

MIDWEST CANOE SYMPOSIUM INFORMATION

**September 7-10, 2023
Camp Butler, Peninsula, Ohio**

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 certified instructors.

Student/instructor ratio is limited to 5 to 1. We are on the fringe of the scenic Cuyahoga Valley National Park and can provide info on CVNP activities such as hiking, biking, historic tours, shopping, etc. for non-paddling friends or spouses upon request.

***Special Topics sessions** are offered **Fri. AM and Sat. PM**, with **Core class sessions** held **Fri. PM, and Sat. AM and Sun. AM**. We also offer a Cuyahoga River Scenic Trip on Saturday afternoon.

****Interpretive Freestyle Exhibition held Sat. the 9th at 6:15 PM!**

REGISTRATION: Select classes and any meals desired on the Registration form, and mail it, Emergency Medical form, and payment to Jim (at address on registration form). Confirmation and agenda will be sent upon receipt of registration. **Registration / site fee is required for all participants whether you sleep on site or not.** (Fixed expense is charged by BSA for use of the camp) **Registration information must be received by Friday, August 25.** If you are pushing the registration deadline (given frequent USPS delays these days), feel free to email a copy of your registration. If the check arrives a couple days later, it is not critical.

LODGING: Sleeping accommodations are one large men's dorm room and one large women's dorm room (each sleeps 22) on a space available basis. NOTE: The dorm has twin XL mattresses. Bring your own bed linens, pillow, towels, toiletries. Full shower and bath facilities are available in the dorm. Tent for camping sites are also available. If you want a list of area motels, please indicate on the registration form.

Note: Camp is open September 7, Thursday 3 PM for camping or dorm for an additional \$15 for that night. No meal service available on Thurs. PM. For Friday AM we will offer a continental breakfast for an \$8 suggested donation.

No pets are allowed at camp. This is camp policy.

MEALS: We offer full meal options (home cooked, buffet style) at the Dorm/ Conference Center. Please bring utensils, cup, plate, and bowl to keep paper waste to a minimum. Sinks for dishwashing are in the Conference Center kitchen.

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 always worn 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 Jim and Manon Satrape at: 330-806-5807 (cell), or e-mail at midwestcanoesymp@gmail.com

General Class Descriptions- 2022 MCS

Core Classes run 3-hours each for a total of 9 hours of instruction. Register for all 3 classes at the same level due to the sequential nature of skills acquisition. Each class builds upon earlier levels. 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. Friday/Saturday option (two sessions of 3 hours each) available for those unable participate all 3 days. All Freestyle classes are available for both solo and tandem.

If you're not sure what to take, don't hesitate to contact us and based on your paddling experience and interests we can give you suggestions.

Core Classes: Classes will meet Fri. 1:30 – 4:30 PM; Sat. & Sun. 9 AM – 12 noon

USCA Beyond the Basics for Canoe: For paddlers with some experience who may have had minimal or no formal canoeing training. Review of basic canoeing strokes plus more advanced strokes and maneuvers. The goal is to assist paddlers in gaining greater efficiency and effectiveness in canoeing.

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.

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

Freestyle Reverse: Have had previous Freestyle instruction in Freestyle Forward maneuvers. Learn reverse strokes; Freestyle Reverse maneuvers (Rev. Axle, Rev. Christie, Rev. Post, Rev. Wedge, Reverse Sideslips). Link maneuvers efficiently.

Freestyle Cross Forward: Have had previous Freestyle instruction in Freestyle Forward maneuvers. Learn Cross Forward strokes, freestyle maneuvers, such as the Cross Axle, Cross Christie, Cross Post, & Cross Wedge, Cross Sideslips, plus linkages of maneuvers.

Freestyle Cross Reverse: Have had previous Freestyle instruction in Freestyle Reverse maneuvers. Learn Cross Reverse strokes, freestyle maneuvers, & maneuver linkages

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

Freestyle Fine Tuning: For students who have completed the Forward/Reverse/X-Forward/X-Reverse sequence. 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.

Special Topics Classes are specialized class sessions that are 2 hours in length and meet either Friday morning (10 AM – noon) OR Saturday afternoon (1:30 PM - 3:30 PM) 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 and are priced per class session taken (if class session is offered more than once). Classes are available for solo and tandem unless otherwise indicated.

Obedience Train Your Canoe: (Offered Fri. AM) 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.

Tandem Tune Up: (Offered Fri. AM or Sat. PM) You will learn helpful tips to increase your efficiency and enjoyment of tandem paddling. Work together with your paddling partner to make your canoe maneuver and turn more efficiently and smoothly. Tandem only.

Forward Stroke Clinic: (Offered Fri. AM or Sat. PM) Work on a perfect uncorrected forward and cross forward stroke, and their application in Paddling the Inside Circle. Solo only

Paddling Straight in Reverse: (Offered Fri. AM or Sat. PM) Tips and techniques to help you paddle straight and effortlessly when going in reverse.

Touring Technique: (Offered Fri. AM or Sat. PM) 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: (Offered Fri. AM or Sat. PM) 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.

Moving Around in Your Canoe: (Offered Fri. AM or Sat. PM) 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. Solo only.

Special Class Offerings

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

Cuyahoga River Paddle: The Buried Falls: (Offered Sat. 1 PM. – 4 PM) This short paddle finds us in the middle of urban northeast Ohio, where the placid upper Cuyahoga River suddenly changes character, dropping hundreds of feet in a dramatic gorge before turning north and flowing through Cuyahoga Valley National Park to Lake Erie. We'll put in the middle of all the drama, on a dam pool above a retired hydroelectric dam, and paddle upstream, into the sandstone-walled upper gorge where the river flows freely. The existing, untamed falls, home to a spring whitewater paddling race, hint at some of the grandest whitewater east of the Mississippi currently buried beneath the dam pool. Total length about 1 mile, up and back. Paddle this dam impoundment before it disappears, as current plans are looking at removing the dam sometime in 2024 or 2025!. (\$25 per person).