

# WISCONSIN CANOE SYMPOSIUM 2024

June 13,14,15, & 16, 2024

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. The quiet water classes are offered for all skill levels. 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 OnLine Registration Form, which will be delivered to us when you complete the form and submit it. Once we receive it, a statement will be sent to the email address taken from the Registration Form. Mail 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. **All registrations must be received by May 24, 2024.** Confirmation will be sent upon receipt of registration. Refer to the Class Descriptions sheet for detailed class information. Click on the Online registration form on the web page to register.

#### LODGING

There are several lodging options available. For those persons **NOT** staying at Pine Lake Camp or Wildwood Campground, there will be a Pine Lake Camp day use site fee of \$10.00 per day. This fee includes the use of all Pine Lake Camp facilities.

**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 double or triple occupancy hotel style rooms with fully accessible baths, one queen and one twin size bed; a few of these rooms have an additional pull-out trundle bed. Bed linens are included, but you do need to furnish your own towels. As there are a limited number of these rooms available to our group, please register for your second choice and indicate if you are willing to be placed on the waiting list for a retreat center room. If necessary, cost will be adjusted accordingly.

**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, that includes a microwave and refrigerator. You will need to bring your own linens, pillows, blankets, and towels.

#### MEALS

Meals are a community gathering time, served family style in Amphlett Hall. Vegetarian meals can be requested on the Registration Form. If you prefer to bring your own food, small kitchenettes (with microwave and

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refrigerator) 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).

## 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	Camp Chair (optional)
Unfitted linens, pillow, blanket for bunk bed(Birch 1)	Sunscreen
Mosquito repellent	Water bottle
Flashlight / Headlamp	*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 (MP3 format on a USB drive only, please) must be turned in by lunchtime Saturday.**

*\*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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(608) 296-2720

## 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.

**Note:** *FreeStyle and Special Topic Classes will each require a **minimum enrollment of three students**. Registrants will be contacted prior to the event if enrollment requirements are not met, to discuss other options.*

### 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 want to improve their skills in 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, Reverse, and Cross 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 (**MP3 format on a USB drive only, please!**)

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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.*

**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.

**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.

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

**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.

### 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.

**Open Practice Yoga:** Open Yoga sessions: Friday and Saturday, 6-7AM. These are not instructional events, and are offered at no charge.

- Bring your own Yoga mat.
- Sign-up sheet will be at the Registration table when you arrive.
- Private yoga sessions available on request, \$50.

**Exhibition and Competition - Everything you need to know! :** This is a classroom session... 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. Sign up and it's FREE

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June 13 -- June 16, 2024

## SCHEDULE

### Thursday, June 13

3:00 PM Registration opens at Amphlett Hall; Free Paddle on Lake  
5:30 - 6:15 PM Supper  
6:20 - 6:30 PM First Timers' Orientation Meeting; Amphlett Hall  
6:30 - 6:40 PM Instructor meeting

### Friday, June 14

6:00 - 7:00 AM Open Practice Yoga; ; Rader Retreat Center lower level lounge  
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 Topic Classes  
12:00 - 1:00 PM Lunch  
1:10 - Announcements (at the lake)  
1:15 - 4:15 PM FS Class Session 1  
5:30 - 6:15 PM Supper and Announcements  
7:00 PM Giant Schlalom Fun Race at lake  
TBD: Music at the Rader Retreat Center; bring your instruments!

### Saturday, June 15

6:00 - 7:00 AM Open Practice Yoga; ; Rader Retreat Center lower level lounge  
8:00 - 8:35 AM Breakfast  
8:40 - Announcements (at the lake)  
8:45 - 11:45 AM FS Class Session 2  
12:00 - 1:00 PM Lunch, announcements  
1:15 - 3:15 PM Special Topic Classes  
4:00 - 5:00 PM Exhibition and Competition-Everything you need to know!; Rader Retreat Ctr.  
5:30 - 6:15 PM Supper and Announcements  
7:00 PM Interpretive FreeStyle Exhibition  
TBD: Music at the Rader Retreat Center; bring your instruments!

### Sunday, June 16

8:00 - 8:35 AM Breakfast  
8:35 - Group photo and closing announcements at the Volley Ball Court  
8:45 - 11:45 AM FS Class Session 3  
12:00 - 1:00 PM Lunch  
1:15 PM Turn in evaluations and load gear

Checkout from Pine Lake Camp lodging is **11:00 AM**. Camp premises to be vacated by 2:30 PM  
Wildwood Campground checkout is **3:00 PM**.