, Rev. Post, Rev. Wedge, Reverse Sideslips). Link maneuvers efficiently.

**Cross Forward:** Learn FS Cross Forward strokes, maneuvers, such as the Cross Axle, Cross Christie, Cross Post, & Cross Wedge, Cross Sideslips, plus linkages of maneuvers.

**Cross Reverse:** Learn FS Cross Reverse strokes, maneuvers, & maneuver linkages.

**Exhibition:** Fine tuning and Paddleography; working with music and Interpretive FS; Interpretive Exhibition preparation pointers. For those wishing to work on music routines, please bring your selected music on a CD or CD-R disc

**Fine Tuning:** Fine tune your maneuvers and linkages of maneuvers. First class focuses on Forward and Cross maneuvers; 2nd class tunes reverse maneuvers, 3<sup>rd</sup> class refines Cross Reverse maneuvers

**Special Topics Classes** are specialized class sessions that are 2 hours in length and meet either Friday morning (10 a.m. - 12 noon) OR Saturday afternoon (1:30 p.m. - 3:30 p.m.) unless otherwise indicated. Refer to registration sheet for specific day and time offered for each class. Class offerings will depend on interest and instructor availability

**Canoeing Essentials:** Learn basic boat control and safety, and basic strokes to get the boat to its destination more easily! Tandem boat and basic gear provided if needed.

**Tandem Tune Up:** You will learn helpful tips to increase your efficiency and enjoyment of tandem paddling. Work together with your paddling partner to make the canoe maneuver and turn more efficiently and smoothly.

**Kids Class:** (Fri.1:30 – 3:30 p.m. or Sat. or Sun. 9 – 11 a.m.): Students will learn boat control and water safety, basic strokes, and /or freestyle maneuvers based on their skill level, interspersed with fun activities.

**Moving Around In Your Canoe:** For more advanced Freestyle students. Work on smooth transitions that minimize boat bobble. May include various positions in the boat such as High Kneel, High Kneel Thrust, Transverse, MacKenzie Reversal.

**Heeling and Kneeling 101:** (Offered Sat. p.m. only): For beginners to FreeStyle. Learn how to be comfortable heeling the boat as you start to learn FreeStyle. Gain confidence in moving from a seated (three point) to a two point kneeling position.

**Playing With Paired Solo:** (Offered Fri. a.m. Only) For solo paddlers who would like to work in a fun session with other solo paddlers on boat control with a buddy, basics of paired solo, beginning paired maneuvers, working with music and timing. A light and

informational session with focus on the fun of playing with combinations of maneuvers with friends.

**Touring Technique:** Work on efficiency in long distance travel. Explore use of Sit & Switch, using bent paddles, etc., for Touring. Bring a bent shaft paddle if you have one.

**Forward Stroke Clinic:** Work on a perfect uncorrected forward and cross forward stroke, and their application in Paddling the Inside Circle.

**Paddling Straight in Reverse:** (Offered Sat. p.m. only): Tips and techniques to help you paddle straight and effortlessly when going in reverse.

**Special Class Offerings** are specialized courses offered during MCS. Class fees and lengths vary. Check list below for specifics.

### **ACA Instructor Updates:**

**L1 – 2 Touring Canoe Update:** (Fri. 9 a.m. to 5 p.m.) Involves both classroom and on water components. Meets ACA recertification requirement for Touring Canoe Instructors. \$80 class fee

**L3 Freestyle Canoe Update:** (Fri. 9 a.m. To 5 p.m.) Involves both classroom and on water components. Meets ACA recertification requirement for L3 Freestyle Canoe Instructors. \$80 class fee

**L1 Intro to Kayaking Update:** (Fri. 9 a.m. to 5 pm.) Has both classroom & on water components. Meets ACA recertification requirement for L1 Kayak Instructors. \$80 class fee

**L2 Essentials of River Kayak Update:** (Fri.. 9 a.m.-5 p.m.) Has both classroom and on water components. Meets ACA L2 RK Instructor recertification criteria. \$80 fee

**Canoe Camping Endorsement:** (Fri. 9 a.m. to 5 p.m.) Includes both classroom discussion and on water components applicable to various paddling disciplines.

Prep work prior to class. Meets one of ACA recertification requirements for ACA Instructors and may be taken for update credit only one time. \$80 class fee

**L2 – 3 River Canoe Update:** (Fri. 9 a.m. to 5 p.m.) Involves both classroom and on water components. Meets ACA recertification requirement for L2 ERC and L3 RC Instructors. \$80 class fee.

### Additional Classes:

- ◆ **Canoe Poling:** (Half day sessions Fri. or Sat. 1 p.m.- 4:30 p.m.) Stand up tall and head upstream! We will work on the basics of upriver travel using a simple pole for propulsion. This traditional skill will give you a whole new perspective on canoeing. Sessions will be held on the nearby Cuyahoga River, so we will need to drive.
  - Prerequisites: Basic canoe paddling skills
  - Gear: A canoe (and a way to get to the river), paddle, and PFD. Also recommended is a helmet (paddling or climbing). If you lack any of these items contact the session leader about options.
  - Dress for weather and water conditions—there is a fairly good chance of tipping
  - Poles: there will be some available to use (nothing fancy). You can also contact session leader about simple and inexpensive construction as well as places to purchase a pole. Session leader: Dave Moran, [dmoran@daytonymca.org](mailto:dmoran@daytonymca.org) \$35 class fee *per session*.
  
- ◆ **Quick Start Your SUP:** (Sat. 10 a.m. – 12, or 1:30 – 3:30 p.m.) Learn about Stand Up Paddleboarding! You will learn SUP safety, how to carry, launch and land a SUP, board positions and stability, and basic strokes and maneuvers on a Stand Up Paddleboard. \$20 class fee per session. Gear and board rental is available if you don't have your own for \$15.
  
- ◆ **Breathe, Move, and Refresh:** (Offered Sat. 3:45 – 4:45 p.m. Class size minimum enrollment of 8) Learn gentle stretches and self-massage techniques that can help unwind and rejuvenate tired or aching muscles after paddling. Explore Qigong breathing practices that can improve the fluidity of your movements on the water. Presenter Nancy Gardner is a licensed massage therapist and certified instructor of Tai Chi and Qigong. \$10 class fee.

- ◆ **L3 River Canoe Skills Course:** (Offered Sat. 9 a.m. – 4:45 p.m.) To take the skills and knowledge acquired from paddling easy moving rivers to more difficult venues. Emphasis is placed on advanced individual skill development. Course will be taught on flat water and rivers rated Class I – II. This in-depth course will include river classifications, features and hazards, basic whitewater outfitting of a canoe, an emphasis on body, boat and paddle efficiency, how to do eddy turns into smaller eddies, how to perform sideslips, how to front ferry and back ferry, how to do more difficult rescues, and information on river hazards. Course Fee: \$70. An optional additional follow up Sunday morning half day session is offered for an additional class fee of \$35.
  
- ◆ **L1 Intro to Kayak ICW:** (Offered Fri. and Sat. all day both days) Combination IDW and ICE for those interested in certifying as Level 1 Introduction to Kayak Instructors with the ACA. Taught by John MacDonald, L1 Intro to Kayak IT. For registration and information contact John MacDonald at [jam3@uakron.edu](mailto:jam3@uakron.edu).

### 2017 MCS LODGING OPTIONS

**CAMP BUTLER DORM:** One large men’s bunk room -- sleeps 22, one large women’s bunk room -- sleeps 22. First come first served. Note: Dorm bed space is limited! Bring your own linens / pillow (dorm bunks are twin XL, so longer length sheets / blankets are needed). For photos of dorm go to: [http://manatoc.org/year\\_around\\_camp/facilities/butler/dorm.html](http://manatoc.org/year_around_camp/facilities/butler/dorm.html)

**CAMPING:** There are tent sites near the dorm for camping. Campfires are not allowed on BSA property.

#### **MOTELS:**

**CLOSEST TO CAMP (ABOUT 3-4 MI FROM CAMP)** (Located off Route 8, just north of Rt. 303, near Ohio Turnpike interchange):

Clarion Inn and Conference Center; Akron-Hudson: 6625 Dean Memorial Parkway, Hudson, OH 44236.

Reserved rate for MCS attendees--\$75 king or 2 double beds rate includes many amenities; full Deluxe hot Breakfast buffet. For special rate, call 330-653-9191 and tell them you are with American Canoe Association. A block of rooms has been reserved. Do not make the reservation online.

Special rate will be good for dates 9/ 6– 9/11.

(relatively easy access and closest to camp)

Comfort Suites / Hudson: 6731 Industrial Parkway, Boston Heights, OH 44236  
330-650-2040 or [www.choicemotels.com](http://www.choicemotels.com), or [www.comfortinn.com](http://www.comfortinn.com) Rm. Includes breakfast

**FURTHER NORTH (7 MI. FROM CAMP)** (All of these are near a rather congested area on Rt. 8 near I-271):

Country Inn & Suites: 7820 Capital Boulevard, Macedonia, OH 44056  
330-908-1700 or [www.countryinns.com](http://www.countryinns.com)

LaQuinta Inn & Suites Cleveland / Macedonia: 268 E. Highland Road, Macedonia, OH 44056  
800-230-4134 or [www.lq.com](http://www.lq.com)

Days Inn: 275 Highland Road, Macedonia, OH 44056  
844-277-3771 or [www.daysinn.com](http://www.daysinn.com)

Motel 6: 311 East Highland Road, Macedonia, OH 44056  
330-468-1670 or 800 4-Motel 6 or [www.motel6.com](http://www.motel6.com)

Knights Inn: 240 E. Highland Road, Macedonia, OH 44056  
330-467-1961 or [www.knightsinn.com](http://www.knightsinn.com)

**WEST OF CAMP (7-8 MI. WEST OF CAMP BUTLER):**

Super 8: 4845 Brecksville Rd., Richfield, OH 44286  
(330) 659-6888, Continental breakfast included in room fee.

Hampton Inn—Richfield: 4860 Brecksville Rd., Richfield, OH 44286  
330-659-6662 or [www.Hamptoninn3.hilton.com](http://www.Hamptoninn3.hilton.com)

Days Inn & Suites—Richfield: 4742 Brecksville Rd., Richfield, OH 44286; 330-659-6151 or <https://www.wyndhamhotels.com/days-inn>