

The Adirondack Canoe Symposium 2018
July 19 – 22, 2018
Paul Smith's College
Paul Smith's, NY

While sitting at the edge of the lake, you notice a canoe paddling straight as an arrow. When the boat nears a partially submerged stump, it mysteriously “slides” to the right to avoid the obstacle. When the canoe approaches shore, fully loaded for a camping trip, it turns gracefully and again “slides” to shore, parallel to the beach to make unloading an easy chore for the happy paddlers. How did this all happen? Was it magic? Or just good paddling skills?

The Adirondack Canoe Symposium offers excellent instruction in a quiet water venue for people wishing to improve their paddling and boat control skills. Courses are offered for all skill levels, from beginners to experienced paddlers, in both solo and tandem canoe. Classes are based on Freestyle techniques, i.e., using body, boat and blade physics to add efficiency and ease to your paddling. The ACS is designed to be an enjoyable weekend, where you can receive coaching from experienced American Canoe Association Instructors, who will assess your skills and allow you to learn at your own pace. Non-paddling friends or spouses are encouraged to attend; we can provide info on activities such as hiking, biking, historic tours, shopping, etc.

Classes will be offered from Friday morning, July 20 through Sunday noon, July 22. On Thursday, July 19, we will offer optional paddling trips and other special classes on local rivers/lakes. Can't arrive until Friday evening? No problem. You can still fit in more than enough instruction on Saturday and Sunday.

Registration:	Wednesday, July 18	1:30 – 3:30 PM
	Thursday, July 19	9:00 AM to Noon & 2:00 PM to 5:00 PM
	Friday, July 20	9:00 AM to Noon & 2:00 PM to 5:00 PM

LODGING:

Paul Smith's College Dorm – The Upper St. Regis Dorm offers “suite style” accommodations. Each comfortable air-conditioned suite contains 4 single bedrooms, two bathrooms, living room and full kitchen.

RVs – there are limited hookups for RVs on the Paul Smith's Campus. Please let me know ASAP if you are planning on bring a RV.

We recommend staying on Campus, but there are motels/hotels/cabins/campgrounds in the area.

MEALS: Meals will be available at the Paul Smith's Dining Hall. You can choose from a full meal plan or choose which meals you prefer. Since the Dorms have kitchens, preparing your own meals is an option; bring your own dishes, utensils and cookware.

CLOTHING: The weather is generally pleasant in the Adirondacks in July; days can be warm and evenings are often cool. Cold snaps are possible, so participants should be prepared with warm clothing. Please come prepared for any weather; we paddle unless it is storming. Good rain gear is recommended.

GEAR/EQUIPMENT: Bring a canoe, paddles, PFD (to be worn at all times when on the water), and kneeling pad. Instructors will teach you in the canoe that you bring. If you need to rent a canoe,

paddles, PFD and/or kneeling pad, please let us know ASAP, since rentals are limited and will be provided on a first-come-first-served basis. Additional items to bring include mosquito repellent, flashlight/headlamp, camp chair, sunscreen, and water bottle.

EVENING ACTIVITIES: Evening activities may include a “chalk talk,” the Interpretive Freestyle Exhibition, music (bring your instrument), and a Candlelight Paddle on the lake.

REGISTRATION: Select the desired courses, meals, lodging, and gear rental (if needed) on the Registration Form and mail it, with the Waiver, Medical Form and payment to Robyn Lowenthal, at the address on the registration form. Please note that there is a \$50 ACS registration/insurance fee that is required for all participants whether or not you sleep on site or choose to take classes. Early registration discount until July 1. Confirmation will be sent upon receipt of registration.

The Adirondack Canoe Symposium is an event for paddlers of all ages, levels and tastes. Whether you are an experienced paddler, a beginner or just an enthusiastic fan, our event offers activities and classes for you. Our environment is non-competitive and strictly about immersing oneself in the joys of paddling.

For more information, contact Robyn at Catboat3@gmail.com 201-314-4462, or Lynn at saddleback84@hotmail.com 518-674-2125.

You can visit our website at www.freestylecanoeing.com. Information for 2018 will be posted soon.

Class Descriptions

Core Classes run three hours each, for a total of nine hours of instruction.

Special topics are largely two hour specialty classes and are optional. Some are not offered every day, so check the schedule before signing up.

Core Classes: (Friday 1:30 – 4:30, Saturday and Sunday, 9 – 12)

Essentials: The basic things you need to know to begin having good control of your boat. These include forward stroke, reverse stroke, C stroke, J stroke, sweeps, draws and push aways, sculling, and braces.

Forward Onside: In this class, we will elaborate on skills learned in Essentials, and add ways to turn the canoe and to move the canoe laterally. These include the Axles, Christies, Wedges, Posts and Sideslips in the Forward Quadrant.

Cross Forward: We will review skills learned in the Forward Class and introduce Cross Forward strokes and maneuvers, including Cross Axle, Cross Post, Cross Wedge, Cross Christie, cross sideslips and linkages.

Reverse: In this class, we will review all techniques learned in previous classes, and add techniques specific to paddling in reverse. These include various reverse strokes, Reverse Axle, Reverse Post, Reverse Christie, Reverse Wedge, Reverse Sideslips and linkages.

Cross Reverse: After a review of previous classes, we will introduce Cross Reverse strokes and maneuvers, including XR Axle, XR Post, XR Christie, XR Wedge, XR sideslips, and linkages.

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

Exhibition: Did you ever consider paddling a canoe routine to music? In this class, we will deal with developing a paddling routine and provide coaching for those interested in exhibition/competition. Bring your music on a CD or CD-R (not CD-RW!).

Special Topics: (Friday 9:00 – 11:00, and Saturday 2 – 4). Classes are not offered every day. Check the Registration Form for the schedule of Special Topics. Class offerings will depend on interest and instructor availability.

Canadian Style, Soloing a Tandem: Canadian Style solo paddling teaches us techniques for paddling solo in a tandem boat. It is sometimes called “Omering.”

Forward Stroke Clinic: A good Forward Stroke is the basis of efficient paddling. Work on a perfect uncorrected forward and cross forward strokes, and test them “Paddling the Inside Circle”.

Touring Technique: We don't always paddle in circles. Work on efficiency in long distance travel, using a bent shaft paddle and Sit & Switch technique. BYOB (bring your own bent paddle).

Creekin' FreeStyle: Applying FS technique on moving water. All day class off campus.

Enhancements: Learn Onside and Offside High Kneel Thrusts and Inside, Outside and Cross Gimbals. Bring towels.

Try Tandem: If you are strictly a solo paddler, take this opportunity to try tandem.

Moving Around in Your Boat: Become more comfortable moving around in your canoe, including Transverse positioning, moving in the boat while linking maneuvers and minimizing boat bobble.

Heeling and Kneeling 101: For beginning paddlers. Learn how to be comfortable while heeling your boat. Gain confidence in moving from a seated (three point) to a two point kneeling position.

Nail The Rail: For more advanced paddlers who want to learn to consistently and smoothly heel maneuvers to the rail in various quadrants.

Paddling in Wind and Waves: Learn techniques to have better control of your boat when paddling in windy, wavy conditions.

Playing With Paired Solo: 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 informal session with focus on the fun of playing with combinations of maneuvers with friends.

Paddle Smart, Not Hard: Learn how to gain maximum control of your canoe by looking at the physics of the application of forces. This ranges from doing precision control paddling to minimizing effort exerted for long wilderness trips. This "peek under the hood" will help you understand how to take best advantage of the paddle and canoe dynamic.

Private Instruction Sessions: Work one on one with the instructor of your choice in a private session on the topic of your choice. Contact event organizers to discuss the type of instruction desired and scheduling.

Safety and Rescue Class: Learn and practice various canoe rescue techniques for solo and tandem canoes. Students will have the opportunity to be both the “rescued” and the “rescuer”, so plan to get wet!

Exhibition and Competition: Everything you need to know! Paddling a FreeStyle Routine to music may seem daunting, but it really is a lot of fun! Learn how to start thinking about putting a routine together, and what you need to do, to paddle a routine in exhibition. Feeling competitive? Learn about the competitive side of FreeStyle, and how FreeStyle Exhibitions are scored. And it's FREE!

Adirondack Paddle: Half-day leisurely and scenic guided paddle in the Paul Smiths neighborhood.

Adirondack Adventure with Griz: An all-day paddle, led by an Adirondack Guide, who will share his knowledge about paddling, flora, fauna, history and culture of the Adirondacks.

Adirondack Canoe Symposium 2018 General Schedule

Wednesday, July 18

12:30 – 3:30 PM *Registration*
4:00 ish *Instructors' Dinner at Charlie's House*

Thursday, July 19

7:30 – 8:30 *Breakfast*
9:00 – 4:00 *Off – campus paddle trips/classes*
12:00 – 12:45 *Lunch*
1:00 – 4:00 *Half-day Adirondack Paddle*
5:30 – 6:30 *Dinner*
7:00 *Brief orientation meeting/introductions/logistics*
7:30 *Chalk Talk. Subject and location TBA*
8:30 - ? *Social time*

Friday, July 20

7:30 – 8:30 *Breakfast*
9:00 - 4:30 *Registration*
9:00 – 11:00 *Special Topics (On-water)*
11:00 – 1:00 *Lunch*
1:15 - 1:30 *Safety Talk (Church Pond)*
1:30 – 4:30 *FS Class Session 1 (Church Pond)*
5:30 – 6:30 *Dinner*
6:45 – 7:45 *Exhibition and Competition Orientation Class*
7:30 – 8:30 *Canoe Games (Lower St. Regis Lake)*
9:00 - ? *Candlelight Paddle (Lower St. Regis Lake)*

Saturday, July 21

7:30- 8:30 *Breakfast*
9:00 – 12:00 *FS Class Session 2 (Church Pond)*
12:15 -1:00 *Lunch*
2:00-4:00 *Special Topics*
5:00-6:00 *Dinner*
6:45 *Freestyle Exhibition (Church Pond)*
8:00 - ? *Social time*

Sunday, July 22

7:30-8:30 *Breakfast*
9:00 – 12:00 *Class Session 3 (Church Pond)*
12:15 -1:00 *Lunch*
1:00 – 2:30 *Freestyle Canoe Committee Board Meeting*