

UNITED STATES CANOE



Module #4: Tandem USCA Building Blocks for Canoe

ASSOCIATION, INC.

Course Description

In this module paddlers will build upon the skills they learned in the USCA Beyond the Basics for Canoe Module. Additional strokes and maneuvers will be covered along with a more in-depth exploration of paddling concepts and dynamics. This Module provides a solid introduction to the advanced paddling skills needed for paddlers to move up to Freestyle Canoeing while also increasing on-water effectiveness and efficiency for canoe travel. This module is divided into solo canoe and tandem canoe modules.

Introduction:

Introductions and course overview
Discussion of student goals
Review of safety, site logistics, & environmental considerations
Equipment check, life jackets, clothing review
Review of canoe transportation if needed

Review of basic information from USCA Beyond the Basics for Canoe Module as needed

Environmental scan
Solo canoe types, paddle types (straight, bent, materials)
Kneeling pads and options
Review of biokinetics – use of body in paddling, torso-rotation, core
Integration of body-boat-blade for efficiency and control
Hull dynamics – use of heel and pitch, canoe trim

Tandem Canoe Module

Review of basic information from USCA Beyond Basics Canoe Module as needed

Environmental scan
Canoe types, paddle types (straight, bent, materials)
Kneeling pads and options
Review of biokinetics – use of body in paddling, torso-rotation, core
Integration of body-boat-blade for efficiency and control
Hull dynamics – use of heel and pitch, canoe trim
Review of importance of partner communications & cadence in tandem canoe
Introduce concept of counterbalancing

Strokes:

Review strokes from USCA Beyond Basics Canoe Module as needed

Bow	Stern
<ul style="list-style-type: none"> • In-water Slice – teach neutral slice while canoe is stationary • Forward Stroke with neutral slice for in-water recovery • Forward Stroke with loaded slice to maintain straight forward travel • Palm Roll • Palm Roll with slice recovery • Sculling – draw & pry • Cross Scull – draw & pry • Cross Forward with in-water recovery • Cross Draw – diagonal • Bow Jam • Braces – high & low • Box Stroke • Far Back • Compound Back • Reverse J (for reverse travel) • Introduction concept of stroke linkages 	<ul style="list-style-type: none"> • In-water Slice – teach neutral slice while canoe is stationary • Forward Stroke with neutral slice for in-water recovery • Forward Stroke with loaded slice to maintain straight forward travel • Palm Roll • Palm Roll with slice recovery • Sculling – draw & pry • Cross Scull – draw & pry • Cross Forward with in-water recovery • Cross Draw – diagonal • Braces – high & low • Box Stroke • Far Back • Compound Back • Introduction to concept of stroke linkages

Maneuvers –

Review maneuvers from USCA Beyond Basics Canoe Module as needed

- Reverse travel with corrections and reverse J - refine
- Sideslips – drawing & prying
- Cross drawing and prying sideslips
- Kneeling positions – 3 point, 2 point
- Introduction to moving around in the canoe
- Drills using kneeling positions and practice shifting while underway
- Heel and Pitch

Review & Conclusion

Additional options for instruction and course limitations
 USCA membership information *and history as a handout*
 Evaluations