

## ***Pine Barrens Functional FreeStyle Canoeing Workshop***

October 13 – 15, 2017

Camp Ockanickon. Medford Lakes, New Jersey

### **WORKSHOP**

Fall in love with canoeing. The 2017 ***Pine Barrens Workshop*** offers *FUN*ctional FreeStyle to canoeists of all levels, whether they paddle solo or tandem. The purpose of this workshop is to introduce some techniques and maneuvers that will increase your canoeing enjoyment. Participants learn and practice basic FreeStyle skills on lovely Lake Stockwell. Classes are small and individualized, augmented with personal coaching. On Sunday, apply those lessons in the real world on one of the challenging Pine Barrens streams.

The root of FreeStyle Canoeing is the accurate and efficient use of the paddle, body and boat. Many people may be familiar with the interpretive side of FreeStyle – paddling routines to music – but the skills and techniques used by FreeStylers are applicable to every sort of paddling preference. Whether you are traveling to your next campsite, or twisting down a narrow Pine Barrens stream, doing it efficiently makes a difference at the end of the day. Once you learn some basics in the *FUN*ctional FreeStyle classes here, you may wish to explore these techniques in more depth at one of our other canoe Symposia. Learning the advanced techniques will help you to accurately put your boat in the right spot for the situation, and then set up for your next move. With practice, you'll become as one with your boat. Conscious thought about which stroke or maneuver to use next will vanish, giving way to spontaneous, intuitive transitions. The flow of strokes and maneuvers will become as natural as walking down a narrow path through the woods. You'll learn to love your Canoe.

### **LOCATION**

Camp Ockanickon is located in Medford Lakes, New Jersey, not far from Philadelphia, Pennsylvania, but within the vast undeveloped wilderness of the *Pinelands National Reserve*. The Pine Barrens is a unique eco-region known for its rare plants and pure tannin-stained streams. The region's rich history dates back to colonial times when early industry took advantage of the pure water, iron deposits and lumber. In the Pine Barrens, one can escape the modern world into a realm of nameless sand roads, ghost towns, and legends of a Jersey Devil. **Camp Ockanickon** is an 800 acre facility featuring lovely Lake Stockwell. The dining hall, Douglas Lodge, camping area and boat launch are located within easy walking distance of each other in an area of the camp called Algonquin Village.

**LODGING:** There are several options for different preferences. All lodging options are the same cost:

**Douglas Lodge** –Dorm and gathering area. The central lounge area features a fireplace and view of Lake Stockwell, as well as a snack area for coffee and refreshments. Attached Men's and Women's dorm wings each have 14 bunk beds and their own restroom/shower room.

**Cabins (6)**– Next to Douglas Lodge. Note that these are Spartan in nature. They are one room, eight-bunk units with no other furniture. These are unheated and without electricity. Essentially hard-shell tents. Restroom and shower building is adjacent to the DeMartini Craft Center beside the cabins.

**Tenting and/or campers** – If you will be tent camping, you may set up anywhere in the immediate area of Douglas Lodge and the Hard Tents, in any spot that will not block the roadway. Those bringing trailers/campers can set up in Parking Area #2, just 100 yards away. (No hook-ups available.)

**Hotels** - Hotels are located nearby in the Red Lion, Mount Laurel, and Hammonton areas.

If you prefer to stay off-site, you are of course welcome to do so, but the event fee remains the same for all students, as the Camp charges the Workshop a set amount per person irrespective of where they may choose to spend the night. We highly encourage everyone to stay on site, as evenings are excellent opportunities to mingle with and chat with lots of really knowledgeable and experienced canoe folks about techniques, share canoeing experiences and destinations on waters all over the East, learn about other events and resources, and just generally enjoy the paddling community camaraderie. Usually a bit of informal music on one of the nights too, so bring your instrument if you have one.

**MEALS:** Meals are included. The Dining Hall is a great building, just a short walk from Algonquin Village. The camp offers a nutritional and varied menu with vegetarian options.

**CLOTHING:** October in South Jersey is still mild. Daytime temperatures are generally in the 50s and 60s, but the evenings can be quite cool. Cold snaps are always possible, so bring warm clothing too. Dry or wet suits are handy if you have them. If you don't: insulating layers and quick drying clothing are adequate. Neoprene boots (or similar) will be useful for getting in and out of boats comfortably. 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 the water), and kneeling pad. If you need to rent any of these items, please let us know ASAP, so we can make arrangements. Additional items to bring include: bedding, towels, personal toiletries, flashlight/headlamp, camp chair, water bottle, dry bag, sunscreen, bug dope.

**REGISTRATION:** Links to all the registration forms are located below. Confirmation, directions, other information will be sent upon receipt of registration. For additional information feel free to contact Tim Burris at [taburris58@gmail.com](mailto:taburris58@gmail.com) , Bruce Kemp [bckjal@yahoo.com](mailto:bckjal@yahoo.com) , or Marc Ornstein [mornstein@outlook.com](mailto:mornstein@outlook.com)

We hope to see you under the pines,  
Tim, Bruce and Marc

## PINE BARRENS FUNCTIONAL FREESTYLE CANOE WORKSHOP

### CLASS DESCRIPTIONS

All classes are applicable to both the soloist and tandem teams.

***FUN*ctional FreeStyle Class Description:** The instruction presented in the Workshop is intended for paddlers who already have some basic canoeing skills, which should include a functional forward and reverse stroke, a basic turning stroke or two, and the ability to stop the canoe in a relatively straight line. Our purpose here will be to introduce paddlers to some of the fundamental concepts, elements, and techniques of FreeStyle. The focus will be on forward moves and turns, both onside and offside, with particular emphasis on developing a sense of “feel” in paddling (feeling the sometimes subtle relationships and interaction between paddle, canoe and body). We will explore all of that first on the quiet waters of Lake Stockwell in camp, and then later put it into action on the moving water of a Pine Barrens stream, where you will be able to both see and feel the effects of paddle motion and placement, and begin to learn how best to apply those in the situation before you.

**Friday afternoon from 3:30 – 5 p.m.** We will conduct a Forward Stroke Tune-up Clinic on the lake. We encourage everyone to attend, as a solid and reliable forward stroke is fundamental to efficient, effective paddling on any kind of water. Even folks with years of experience can usually benefit from some tweaking of their technique, and this Friday tune-up will enable us to devote more of Saturday’s class time to exploring the FreeStyle techniques which will be the Workshop’s focus.

**Friday evening 7:30** There will be a “classroom session” which will cover items such as reading the current, dealing with obstructions on the water, and an introduction to the forward and cross-forward maneuvers we will be addressing in Saturday morning’s lake class.

**Saturday morning 9:30 – 11:30** Classes on the lake and skills assessments.

**Saturday afternoon 2-ish – 4:30 p.m.** Practice and “Informal” coaching for everyone to fine tune your paddling. All of our instructors will be out on the water to answer questions, help you with anything you may be having trouble with from the AM classes, maybe show you one or two other cool things you can do in a canoe. It’s free-form in a relaxed and collegial atmosphere.

**Sunday** will be the river trip, where you’ll have the opportunity to apply in the real world what you learned in class. FreeStyle paddlin’ in Real Life! C’mon, let’s Go...