

# WISCONSIN CANOE SYMPOSIUM 2018

June 14,15,16, & 17, 2018

Pine Lake Camp, Westfield, WI

## EVENT OVERVIEW, CLASS DESCRIPTIONS & SCHEDULE

The Wisconsin Canoe Symposium (WCS) offers excellent instruction in a quiet water venue for people wishing to improve their skills in paddling and precise control of their canoes. Once again, we will offer a “creeking” FreeStyle course on the Mekan River (*new section!*) for those familiar with basic FreeStyle maneuvers. The quiet water classes are offered for all skill levels, and all WCS classes are taught by ACA certified instructors. Student/instructor ratio is limited to 5 to 1. The symposium is located in Westfield, WI, approximately 60 minutes north of Madison, WI.

### EVENT OVERVIEW

#### REGISTRATION

Select the desired courses, any meals desired, lodging choice, gear rental (if needed) on the Registration Form. Mail it along with the Waiver, Medical Form and payment to Tracy Hunt (at address on registration form). Please note that there is a WCS registration/insurance fee that is required for all participants whether or not you sleep on site and even if you do not take classes. Register before May 24, 2018 and receive a discount of \$30.00 off the registration fee. Final registration deadline is May 31, 2018. Confirmation will be sent upon receipt of registration. Refer to the Class Descriptions sheet for detailed class information.

**LODGING** There are several lodging options available:

**Wildwood Tent and Trailer Campground:** This is a public campground owned and operated by Pine Lake Camp, and is located on the western shore of Pine Lake. The campground is accessible by footpath (approximately ½ mi. to Pine Lake Camp) or by car, and of course, you can always paddle your canoe to the camp. The campground features 40 wooded campsites, 22 of which have electricity and water. Campsite capacity is up to 6 persons over age two. Pine Lake Camp will have a number of the sites set aside for WCS.

#### **Pine Lake Camp (tent camping is not permitted at the Pine Lake Camp)**

**Bishop Rader Retreat Center:** Features 28 double or triple occupancy hotel style rooms with fully accessible baths, one queen and one twin size bed; 16 of these rooms have an additional pull-out trundle bed. Bed linens are included, but you do need to furnish your own towels. *For 2018, there has been a \$15.00 per night room price decrease.*

**Birch 1:** This is a two room cabin, each room having 10 bunk beds and one full bathroom. The rooms will be designated by gender. There is a meeting room with fireplace in the center and also a small kitchenette. You will need to bring your own linens, pillows, blankets, and towels.

For those persons **NOT** staying at Pine Lake Camp or Wildwood, there will be a Pine Lake Camp day use site fee of \$5.00 per day. This fee includes the use of all Pine Lake camp activities.

#### **MEALS**

Meals are a community gathering time, served family style in Amphlett Hall in front of a large fireplace. Vegetarian meals can be requested on the Registration Form. If you prefer to bring your own food, small kitchenettes are available for those staying at the Bishop Rader Retreat Center and Birch 1 Cabin. If you have questions please contact Tracy Hunt [tracyhunt077@gmail.com](mailto:tracyhunt077@gmail.com).

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## EVENT OVERVIEW , page 2

### CLOTHING

June is usually very pleasant in Central Wisconsin, and can be warm during the day. Evenings are often cool. Cold snaps are possible and participants should be prepared with warm clothing. 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 will need to rent a boat, PFD, paddle, and / or kneeling pad. We will try to assist with boat rental to the extent that we can, but rentals will be limited and provided on a first-come-first-served basis. For those taking the Canoeing Essentials class, the Pine Lake Camp canoes can be used at no cost.

#### Additional items

Towels and personal toiletries

Unfitted linens, pillow, blanket for bunk bed(Birch 1)

Mosquito repellent

Flashlight / Headlamp

Camp Chair (optional)

Sunscreen

Water bottle

\*Musical instruments

### Other Activities

#### GIANT SCHLALOM FUN RACE FRIDAY EVENING

Join the fun and try your skills at maneuvering through a buoy course while being timed (see the Giant Schlalom Course Diagram). Try to better your own time or join friendly competition among fellow paddlers. Open to new and seasoned paddlers alike, both solo and tandem! Who knows? Prizes may even be awarded...

#### INTERPRETIVE FREESTYLE EXHIBITION SATURDAY EVENING

Watch advanced FreeStyle paddlers perform routines set to music, or sign up to be part of the exhibition and demonstrate skills you have learned! Open to all, but no judging will happen, and no prizes will be awarded. **Your registration form and music (CD or CD-R only, please) must be turned in by lunchtime Saturday.**

#### CANDLELIGHT PADDLE SATURDAY EVENING (DUSK)

Come and paddle your canoe to music over the night-darkened Pine Lake .

*\*All participants are encouraged to bring musical instruments, and join in the jam session! Days and times to be determined...*

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Questions & Emergency Phone Numbers:

Tracy's Cell: (630) 329-4669

Paul's Cell: (847) 687-2477

Pine Lake Camp: (800) 648-9630; [www.pinelakecamp.org](http://www.pinelakecamp.org)

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## CLASS DESCRIPTIONS

FreeStyle Classes consist of three, 3-hour sessions for a total of 9 hours of instruction. The sessions will be held on Friday, Saturday, and Sunday; times as indicated below. Register for all three sessions for the same class, as the sequential nature of skill 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. The Saturday, Sunday option (two sessions at 3 hours each) is available only for those unable to arrive for the Friday session.

### FreeStyle Classes

*FreeStyle Classes will meet Fri. 1:15 p.m. – 4:15 p.m.; Sat. & Sun. 8:45 a.m. -11:45 a.m.*

**Obedience Training For 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 and quiet water skills review. For paddlers who have never tried FreeStyle. Even for experienced paddlers, refine your efficiency for precise forward, reverse, correction, and control strokes. Learn FS concepts, and fine tune existing skills. A solid foundation for FS, and beginning your first FS maneuvers.

**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).

**Reverse:** Have had previous FS instruction in FS Onside Forward maneuvers. Review various reverse strokes; learn FS Onside Reverse maneuvers (Rev. Axle, Rev. Christie, Rev. Post, Rev. Wedge).

**Cross Forward:** Review cross bow skills. Learn FS Cross Forward maneuvers, such as the Cross Axle, Cross Christie, Cross Post, Cross Wedge, Cross Sideslips, plus linkages. Students should have had previous FS instruction in FS Onside Forward maneuvers.

**Cross Reverse:** Learn FS Cross Reverse maneuvers and linkages to other FS maneuvers. Students should have had previous FS instruction in FS Onside Forward maneuvers.

**Fine Tuning:** Fine tune your maneuvers. 1<sup>st</sup> class focuses on Forward and Cross Forward maneuvers; 2<sup>nd</sup> class tunes Reverse maneuvers; 3<sup>rd</sup> class refines Cross Reverse maneuvers.

**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 (no CD-RW discs!)

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## CLASS DESCRIPTIONS, page 2

### Special Topics

- *Special Topic classes generally meet for one 2-hour session, Friday morning (9:45 – 11:45 a.m.) or Saturday afternoon (1:15 – 3:15 p.m.) unless indicated otherwise. Refer to the Registration sheet for day and time offered for each specific class.*
- *Class offerings will depend on interest and instructor availability.*

**Canoeing Essentials:** Students will learn boat control and water safety, and basic strokes for paddling a tandem canoe. The Pine Lake Camp canoes are available for this class at no additional cost.

**Moving around in your canoe:** For more advanced FreeStyle students. Includes High Kneel, High Kneel Thrust, MacKenzie Reversal, and Transverse positions. Work on transitions and minimizing boat bobble when moving.

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

**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.

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

**Paddling Straight in Reverse:** Tips and techniques to help you paddle straight and effortlessly when going in reverse.

**Nail the Rail:** For more advanced FreeStyle students who want to learn to consistently and smoothly rail their maneuvers in various quadrants.

**Creekin' FreeStyle Clinic:** For those familiar with basic FS maneuvers. Learn to use basic FreeStyle moves to travel and maneuver with grace and efficiency on a 3 mile section of the Mekan River (*new section for this year!*). The class goes *downstream*, on a creek that has a steadily moving current. The ability to kneel in your canoe will be required, and you will need to have good stamina, and a solid forward stroke to be able to navigate the creek with the class. Actual *on-water* time is expected to be approximately 1-1/2 hours; with total time allotment with travel and shuttles to be about 3 hours. ***As an exact return time to Pine Lake Camp cannot be guaranteed, it is advised that no other class commitments prior to the evening supper be made.***

**Canoe Rescue Clinic:** 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!

**Kid's Class:** Students will learn boat control and water safety, basic strokes, and / or FreeStyle maneuvers based on their skill level, interspersed with fun activities.

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## CLASS DESCRIPTIONS, page 3

### Other Class Offerings

**Private Instruction:** Private 2 hour sessions can be arranged to work on any skill development and are open to all for any skill level; beginning to advanced. Contact organizers to discuss the type of instruction desired and scheduling.

**Yoga for Paddlers:** After a day of learning new paddling skills, use biomechanical appropriate stretching and various yoga techniques and skills on those muscles and bones, and feel refreshed! Taught by a certified Yoga Instructor. Bring your own mat if you have one. \$10 per class

**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!

# WISCONSIN CANOE SYMPOSIUM 2018

June 14 -- June 17, 2018

## SCHEDULE

### Thursday, June 14

3:00 PM Registration opens at Amphlett Hall; Free Paddle on Lake  
5:30 - 6:15 PM Supper  
6:20 PM Instructor meeting  
TBD: music / time and location; bring your instruments!

### Friday, June 15

8:00 - 8:45 AM Breakfast & assignments  
9:15 AM Meet at the lake with gear  
9:30 AM Safety Talk  
9:45 - 11:45 AM Special Topics  
12:00 - 1:00 PM Lunch  
1:10 - Announcements (at the lake)  
1:15 - 4:15 PM Class Session 1  
5:30 - 6:15 PM Supper and Announcements  
7:00 PM Giant Schlalom Fun Race at lake  
8:00 - 9:00 PM Yoga  
TBD: music; time and location; bring your instruments!

### Saturday, June 16

8:00 - 8:35 AM Breakfast  
8:40 - Announcements (at the lake)  
8:45 - 11:45 AM Class Session 2  
12:00 - 1:00 PM Lunch, announcements  
1:15 - 3:15 PM Special Topics  
4:00 - 5:00 PM Yoga  
4:00 - 5:00 PM Exhibition and Competition-Everything you need to know! ; Amphlett Hall  
5:30 - 6:15 PM Supper and Announcements  
7:00 PM Interpretive FreeStyle Exhibition  
8:50 PM Candlelight Paddle  
??? TBD: music/ time and location; bring your instruments!

### Sunday, June 17

8:00 - 8:35 AM Breakfast  
8:35 - Announcements (at the lake)  
8:45 - 11:45 AM Class Session 3  
12:00 - 1:00 PM Lunch,  
12:45 - Closing announcements at Amphlett Hall  
1:15 PM Turn in evaluations and load gear

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Checkout from Pine Lake lodging is 1:00 PM. Camp premises to be vacated by 2:30 PM