

Volume 5, Issue 3 | May 2019

PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue

ACA Announces 2019 CFS Grant Recipients

New State Directors Selected

ACA urges EPA to protect waterways

Instructors of the Month



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NATIONAL STAFF

Wade Blackwood- Executive Director
Vacant- Chief Operating Officer
Marcel Bieg- Western States Outreach Director
JD Martin- Financial Coordinator
Kelsey Bracewell- SEI Manager
Dave Burden- International Paddlesports Ambassador
Amy Ellis- State Director/Membership Coordinator
Michelle Flynn- Membership Coordinator
Kimberly Jenkins- Paddle eMagazine Editor
Brett Mayer- Public Policy Chief
LeighAnn Moore- Insurance Coordinator
Chris Mulrow- Social Media Coordinator
Carrie Schlemmer- Education & Grant Coordinator

COMPETITION DEPARTMENT

Vacant- High Performance & Competition Director
Rafal Smolen- Slalom National Team Coach
Chris Barlow- Sprint High Performance Manager
Zsolt Szadovszki- Sprint National Team Kayak Coach
Aaron Huston- Sprint National Team Canoe Coach
Shannon Moore- Paracanoe High Performance Manager
Vacant- Slalom High Performance Manager

Cover photo

*A family paddleboarding on small pond near Denver.
123rf photo*

Follow us on...



BOARD OF DIRECTORS

Executive Committee

President- **Robin Pope (NC)**
Vice President- Lili Colby (MA)
Treasurer- *Vacant*
Secretary- Stanton Collings (GA)

Board Members

**Terms expire at the annual meeting of the year listed*

At-Large Directors

- William Irving (North Carolina- 2019)
- Lili Colby (Massachusetts- 2019)
- Robin Pope (North Carolina- 2018)
- Sam Fowlkes (North Carolina- 2020)

Independent Directors

- Jeff Rouse (Virginia- 2019)
- *Vacant* (2019)
- Bill Medlin (North Carolina- 2020)

Affiliated Organizations Director

- Kirk Havens (Virginia)

Property Management Committee

- Bill Micks (Virginia- 2020)

Safety Education & Instruction Council

- Trey Knight (Tennessee- 2019)

Competition Council

- Marsh Jones (Minnesota- 2019)

Elite Athlete Directors

- Slalom- Scott Mann (Virginia- 2019)
- Sprint- Stanton Collings (Georgia- 2019)
- Paracanoe- *Vacant* (2019)

Immediate Past President

- Peter Sloan (North Carolina)

Liaison Members (non-voting)

- Scott Andrews- Sugar Island (Maine)

Ex-Officio (non-voting)

- Wade Blackwood- ACA Executive Director (Virginia)

ACA Mission Statement

Founded in 1880, the ACA is a national nonprofit organization serving the broader paddling public by providing education related to all aspects of paddling; stewardship support to help protect paddling environments; and sanctioning of programs and events to promote paddlesport competition, exploration and recreation.

SAFETY, EDUCATION & INSTRUCTION COUNCIL (SEIC)

- Chair- Trey Knight (TN)
- Vice Chair- Josh Hall (SC)
- Secretary- John Traendly (GA)
- Past Chair- Steve Hutton (SC)

Committee Chairs

- Universal Paddling- John McDonald (OH)
- Coastal Kayak- John Browning (WI)
- Intro to Paddling- Beth Weigandt (VA)
- Prone Kayaking- Adam Masters (NC)
- Rafting- Elisha Lynn McArthur (CO)
- River Canoe- Greg Wolfe (OH)
- River Kayak- Mike Arnoff (VA)
- Safety & Rescue- Sam Fowlkes (NC)
- Stand Up Paddleboard- Raphael Kuner (Germany)
- Surf Kayak- Sean Morley (CA)
- Surfski- Chuck Conley (VA)
- Touring Canoe- Molly Gurien (OH)

Liaison Members

- Boy Scouts of America- Rob Kolb (TX)
- USCG- Tom Dardis (DC)
- USCG Auxiliary- Don Goff (MD)

COMPETITION COUNCIL

- Chair: Marsh Jones- Sprint
- Vice Chair: *Vacant*
- Secretary: Risa Shimoda- Freestyle

2017-19 STATE DIRECTORS

AL- <i>Available</i>	NE- Jordan Messerer
AK- Levi Hogan	NV- Jonathan Riezman
AZ- Andrew Huff	NH- Paul Berry
AR- Rob Moody	NJ- Paul Serdiuk
CA- Jamie Eubanks	NM- Robert Levin
CO- Lynne Carpenter	NY- Mike Cavanaugh
CT- <i>Available</i>	NC- Doug Stager
DE- Chris Beckman	ND- Matthew Sherrard
DC- Meredith Waters	OH- Christine Cancian
FL- Wayne Douchkoff	OK- Clark Miller
GA- Laura Clower	OR- Salmon "Sam" Norgaard-Stroich
HI- <i>Available</i>	PA- Joel Johnston
ID- Zac Mason	PR- Omar Ramos
IL- Jennifer Hahn	RI- Mark Allio
IN- Joyce Hayes	SC- Jefferson Atkins
IA- Jennifer Kammeyer	SD- Patrick Wellner
KS- Jay Jeffrey	TN- Andrea White
KY- Gerry James	TX- Bruce Bodson
LA- <i>Available</i>	UT- <i>Available</i>
ME- <i>Available</i>	VT- Jake Taylor
MD- Paula Hubbard	VI- <i>Available</i>
MA- Mike Morrison	VA- SarahBeth Dinwiddie
MI- Michael Gray	WA- Brent Roth
MN- <i>Available</i>	WV- Meghan Roberts
MS- Kelly McGinnis	WI- Luke Martz
MO- Perry Whitaker	WY- <i>Available</i>
MT- Branchley "Lee" Beers	

For information about the State Director Program, please contact [Amy Ellis](#) at the ACA National Office.

MEET YOUR

What has made you **SMILE** lately?



Wade Blackwood
Executive Director
My family



Kimberly Jenkins
Paddle eMagazine Editor
My nieces. At ages 5 and 2, they are just the coolest little people.



Michelle Flynn
Membership Coordinator

I have 3 dogs – 2 beagles and a lab. After work every evening the dogs and I sit on the back deck for about half an hour or so just looking in the trees for squirrels and listening to the birds, decompressing from the day. Tuesday night we were out and the lab, who is about 8 months old, found a stick that he was thrilled about. It was about 5 feet long with little branches at the end, but thin. He carried this branch around the yard for about 10 minutes, prancing like he was so proud. That made me smile.



Marcel Bieg
Western States Outreach Director
& Grant Manager

The mountains with 100% snowpack and the rivers with lots of water in them. This made me smile and it's been many years since it's been like this.



Aaron Huston
Sprint National Team Canoe Coach
A compliment from a fellow coach

ACA STAFF

www.americancanoe.org/staff



Rafal Smolen

Slalom National Team Coach

The end of Team Trials in Oklahoma City last month



Zsolt Szadovszki

Sprint National Team Kayak Coach

A day on the water



Chris Barlow

Sprint High Performance Manager

All the athletes, coaches and officials that showed up to National Team Trials last month. The athletes that raced their hearts out, the coaches for all their hard work in athlete preparation and motivation, the officials for running a great regatta, and the people and staff of OKC Riversport for their willingness to host the Trials and their wonderful hospitality!



Carrie Schlemmer

Education & Grant Coordinator

Springtime kayaking in the Green River gorge!



Amy Ellis

State Director/Membership Coordinator

My dog, Tink, makes me smile every single day!



Shannon Moore

Paracanoe High Performance Manager

Can't think of anything specifically.

(Continued on page 7)



Chris Muldrow
Social Media Coordinator

When the shad start running up the Rappahannock River to spawn, we start seeing all manner of birds – cormorants, bald eagles, ospreys and blue herons – converge on the river to eat, and my social media feeds are filled with awesome pictures of birds flying off with fish in their claws. It makes me smile because I know spring's here.



LeighAnn Moore
Insurance Coordinator

Spring flowers and sunshine!
And my kids, can't forget them, they always know how to put a smile on my face



*Making the World a Better Place to Paddle!
Since 1880.*



JD Martin
Financial Coordinator

My wife, Tracy, returning home after visiting with her mom for a few days. Yay!!



Kelsey Bracewell
SEI Manager

My dog, Chip. He makes me laugh every day!



Brett Mayer
Public Policy Chief

My daughter

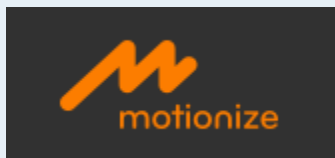


Dave Burden
International Paddlesports Ambassador

Watching a beautiful sunset in Cape Charles, Virginia, while on my SUP.

PARTNERS

We are grateful to these organizations and companies for their significant commitment to help us achieve our mission and goals.



Partnership Opportunities

If you would like to align your business with the nation's oldest paddlesports organization, please [click here](#) for partnership opportunities with the ACA.



STEWARDSHIP & POLICY

Paddle Green Spotlight



ACA announces 2019 Club Fostered Stewardship grant recipients

Since 2002, the ACA has partnered with L.L. Bean to sponsor the [Club Fostered Stewardship Program](#). The CFS Program provides small grants to local and regional paddling clubs and organizations to assist with and enhance volunteer-driven waterways stewardship activities.

Many of the stewardship needs of our nation's waters are best addressed at the local and regional level. Paddling clubs and watershed organizations are in an ideal position to lead these efforts. These paddlers tend to care deeply about their local waterways and are often willing to volunteer their time and energy to help improve the places they enjoy.

Some clubs operate successful stewardship programs on their own. Others need a little help. That is why L.L. Bean and the ACA have teamed up to sponsor the CFS Program. In many instances, CFS grants make projects possible when they would otherwise be impossible. In addition, through administering this program, the ACA can collect and share information on proven approaches to volunteer stewardship projects.

CFS continues to provide this support in 2018 and has awarded grants to the following 13 clubs:

- Boardman River Clean Sweep
- Clinton River Watershed Council
- Guardians of the West Fork River Watershed
- Louisville Area Canoe & Kayak
- Northern Forest Canoe Trail
- Paddles 4 Conservation
- Perkiomen Watershed Conservancy
- Sugar Island
- Team River Runner
- Tennessee Scenic River Association
- Tennessee Valley Canoe Club
- Upper Oconee Watershed Network
- Vermont River Conservancy

Beginning with this issue, the efforts of 2019 CFS grant recipients will be featured in *Paddle* eMagazine. Please read the first our recipient summaries on the next three pages.

(Continued on page 11)



Keeping The Boardman Clean, Cold And Beautiful

Boardman River Clean Sweep

“For the past 15 years we have attempted to add one river a year to our workload and to expand our environmental influence by fostering other out-state organizations to clean up their own local rivers by doing annual river cleanups of their own,” said Norm Fred, chairman of the [Boardman River Clean Sweep](#).

Last year Boardman River Clean Sweep completed 34 streamside cleanups of illegal dumping sites, removing thousands of pounds of trash, tires, abandoned camping gear, pallets, shingles, construction debris, drywall, sofas, mattresses, TV sets, recliner chairs and even a very large plastic swimming pool. The organization has also provided canoes, trailers and paddling equipment to five conservation districts and given grabbers and safety equipment to many organizations to help them get started.

“This year we are adding the [Lower Manistee River](#) to the list of rivers that we clean up,” said Fred. “The Lower Manistee flows through a portion of the [Huron-Manistee National Forest](#) so some of the landings are on federal land and some are on state land. We will work a 7-mile stretch from Tippy Dam to High Bridge Road Landing.”

This is a big river that gets a lot of fishing pressure as well as recreational paddling use. Boardman Clean River Sweep is working with the Traverse Area Paddle Club, the Manistee Conservation District, the Michigan Department of Natural Resources, the U.S. Forest Service, the Michigan United Conservation Clubs, the Steelhead Manifesto, On The Ground, and others to do this work.

This year in addition to this Lower Manistee cleanup, Boardman River Clean Sweep will focus on remov-

ing fishing debris in all the rivers they service. To help keep fishing debris out of the rivers, they will place [fishing line recycle bins](#) in selected locations to help keep discarded fishing line, hooks and lead sinkers out of the river.

“We will build the bins ourselves, obtain permission from the local authorities, and get the volunteers to service them. We will place recycle bins at selected locations on the landings on the Boardman River, the Lower Manistee River and the Betsie River,” said Fred.

As of April 1, Boardman Clean River Sweep has received permission to place monofilament recycle bins at eight landings along the Lower Manistee River and the Boardman River and at landings on Grand Traverse Bay and is working on permissions for the Betsie River and private boat launches.





Guardians of the West Fork River Watershed

Founded in 1997, [Guardians of the West Fork Watershed](#) is a volunteer 501(c)(3) organization dedicated to the preservation and improvement of the ecological integrity of the West Fork River, its tributaries, and its watershed. It monitors and assists agencies in monitoring biological, physical, chemical, and cultural characteristics of the watershed to identify sources of degradation and suggest their elimination. It also publicizes the status of the watershed and encourage education and recreational enjoyment of the watershed.

The Guardians held its annual Clean The Fork event April 6, 2019, as part of West Virginia's Make It Shine Program. The cleanup was in preparation for the annual Float The Fork, a popular community paddling event scheduled for June 1. The goal of the Clean The Fork event is to clean as many access sites as possible depending on the amount of volunteer participation. In 2018, eight access sites were cleaned during this single-day event.

This year's cleanup took place along the water trail starting at the Stonewall Jackson Dam and proceeding downstream through Lewis and Harrison county areas in West Virginia. A second event will be held at the historic Jackson's Mill site focusing on tire fishing. This section of the river is estimated to contain hundreds of discarded tires. This event will be scheduled when the water temperature and levels are suitable for entry – sometime in the June, July or August 2019 timeframe.

Flat water paddling is a growing water recreation activity in the area. In 2016 three low head dams were removed restoring the natural flow to a 40-mile section of the river. This grant will help to improve the Water Trail and make the visitor experience a positive one. The goal is to make the West Fork River a destination place and positively impact the local economy.

(Continued on page 13)





Perkiomen Watershed Conservancy

The [Perkiomen Watershed Conservancy](#), founded in 1964, is dedicated to serving the people and communities of the Perkiomen Watershed by conserving and protecting land and water resources through a commitment to and leadership in environmental education, watershed stewardship, and conservation programs. Each year, thousands of students and community members experience our environmental education programs, participate in the organization's outdoor events and become involved in the conservancy's on-the-ground conservation work.

Each April, the Perkiomen Watershed Conservancy hosts the Perkiomen Stream Cleanup. This is the largest of the Conservancy's on-the-ground conservation projects. The cleanup is an annual watershed-wide event, focusing on removing trash, tires and other debris from regional waterways.

During this event, volunteers work together to clean up sites throughout the watershed. In 2018, 855 volunteers removed 547 bags of trash, 41 bags of recyclables, 136 tires and 2,000 pounds of scrap metal from 67 streamside sites. The 2019 Stream Cleanup took place April 6 and was on track to be the Conservancy's largest cleanup yet with more than 1,000 volunteers signed up to clean over 80 sites within the Perkiomen watershed.

The Stream Cleanup plays a vital role in preserving and protecting the Perkiomen Creek and its tributaries for the enjoyment of local wildlife and community members alike. Each year, the Conservancy hosts several paddling events along the Perkiomen Creek. These events include the Lenape Challenge, a run-paddle event, that engages 300 participants and volunteers; the Perkiomen Sojourn, a 9-mile pad-

dling trip down the Perkiomen, that attracts 150 participants; and the Perki-Bay Expedition, a 50-mile youth-paddling expedition, that involves 20 high school and college students. Additionally, the Conservancy has completed a feasibility study in order for Perkiomen Creek listed as a state water trail.

Having the Perkiomen listed as a state water trail will enhance the existing water-based recreation opportunities along the Perkiomen by providing information about trip and activity planning, promoting water safety, and identifying additional public land access sites and support facilities to create safe and adequate streamside recreation. The annual Stream Cleanup helps to ensure that community members can recreate in and along the Perkiomen Creek and that these paddling events can be safely held each year.





TEAM RIVER RUNNER

Team River Runner Decatur Chapter

[Team River Runner Decatur Chapter](#) is a 100% volunteer-driven paddling group that was formed in January 2018 to provide all veterans and their families an opportunity to find health, healing, community purpose, and new challenges through adventure and adaptive paddlesports. The group is comprised of veterans, active duty service members, disabled veterans and non-veterans, and community members. Members meet weekly on Lake Decatur March through November and hold special events throughout the summer. On weekly paddling sessions Team River Runner members practice boat safety, techniques and stewardship. Members are encouraged to join us in keeping the waters clean of debris and trash.

Team River Runner Decatur Chapter is leading a volunteer group effort to promote paddling on Lake Decatur and contributing water sources. The goal is to develop a water trail to educate and encourage usage. The proposed start date is March 1, 2019, leading to water trail completion by December 31, 2019.

Paddling is becoming more popular in the city and Team River Runner would like to

help direct the community on route options to ensure a safe and fun experience. Team River Runner Decatur volunteers will work with City of Decatur and Macon County to design water trails and maintain clean waterways on Lake Decatur, Sangamon River and Big Creek for the project's first phase. Currently nothing exists as far as signage or brochures to promote paddling routes in Decatur. With the help of the CFS program we could provide needed direction and promotion of areas to kayak, SUP or canoe.

Team River Runner would also like to promote access areas, launch points and amenities offered around the lake, river and creek. This project will be the start of an ongoing effort to increase paddling interest and conservation in Central Illinois. The CFS grants funds would be used to purchase signage at Decatur Lake, Sangamon River, and Big Creek access points. Identifying the area as a water trail and mileage information. Funds will also be used for brochure/map

production detailing information about the trail and lengths of paddling opportunities or trails. The trail will be marketed on the Team River Runner national website, social media, local newspaper, news, and radio stations. Additionally, the park district and county parks will be encouraged to promote the new trail in their publications.

“This water trail will be the first in our city,” said Team River Runner President Jennifer Hahn. “Many people in our area have never heard of water trails. Lake Decatur is the center of our city and most community members are not even aware of the paddling potential or routes available to them. With the help of the CFS program we can begin to educate people on the amazing recreational opportunities in our city. Hopefully, our trail will encourage people to explore other water trails in new areas.”



Recent *Paddle Green* Policy Action

ACA urges EPA to protect waterways

The ACA helped draft a joint letter through our partnership with the Outdoor Alliance to urge the Environmental Protection Agency to protect the waterways on which our members recreate, explore, and compete by rejecting the [Proposed Rule revising the definition of Waters of the United States](#) (“WOTUS”) that fall within the protections of the Clean Water Act (“CWA”).

This proposed rule will have an impact far beyond the headwaters and wetlands that will lose essential CWA protections under the narrower definition of WOTUS. Stripping CWA protections for headwaters and wetlands would also eliminate vital protections for the intermittent streams and adjacent wetlands that are necessary to protect clean water in downstream, navigable waterways where our members recreate and support local communities.

The result will threaten the health of our members and society at large as well as their enjoyment of these unique and necessary places. Additionally, this move erodes Americans’ rights to clean water under the CWA. In other words, the Proposed Rule will cause harm, is illegal, and must be rejected.

Given these circumstances, the Outdoor Alliance, along with its member organizations, strongly oppose the Proposed Rule, and urge the Agencies to preserve the definition of WOTUS as set forth in the 2015 Clean Water Rule.

Read the full letter [here](#).



ACA opposes oil, gas leasing in Arctic National Wildlife Refuge

The ACA recently submitted an official public comment to the BLM voicing strong opposition to any oil and gas leasing in the Arctic Refuge. Since the Tax Act of 2017 legally requires oil and gas leasing in the Arctic Refuge, the ACA advocated for the most temporally restrictive leasing plan, with amendments that permit paddling recreation.



The Bureau of Land Management's (BLM) Draft Environmental Impact Statement (EIS)

is deficient. It does not adequately analyze how oil and gas development will impact the

natural and cultural resources of the coastal plain, nor does it adequately provide plans to mitigate the impacts of oil and gas development.

The ACA does not support any leasing in the Arctic National Wildlife Refuge. At a minimum, Congress should partially repeal the Tax Act and remove the requirement of leasing for oil and gas development in the Arctic Refuge.

Read the full letter [here](#).

Creation of the Cuyahoga Water Trails Network



The ACA continued to support the creation of the Cuyahoga River Water Trails Network with a letter to the National Park Service. The Cuyahoga River Water Trail is a vital means of connecting people in northeast Ohio to the natural resources and ever improving greenspaces, natural corridors, trail systems, scenic views and critical natural areas.

The ACA has wholeheartedly supported the application for Cuyahoga River State Water Trail Designation as a strategy to enhance paddling opportunities, and the

(Continued on page 17)

ecological improvement of the Cuyahoga River and its entire watershed throughout the entire process. The State of Ohio Water Trail Designation will be one of the crowning achievements toward the restoration of the Cuyahoga River.

Click [here](#) to read the full letter.

Establishment of Mallows Bay National Marine Sanctuary



In Maryland, the ACA signed on to a letter through our partnership with the National Marine Sanctuaries Foundation to continue supporting the designation of establishing Mallows Bay on the Potomac River as a National Marine Sanctuary. The ACA is focused on this important issue, which will enhance paddling opportunities in one of the largest ship graveyards in the world. The area hosts a ghost fleet of more than 100 ships from World War I.

Click [here](#) to read the full letter.

Update on TWRA Proposed Rulemaking



The ACA continues to work hard to ensure paddlers in Tennessee have a voice in any rule making processes that affect commercial outfitters and private boaters. ACA Tennessee State Director Andrea White testified in front of the state legislature and ensured that an amendment to SB665 included the formation of an official paddlecraft advisory board.

The ACA also provided testimony to the Tennessee State Legislature on the proposed rulemaking process pertaining to commercial outfitters and sent a letter to Tennessee members to provide an update on SB665 and

Amendment No. 1.

Click [here](#) to read the full letter.

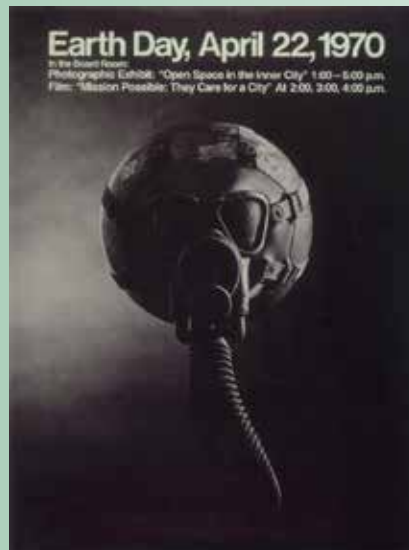
ACA issues call to action on Earth Day

On Earth Day – April 22 – the ACA send out a letter inviting its members to voice their support, alongside members from other organizations in the [Outdoor Alliance](#), to demand policy action on climate change. This is the first time outdoor recreation organizations have come together to voice their concerns and demand action on climate.



Paddlers' adventures on rivers, lakes, and oceans take them to incredible landscapes that other people do not always get a chance to see. Because of this, paddlers have a unique perspective and are often the first to notice changes in these environments.

The ACA believes it and the organization's members have a responsibility to speak out and bring our collective voice to bear on this issue. Members are urged to join the campaign on climate change. This will demonstrate that climate is a priority for the paddling community and for the wider outdoor recreation community, putting pressure on lawmakers to take climate action.



Earth Day

Each year, Earth Day—April 22—marks the anniversary of the birth of the modern environmental movement in 1970.

The history of this day can be traced all the way back to April 22, 1970, when U.S. Senator Gaylord Nelson founded it as a way to bring to light serious environmental concerns and to address the need for environmental reform. Although it was originally foreseen as an American event, it was taken to the international stage in 1990 by Denis Hayes and is now active in 193 countries.

Stay up to date on ACA's stewardship initiatives

Interested in the political process? Check out some of the **local and regional policy letters** the ACA has submitted on behalf of paddlers:

www.americancanoe.org/PublicPolicy



Want to help your local waterway? Watch these videos from fellow paddlers at their **Paddle Green Events**:

www.americancanoe.org/PGEvents



How much is there? Where does it come from? Help the ACA and NOAA **'Track Trash'** and clean up your local waterway in the process! Learn how to participate:

www.americancanoe.org/TrackTrash



How do the **7 Principles of Leave No Trace** apply to river corridors? Learn more at:

www.americancanoe.org/LNT

Trashy Tuesday picks up STrEAM

The Willamette River Keeper River Guardians in Eugene and Springfield, Oregon, were back at it again last month. Ten volunteers joined the group for Trashy Tuesday, removing almost 3 yards of debris and 21 needles from the riverbanks. Huge thanks to all our volunteers and the extra support from our Western States ACA representative, Marcel Bieg, along with members from the local Willamette Kayak and Canoe Club. The river and community are cleaner and healthier because of YOUR efforts!



Clean Water for Great Brews

By Marcel Bieg, ACA Western States Outreach Director and Grant Manager

In honor of Earth Day 2019, on Saturday, April 20, the [Willamette Riverkeeper](#), local brewers, and local River Guardians teamed up to clean their urban waterfront areas. The Clean Water for Great Brews event was held on the Willamette River South Valley region April 20. The aftermath of recent flooding had washed up all sorts of debris throughout the river corridor, and although a lot of garbage was unfortunately flushed down stream, there was still much to clean up as the high water subsided.

During the one-day event, 8 yards of trash was removed from greenway parks and riverbanks, thanks to 148 volunteers who care about clean water, healthy riparian habitat, and clean and safe access to our river. Volunteers on the water in rafts, canoes and kayaks along with teams scouring the shoreline on foot and cyclists taking the garbage from collection teams to drop off areas all worked in unison.

This work is just one part of a solution that we need to keep working toward. We're a long way from resolving illegal dumping, littering and high impact camping issues,

but people here are finding a way to come together, roll up their sleeves and get their hands dirty. The people, businesses and organizations that were represented at the event were astounding. Each small cadre of volunteers split out among 10 sites, helped us make a huge dent in downstream pollution in the hopes of garbage staying out of downstream communities and ultimately the Ocean.

Afterwards, all the volunteers received punch cards to 12 local breweries, coffee shops and business for a free drink at each. What an amazing way to celebrate Earth Day!





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EDUCATION



SEIC News

The March 1, 2019, SEIC Meeting Minutes are now available to review online!

Notable items include:

- The SEIC Meeting Minutes give insight into ‘hot topics,’ curriculum changes, evolving programs, and other activities of the ACA Office & SEIC.
- The SEIC Bylaws are now referred to as “SEIC Operating Procedures.”
- The SEIC Policy Manual has been updated to include a section addressing Endorsements.

All documents can be found online at www.americancanoe.org/SEIC.

If you have questions, you may contact the [SEI Department](#), but also consider checking in with a member of your discipline committee as well. Committee rosters and contact info are able available via the link above.

ACA website offers new mapping search tool

Earlier this year, the ACA added new mapping search features to its website. These can be used to find [Instructor Trainers and Instructor Trainer Educators](#); [Outfitters, Guides and Liveries](#); and [Paddling Clubs](#) near you.

To use these interactive maps, simply click on the appropriate link above. Then select a country from the drop-down menu and type in the location where you wish to find an instructor, outfitter, or club. Next, click "Continue" to see a list of local organizations.



Save the Date!!



The next Instructor Trainer Conference will be held October 4-6, 2019, in Richmond, Virginia.

Every four years, the ACA provides a continuing education conference for currently certified Instructor Trainers and Instructor Trainer Educators, and those aspiring to become ACA Instructor Trainers and Instructor Trainer Educators.

For more information, please visit www.americancanoe.org/2019ITConf.



February Instructor of the Month



Jamie Eubanks

Jamie Eubanks loves that stand-up paddleboarding (SUP) is such an approachable sport. “Anyone can enjoy their first time out on the water, but you can spend a lifetime perfecting your skills,” she said.

“My favorite paddle activity is SUP surfing. The water and conditions are always changing, so each session presents me with a novel and engaging experience. It can be very humbling at times and allows me to embrace my inner kook,” she added. “Whether the ocean is glassy or sassy, I know I’m in for a good time!”

Jamie’s job at the Mission Bay Aquatic Center is instructional supervisor. She says she evaluates, develops, and implements programming for the paddle department.

“That sounds pretty dry,” she conceded, “but it’s not because it’s paddling. Also, I’m surrounded by a great group of coworkers to involve in the process.”

A big part of her job is preparing instructors to provide a safe and fun learning experience for all of their customers. She serves as support for instructors as they strengthen their teaching skills and finds it “very

rewarding to watch them become confident and effective teachers.

“I love that it is my job to arrange opportunities to stoke their enthusiasm for paddling and encourage their growth as leaders. All of our instructors make me want to #blessup on a daily basis, and I secretly hope that at least some of them will come play cards with me when I’m old and can’t paddle anymore,” she added.

Jamie’s future paddling goals are to just keep paddling as long as she can and wherever she can.

“Whenever I travel somewhere, the first thing I do is try to find a way to get out on the water,” Jamie

said. “Paddling allows for a unique perspective when it comes to experiencing a new location. Bonus: it’s a nice way to counter all of the plane sitting and food sampling that comes with traveling.”

She would also like to expand her areas of competency.

She said, “Right now, I am very comfortable in an ocean setting. I haven’t spent much time on rivers, but I’d really like to be humbled by some whitewater sooner than later.”



March Instructor of the Month

Lenore Sobota



Lenore Sobota started kayaking 19 years ago after making a list of 21 things to do in the 21st century.

Lenore's years of climbing have developed risk assessment and risk management skills that have trans-

ferred easily into kayaking. She's also managed to recruit a few new paddlers from among her skiing, cycling and climbing friends.

Lenore said, "My involvement in a university outdoor program led me to become a Level 2 coastal kayak instructor in 2010. The original goal was just to teach others in the program how to do rescues, but soon I found myself teaching at kayak symposiums in the Midwest. My favorite thing about teaching kayaking is helping beginners overcome their fears and build their skills."



“During my time as state director in Illinois, I’ve tried to reach out to people with an emphasis on safety. I’ve attended a variety of festivals and other events to talk about basic safety and risk assessment and even done a ‘fashion show’ or two preaching the word of dressing for immersion,” she said.

Her paddling life complements her other outdoor pursuits.

“Cross-country skiing in winter is good cross-training and helps me keep my sanity until the water thaws. Cycling gives my legs a workout. And, as an avid birder, I find I can get much closer in my boat than I’m likely to do on foot,” she explained.



Looking ahead, she said, “I’d like to do more exploring by kayak, including camping out of my boat, which I’ve only done a handful of times. I have my eyes on a kayak trip in Grand Teton National Park where I had a couple of climbing epics years before I started paddling. I’m hoping to avoid the flat tire, forgotten equipment and hypothermia that made the Tetons memorable. At least I shouldn’t have to worry about avalanches while

on the water instead of the side of a mountain.”

Join a network of passionate paddlers

By Marcel Bieg, ACA Western States Outreach Director and Grant Manager



As the weather begins to warm, the snow starts to melt and river rise our thoughts as paddlers immediately begin to think about our relationship to the water, our passion for paddling and our love for the natural places. As an instructor in several ACA disciplines, I firmly believe that making lifelong paddlers is my responsibility and the best way to ensure that people have a great time and keep paddling is to provide the highest quality of Instruction I can.

I was recently connected with a couple of instructors from Montana who happened to be traveling through Oregon. They were already instructors in various ACA disciplines including Paddle Raft, but due to circumstances they were unable to earn their Oar Instructor certification.

They contacted me in the hopes of running them through an Oar Raft Instructor Certification Exam. This was my first Raft program of the



year and potentially the first for the ACA in 2019. We had a fantastic time over two days running sections of the McKenzie River, which flows out of the Cascades. The candidates passed with flying colors and, as always, I learned several new techniques from them as well.



My advice to you: Stop putting it off. If you have a passion for paddling and want to learn how to teach, or if you are already an instructor and want to expand your resume and certifications, while becoming part of a network of passionate paddlers and instructors, then this is your year. Reach out and get the training you need to become that much better and help grow the paddling community.

ACA PRO SCHOOL SPOTLIGHT



The [Charleston County Park and Recreation Commission](#) (CCPRC) is celebrating its 50th anniversary this year. The agency was established in 1968 as Charleston County Parks, Recreation and Tourism, and today it is a large park system featuring over 11,000 acres of property.

The mission of CCPRC is to improve the quality of life in Charleston County by offering a diverse system of park facilities, programs and services. The park system features four land parks, three beach parks, four seasonally lifeguarded beach areas, three dog parks, two landmark fishing piers, three waterparks, 19 boat landings, a skate park, a historic plantation site, a climbing wall, a challenge course, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities.

CCPRC offers a variety of canoeing, stand up paddleboard and kayaking skills classes and trips, including educational outings for beginner to expert paddlers. From day-trips, weekend skills classes, to certification courses, their ACA-certified paddling instructors and trainers focus on safety and fun. Learn the essentials needed to make your paddling experience an enjoyable one from our friendly and knowledgeable instructors. Serving over 25,000 individuals of all ages and abilities annually, our Outdoor Adventure Program is the first of its kind to be accredited by the Association for Experiential Education. CCPRC also brings you the East Coast Paddlesport & Outdoor Festival every April.

For more information on CCPRC, visit www.charlestoncountyparks.com.



ACA Pro Schools are some of the best organizations across the country to find top quality ACA-certified instruction. Plus, current ACA members receive discounts on certain Pro School instructional programs.

Please visit www.americancanoe.org/ProSchools to find a Pro School near you.

Beyond the Bay

New documentary to showcase young women on long canoe trip

This summer, award-winning filmmaker Hannah Maia will follow a group of 10 teenage girls on a seven-week canoe trip through northern Canada. Her goal is to shoot a coming-of-age documentary about young women journeying into the wilderness. This original film will be called *Beyond the Bay*.

The group of young women will be paddling traditional wood-canvas canoes along the Eastmaine River of Quebec. They'll encounter rugged terrain as they paddle remote waterways and portage untrailed

and rough areas replete with mud-holes and muskeg bogs.

Canoers will follow traditional tripping methods, including the use of leather tumplines to portage their canoes, equipment, and wainigans (wood boxes that hold supplies) full of food from one lake to the next or down unpassable sections of rivers, following maps of routes that may not have been traveled in decades. The overall course they'll be following is centuries old, and most of the methods that will be used during the

trip are the same that were used on canoe trips in Canada over 100 years ago.

How remote will these young women be? To give you an idea, they'll be riding two long days by bus from Lake Temagami in Ontario to reach the put-in along the East Maine River. Later, they will receive their one resupply via float plane while traveling.

Most nights they will be setting up a new camp, which will be broken down again in the morning, and

Portaging canoes in Quebec





A young woman carrying a wannigan using a leather tump.

cooking their meals over open fires using fire irons and a reflector oven for bannock and other baked treats. All the food eaten on the trip is prepared from scratch by the canoers themselves, with modern trip food represented only by powdered milk and eggs and some dehydrated vegetables. Favorite trip foods include bacon sliced off the smoked slab they carry; “goo balls” smashed by hand for protein-laden snacks; and camp coffee over the open fire.

Although the location will be stunning — and make for some incredible paddling! — the main focus for Maia is on the trials these young women will face as they undergo a grueling self-supported canoe trip for seven weeks in the wilderness: the bonds formed through adversity, and the sisterhood that will grow from their endurance and their shared experience of the outdoors.

“In this story we’ll see what it is for young women to step away from the digitally mediated world of teenagers today and fall in love with their own strength and resilience, with their ‘girl-tribe,’ and with the

direct experience of wild places,” said Maia, who is also director of *My Big White Thighs and Me*.

The seven-week trip Maia will be documenting is led by Keewaydin Camp, a nonprofit camp focused entirely on canoe tripping. Established in 1893, Keewaydin is steeped in history and has been using traditional methods for tripping for well over 100 years. However, it’s only in the last 21 years that girls have been allowed to join the ranks.



In addition to the pains of portage, the young women making this journey will be giving up all technology before embarking, which is perhaps one of the more impressive aspects of their journey. This “tech fast” is a practical requirement of the trip since it takes place in remote Quebec in conditions where anything

To view a video about the project and learn more, [click here](#).

can, and probably will, get wet, and there are no cell towers for miles.

In a world where we are pulled more and more down — into the screens of our phones, our TVs, our laptops, and into the day-to-day that surrounds us — this documentary will showcase what happens when young women prioritize nature and the moment, and dive into the wilderness with their arms open.

When teenage girls go into the wilderness, free from mainstream society’s expectations, precious moments of palpable, uninhibited joy and self-worth can be found, and we’re excited to document those moments this summer.

Want to be part of the journey? A Kickstarter campaign was launched April 30 to raise money to create this documentary. [Follow the canoeists on Facebook](#) or email hannah@maiamedia.co.uk to get involved. And make sure to visit BeyondTheBayFilm.com to learn more about the documentary itself!

Persistence of Muscle Memory

By Jesse Souza

It had been quite a few years since I had the opportunity to put a canoe in water and try to remember what to do with the paddle that propels that vessel. No vacation time between my medical job and volunteer fire fighting led me to forget there is a power face to a paddle.

The Wisconsin Canoe Symposium is the closest of the FreeStyle events for me at a quick 1160 miles and only 17 hours away. Since I had past experience with the skills of the staff who would be instructing me, there was no hesitation in my plan to once again become familiar with the joys being on water that is not trying to flip me in a class 3 whitewater rapid. I'm not young, the clocks are somewhat melting around me, and it was intimidating to see all the beautiful canoes with people around that know how to use them.

Staying at the Wildwood campground was a joy. There was a nice spot for my van and good solar collection at the site. Very nice, clean hot showers were the perfect com-



plement at the end of a good workout on the lake. There is a nice trail from the campground to the lake which is a great way to keep legs from getting stiff after working on canoe behavior skills. In addition, the campground featured a shore spot where it is possible to paddle from the camp to the class area. Not sure if I could stay upright, I did not take advantage of this option. But after time spent with Bob Man, Ron Young, and Lynn Dominguez, it is a definite possibility the next symposium I venture into.

The instructors can pinpoint a better paddle position, a better posture position – all while moving a nervous paddler safely around the lake. The instructors bestow

praise although I know my clumsy paddle strokes did not warrant it. I'm working on not holding my breath or biting my lip, Lynn.

Watching the demonstrations is amazing. There is so much to learn, but progress comes with each session due to the ability of highly skilled and patient instructors. The Giant Slalom was too intimidating for this time around but those prizes awarded will motivate me to try it in the future.

*Takin' it on the river...
"Creekin' FreeStyle" class
in session on the Mekan.*

I cannot comment on the food since I brought my own meals to save on the overall cost. The participants were well fed and the camp did a great job of organizing the feeding of camp kids and paddlers.





Music is a bonus. The registration encourages everyone to bring our instruments. I was the only one to bring an 'ukulele. I'm not a performer but the warmth of the people dissolves nervous amateur thoughts and it's ok to play the wrong note. Some can play every instrument with strings. Some can rip a great guitar solo. They let me in anyway. Live music – just the best. There was nothing to be afraid of. It's easy to fit like a favorite pair of shoes with the freestyle group. It was great to get those shoes wet again.

Editor's Note: Jesse got the award for having the longest drive to the event!

For more articles from Crosspost, visit www.freestylecanoeing.com.



FreeStyle Canoeing...

It's not all about the song & dance!

The functional side of FreeStyle Canoeing is often overlooked. FreeStyle is a set of strokes, maneuvers, and skills that any paddler can use in any paddling situation, from calm lakes to moving water.

Using FreeStyle techniques, you'll learn to "feel" the canoe and paddle, and become a better partner with them.

You'll learn to love every paddling experience!

Join us at these events in 2019!

Wisconsin Canoe Symposium
Pine Lake Camp, Westfield, WI June 14 – 16

Adirondack Canoe Symposium
Paul Smith's College, Paul Smith's, NY July 18 – 21

Midwest Canoe Symposium
Camp Butler, Peninsula, OH Sept 6 – 8

Pine Barrens Functional Canoe Workshop
Camp Ockanickon, Medford, NJ Oct 18 – 20

Visit us at www.freestylecanoeing.com



ACA and the Oregon Outdoor School

By Marcel Bieg, ACA Western States Outreach Director and Grant Manager

Outdoor School is a smart, time-tested, hands-on week of solid, effective science education in the field, with a more than 60-year history in Oregon.

In 1957, a field science program called Outdoor School (ODS) was launched in Oregon. It is an opportunity for students in fifth or sixth grade to move from their school classrooms into the outdoors to learn, immersed in nature. Historically ODS programs were housed in residential camps where students stayed onsite for up to five nights. While there, students learn about soil, water, plants and animals, as well as natural sciences specific to the local community and economy.

For many children, ODS is their very first experience hiking in a forest, getting their feet wet in a stream or exploring sea life along a sandy beach. For others, ODS gives them new understandings and perspectives about the natural world they thought they already knew. These seminal experiences expand young minds and can transform lives.

In November 2016, voters in Oregon passed Ballot Measure 99, which authorized the use of money from the state lottery to pay for a week-long Outdoor School experience for 5th and 6th grade students. The Gray Family Foundation, a supporting organization of the Oregon Community Foundation, has long supported Outdoor School and is a continuous part of the ODS program and development. The program has changed over the years and school districts now choose if their students will have a multi night in field experience or a week of day outings.

Over the last few months the ACA has been working through the development of the ODS Program for schools in the City of Eugene, Oregon. This is the first time the ACA had directly been a part of this process. It is critical that the most up to date techniques and in-

dustry standards are adhered to when teaching the ODS to ensure the safety of students and greatest opportunity to make kids lifelong paddlers and supporters of the natural environment.

The process began with the development of science and skills-based curriculum. Then several Instructor training sessions were implemented to ensure that Instructors would be teaching to the highest standards. Outdoor School in Eugene starts at the end of April and will work with classes from 14 separate schools throughout the city from a wide-ranging backgrounds and demographics. Each student will be exposed to the ACA program through a variety of paddle sport activities from SUP, Canoe, Kayak and Raft.



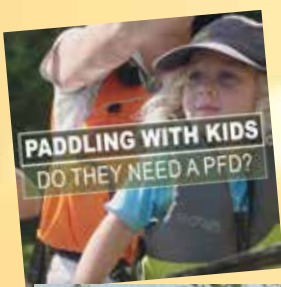
CHECK OUT THE ACA'S NEW YOUTH SAFE PADDLING VIDEOS

Last fall, the ACA released its new Youth Paddle Smart Web TV Series. Now that the weather is warming up, check out the videos to learn about taking kids out on the water safely.

This series was made possible by generous grant funding provided through the Sport Fish Restoration and Boating Trust Fund, which is administered by the United States Coast Guard. The goal of this video series is to reduce paddlesport related accidents by providing immediate knowledge through short, focused instructional videos.

The Youth Safe Paddling Series offers the following videos (all are available on the ACA's [Educational Videos webpage](#) and [WebTV page](#)):

- [Do Kids Need to Wear a Life Jacket?](#)
- [Does Your Child's Life Jacket Fit Properly?](#)
- [At What Age Can Kids Start Canoeing?](#)
- [At What Age Can Kids Start SUP?](#)
- [At What Age Can Kids Start Kayaking?](#)
- [Tips for Kayaking with Kids](#)
- [Tips for Canoeing with Kids](#)
- [Tips for Stand Up Paddleboarding with Kids](#)
- [How to Paddle with Little Ones](#)
- [Top 5 Tips for Paddling Fun with Kids](#)
- [Where to Paddle with Kids](#)
- [What to Do if You Flip with a Child](#)
- [What Gear Do Kids Need?](#)
- [Keeping Paddling Fun for Kids](#)
- [Safety Tips for Paddling with Kids](#)



Have you checked out our *paddle app game* for kids?

Paddle Quest is an animated, family-friendly way to spread the fun and excitement of paddling with children (and adults, too)! The game is the newest addition to the ACA's ongoing campaign to develop, produce, and disseminate a wide range of safety, education, and instructional programs.

With the world's young and aspiring paddlers in mind, the content of this game is not only fun, but it provides an engaging way introduce paddling safety and trip planning concepts to help make future paddling trips enjoyable for the entire family!

Visit the [App Store](#) or [Google Play](#) to download the FREE Paddle Quest app today!



Download & Play Now!



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



Earn your kayak instructor certification this May

The Chesapeake Bay Maritime Museum in St. Michaels, Maryland, is hosting an ACA Essentials of Kayak Instructor Certification course May 14-16, with participation limited, and advanced registration needed.

Participants will be led by Ben Morton, graduate of Garrett College Adventure Sports Institute and avid paddler, in this three-day, level 1 & 2 kayak instructor certification course. Participants will learn level 1 and level 2 coastal and river disciplines, while gaining confidence in managing and teaching within these environments.

For more than a decade, Morton has been honing his guiding and instructing techniques with the National Outdoor Leadership School, Nantahala Outdoor Center, Jackson Hole Kayak School, Costa Rica Rios, DeRiemer Adventure Kayaking, Otter Bar Lodge Kayak School, New Zealand Kayak School, and Wilderness Rescue International, among others.

The course takes place each day 8:30 a.m.-5 p.m., with the cost set at \$420 per person, with a 20% discount for CBMM members. The ACA instructor manual and kayak rental are included in the course registration fee. To register, go to cbmm.org/kayakcertification.

Participants will be responsible for obtaining an ACA membership and paying instructor dues once certified. Participants should bring extra clothing, snacks, water, and a lunch. For more information, go to cbmm.org/shipyardprograms, or call (410) 745-2916.



Participants in CBMM's May 14-16 Essentials of Kayak Instructor Certification course will learn level 1 and level 2 coastal and river disciplines, while gaining confidence in managing and teaching within these environments. The course is certified by the American Canoe Association, with registration and more information at cbmm.org/kayakcertification.

UNIVERSAL



Upcoming Universal Paddling Workshops

May 30-June 2

[Universal Paddling Workshop](#)
Northeast Passage/Pawtuckaway Lake
Durham, New Hampshire

September 19-22

[Universal Paddling Workshop](#)
Big Bay, Michigan

Visit the [Universal Event Calendar](#)
to stay up-to-date on APWs
happening near you!



Universal Paddling Seat opens paddling to everyone



[Creating Ability's](#) Universal Paddling Seat for Canoes was designed with one purpose in mind: to open the sport of paddling to everyone. Regardless of the level of support needed, the seat provides as much or as little support as a paddler needs.

The back structure consists of pelvic, lateral, lumbar, and upper-back supports. The back has several vertical adjustments to fit different torso lengths and types. The upper unit (the upper-back rest and laterals) can be adjusted independently or removed completely, for those who don't need the high-level support.

Please visit the Adaptive Paddling section of the [ACA eStore](#) for more information on all of the adaptive equipment available for purchase.

Don't forget to log in for ACA member pricing!

A photograph of a person in a red canoe on a river, surrounded by large, leafy trees. The scene is peaceful and scenic. The text 'NEWS NEAR YOU' is overlaid in large, orange, sans-serif font.

NEWS NEAR YOU

ACA announces 2019-21 State Directors

In 2014, the ACA kicked off the [State Director Program](#). Since that time, this volunteer-based program has provided funding and support for a variety of state projects ranging from getting schoolkids out on the water for the very first time, to furnishing safety signage for a particularly dangerous section of a whitewater river where several deaths had recently occurred. New paddlesport competitions have been started, and paddlers have had local and state representation for issues that affect them.

The ACA State Directors and their Executive Council members provide the ACA's national headquarters with the necessary information to enable the organization to arrange support for the issues, projects, and events that affect paddlers in the states.

In January, the ACA held elections for state directors. Results were tallied and the current state directors are listed to the right.

A few states still have open State Director positions. If interested, please apply through the website: [www.americancanoe.org/StateDirectors List](http://www.americancanoe.org/StateDirectorsList).

The states currently with a vacancy are Alabama, Connecticut, Hawaii, Louisiana, Maine, Massachusetts, Minnesota, Utah, U.S. Virgin Islands, and Wyoming.



State	Name	Official Email Address
AL	Jimmie Cummings	alstatedirector@americancanoe.net
AK	Levi Hogan	alstatedirector@americancanoe.net
AZ	Andrew Huff	azstatedirector@americancanoe.net
AR	Rob Moody	arstatedirector@americancanoe.net
CA	Jamie Eubanks	castatedirector@americancanoe.net
CO	Lynne Carpenter	costatedirector@americancanoe.net
DE	Chris Beckman	destatedirector@americancanoe.net
DC	Meredith Waters	dcstatedirector@americancanoe.net
FL	Wayne Douchkoff	flstatedirector@americancanoe.net
GA	Laura Clower	gastatedirector@americancanoe.net
ID	Zach Mason	idstatedirector@americancanoe.net
IL	Jennifer Hahn	ilstatedirector@americancanoe.net
IN	Joyce Hayes	instatedirector@americancanoe.net
IA	Jennifer Kammeyer	iastatedirector@americancanoe.net
KS	Jay Jeffrey	ksstatedirector@americancanoe.net
KY	Gerry James	kystatedirector@americancanoe.net
MD	Paula Hubbard	mdstatedirector@americancanoe.net
MA	Mike Morrison	mastatedirector@americancanoe.net
MI	Michael Gray	mistatedirector@americancanoe.net
MS	Kelly McGinnis	msstatedirector@americancanoe.net
MO	Perry Whitaker	mostatedirector@americancanoe.net
MT	Branchley "Lee" Beers	mtstatedirector@americancanoe.net
NE	Jordan Messerer	nestatedirector@americancanoe.net
NV	Jonathan Riezman	nvstatedirector@americancanoe.net
NH	Paul Berry	nhstatedirector@americancanoe.net
NJ	Paul Serduik	njstatedirector@americancanoe.net
NM	Robert Levin	nmstatedirector@americancanoe.net
NY	Mike Cavanaugh	nystatedirector@americancanoe.net
NC	Doug Stager	ncstatedirector@americancanoe.net
ND	Matthew Sherrard	ndstatedirector@americancanoe.net
OH	Christine Cancian	ohstatedirector@americancanoe.net
OK	Clark Miller	okstatedirector@americancanoe.net
OR	Salmon "Sam" Norgaard-Stroich	orstatedirector@americancanoe.net
PA	Joel Johnston	pastatedirector@americancanoe.net
PR	Omar Ramos	prstatedirector@americancanoe.net
RI	Mark Allio	ristatedirector@americancanoe.net
SC	Jefferson Atkins	scstatedirector@americancanoe.net
SD	Patrick Wellner	sdstatedirector@americancanoe.net
TN	Andrea White	tnstatedirector@americancanoe.net
TX	Bruce Bodson	txstatedirector@americancanoe.net
VT	Jake Taylor	vtstatedirector@americancanoe.net
VA	SarahBeth Dinwiddie	vastatedirector@americancanoe.net
WA	Brent Roth	wastatedirector@americancanoe.net
WV	Meghan Roberts	wvstatedirector@americancanoe.net
WI	Luke Martz	wistatedirector@americancanoe.net

MEMBERSHIP



USCG photo

INSTRUCTOR CANDIDATE PACKETS

ACA Instructor Candidate Packets are the latest resource to assist you in preparing your Instructor Candidates before their certification course. They are sold in packs of 10.



Each ACA Instructor Candidate Packet contains:

- ACA Imprinted folder
- ACA National Paddlesports Instruction Program Overview
- Instructor FAQ sheet
- Adult waiver
- Course Evaluation form
- Essential Eligibility Criteria (EEC)
- Skills Course Registration & Report forms
- Assessment Course Registration & Report forms
- Benefits of ACA Membership flyer
- ACA sticker
- SEIC Manager's business card
- An empty slot for your business card

For more information on member benefits, please visit www.americancanoe.org/Benefits.

ACA OUTFITTER, LIVERY & GUIDE SPOTLIGHT



If you're looking for an exciting paddling experience on the water in Fort Lauderdale, Blue Moon Outdoor Adventures is the place. Their passionate, fun-loving team is excited to provide interactive kayak tours to locals and vacationers alike. From their renowned Full Moon Kayak tours to their themed float adventures and training opportunities, Blue Moon offers an experience for everyone. There is absolutely nothing they love more than sharing the wonders and magic of our beautiful waterways with others – they can't wait to help you paddle off toward adventure!



Find an ACA outfitter near you
using the convenient [search tool](#) on our website!

Give the Gift of an ACA Membership



Give your paddling friend or family member an ACA Gift Membership so they can support safe, enjoyable paddling and protection of America's recreational waterways.

The ACA is the nation's oldest paddlesports organization. Thanks to the support of our members, we have been making the world a better place to paddle since 1880!

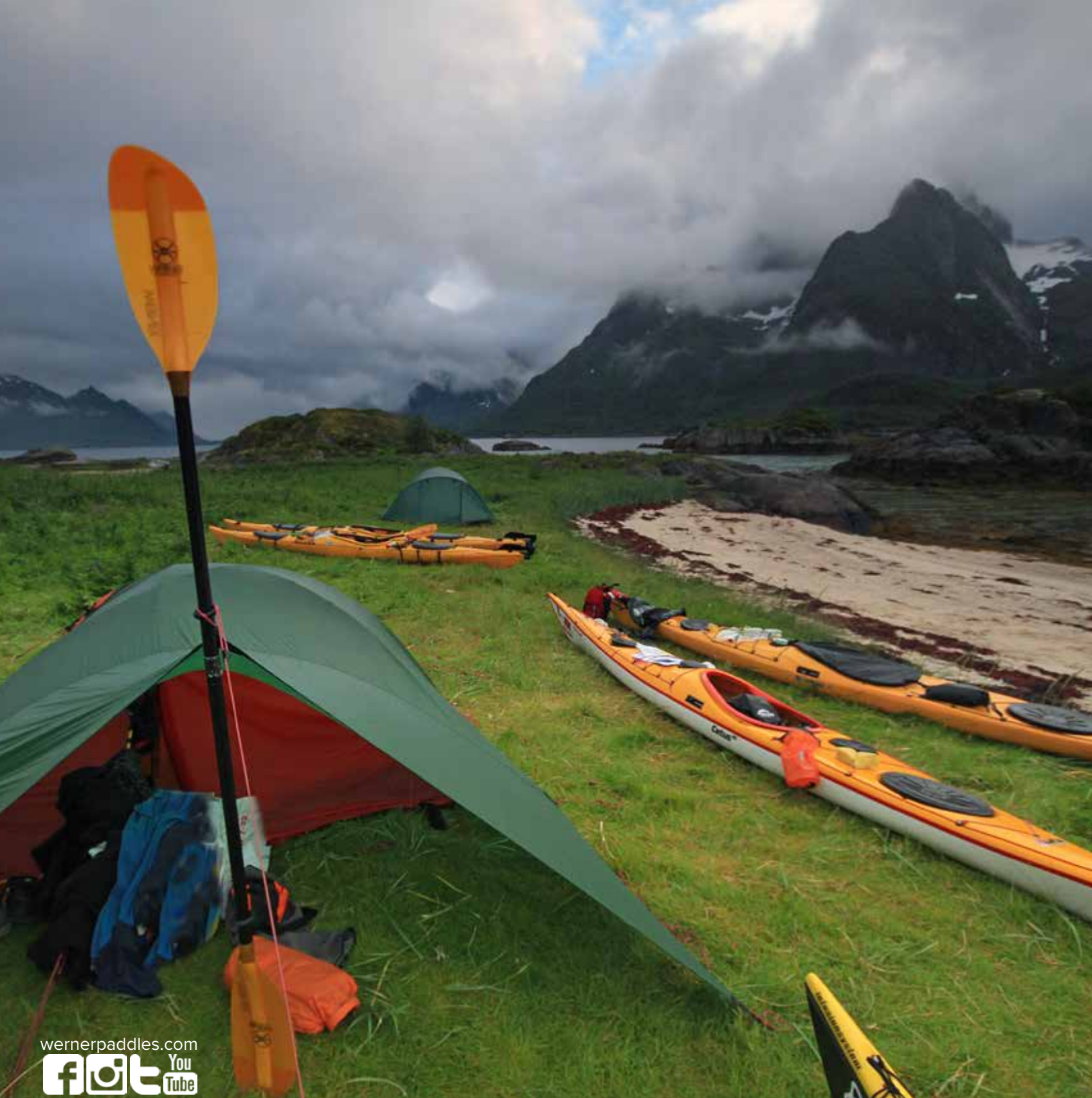
As an ACA member, your gift recipient will enjoy the following benefits:

- [Subaru VIP Program](#)
- [Stewardship](#) support
- [Public Policy](#) representation
- Free [Rapid Media](#) subscription
- Reduced admission to thousands of ACA sanctioned [events](#) and races each year
- [Pro Deals](#) for certified instructors
- Bimonthly [Paddle](#) eMagazine featuring local, regional, and national paddlesport issues
- [Members only discounts](#)
- Discounts on ACA [merchandise](#)
- And [more!](#)

It's easy to give an ACA Gift Membership using our safe and secure [online form](#). Or, if you prefer, you can make your gift by mail or phone:

ACA | Canoe - Kayak - SUP - Raft - Rescue
Attn: Membership Department / Gift Membership
503 Sophia Street, Suite 100
Fredericksburg, VA 22401
(540) 907-4460 ext 109

After purchasing your gift membership, you will receive a confirmation email with a downloadable gift announcement (PDF file) to give to the receiver.



wernerpaddles.com



American Rivers
Rivers Connect Us



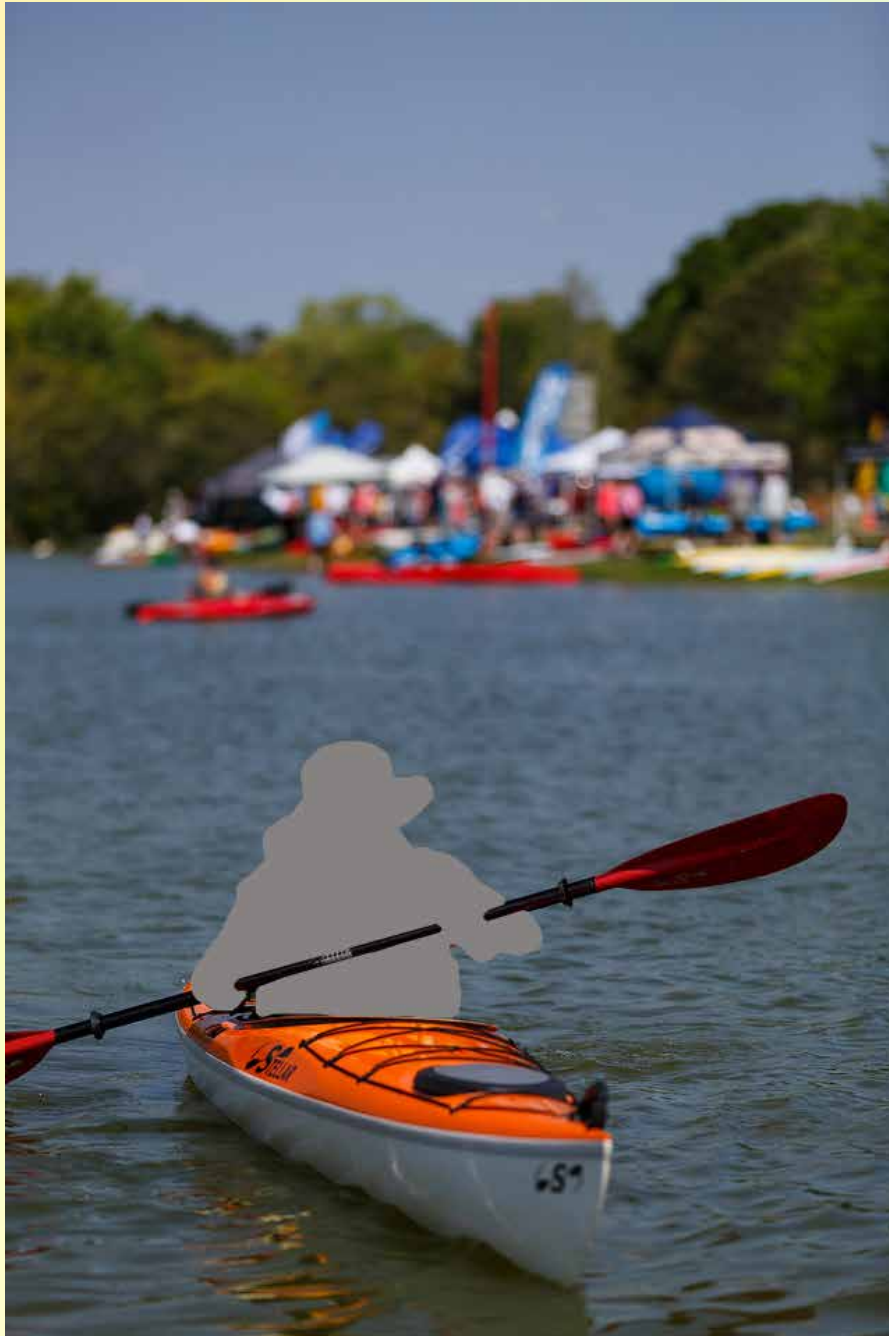
**HEALTHY
WATERS**



When you purchase a Werner Paddle you are helping to support our non-profit partners through Werner's Healthy Waters program. **PADDLE | May 2019 | Page 46**
Healthy Waters, helping to protect the places we all paddle.



Member Photo *of the* Month



Send us your photos!

We'd like to showcase your outdoor adventures.

Please send photos (along with a brief description) to ACA Paddle eMagazine Editor Kimberly Jenkins at kjenkins@americancanoe.org to be featured in a future issue of Paddle.

COMPETITION



Rok Sribar photo

ACA SPRINT TEAM TAKES THE STAGE AT CANOECOPIA

By Marsh Jones, ACA Competition Council Chair

Why would ACA's National Sprint Team be on stage at [Canoecopia](#), the largest retail paddle expo in the nation? To begin introducing athletes to the general paddling public!

Thanks to sponsorship from Gordon and Lili Colby of [MTI life jackets](#), four ACA members traveled to Madison, Wisconsin, to speak at the event, including staff representatives [Kelsey Bracewell](#) and [Marsh Jones](#), Team USA member [Stanton Collins](#), and winner of the [next Olympic hopeful](#), [Shaye Hatchette](#).

Bracewell opened the ACA's presentation with an overview of the organization, its role in paddle-sport competition, and a description of how athletes and supporters can get involved. Collins and Hatchette continued, speaking about their respective journeys toward Tokyo 2020, their training programs, and their connections to paddling in general.

For MTI's Lili Colby, the event was a success. And Jones shared that he and Bracewell look forward to returning to Canoecopia in 2020.

Senior sprint kayakers Collins and Hatchette are off next to Oklahoma City for ACA's Sprint and Para National Team Trials, where they'll compete for the opportunity to represent Team USA at the 2019 [Pan American Games in Lima](#) and the [World Championships in Hungary](#).



Lili Colby photos



Ready, Set, Mark Your Calendars!

Don't miss these upcoming races...
(Click race name for more info)

- | | |
|---------------|--|
| May 23-26 | <u>2019 ICF Paracanoe World Cup</u>
Poznan, Poland |
| May 25 | <u>2019 Canoe Poling National Championships</u>
Winchester, New Hampshire |
| May 31-June 2 | <u>2019 ICF Canoe Marathon World Cup</u>
Berum, Norway |
| June 1 | <u>39th Great Rappahannock Whitewater Canoe Race</u>
Fredericksburg, Virginia |
| June 1 | <u>Kayak for the Warriors Kayak/Paddle Board Race</u>
Pine Knoll Shores, North Carolina |
| June 14-16 | <u>2019 ICF Canoe Slalom World Cup 1</u>
Lee Valley, United Kingdom |
| June 15 | <u>Inaugural Olympic Park Paddle-Mania</u>
Lake Lanier Olympic Park
Gainesville, Georgia |
| June 21-23 | <u>2019 ICF Canoe Slalom World Cup 2</u>
Bratislava, Slovak Republic |
| June 28-30 | <u>2019 ICF Canoe Slalom World Cup 3</u>
Ljubljana, Slovenia |
| July 5-6 | <u>2019 Pan American Paracanoe Championships</u>
Sao Paulo, Brazil |
| August 7-10 | <u>2019 ACA Sprint National Championships</u>
Gainesville, Georgia |
| October 10-13 | <u>2019 Canoe Marathon Masters World Cup</u>
Shaoxing, China |

Athletes selected in *team trials* last month

Congratulations to all coaches and athletes for some great racing in Oklahoma City last month during the National Team Trials. Thank you to all the volunteers and officials and to the people of [OKC Riversport](#) for their hard work and generous hospitality!

The 2019 USA Sprint Canoe Kayak Pan American Games, Senior World Championships, and JR/U23 World Championships Teams can be found on our website, [here](#).

The 2019 USA Canoe Slalom and Extreme Canoe Slalom athletes who will represent the USA at international events can be found on our website, [here](#).

ACA supports Whitewater Slalom



The ACA has set a goal of raising \$100,000 to support the development and promotion of whitewater slalom in the United States. The funding will directly support development initiatives with slalom paddling clubs around the country.

The ACA is glad to be able to support the athletes and clubs across the United States as they strive for excellence at the national and international levels.

Thank you to those who have already supported this cause. It is because of ACA members like you that our athletes will have the best opportunity to stand on top of the podium at the 2020 Tokyo Olympics.

Please consider [supporting the program today](#).

ICF looks at way to increase women in decision-making roles

The [International Canoe Federation](#) must embrace upcoming opportunities to increase the representation of women in decision-making positions, according to the chair of the federation's Diversity and Inclusion Commission, Cecilia Farias.

Farias was speaking after the fourth edition of the International Federations Gender Equality Forum in Lausanne, Switzerland, in mid-April week. The International Olympic Committee, the Association of Summer Olympic International Federations and the Association of International Olympic Winter Federations all took part in the meeting.

The current status of gender equality in sport within the International Sports Federations framework was presented, with the general consensus that not enough women are in decision-making positions and more needs to be done to increase the numbers.

"We shared best practises and initiatives of funding women athletes via projects such as the Canoe Women Project of the ICF," Ms Farias said.

"This year we are organizing the seventh ICF Women's Canoe Cup. The first five were organised with the cooperation of the Boulogne Canoe Federation, the last two with

the cooperation of the Hungarian Canoe Federation.

"They were key partners for the progress of this project. The need of supporting the canoe men brought us to modify it into, simply, a single overall canoe project."

The meeting identified the need to provide better funding for women in decision-making . "This was considered



International Olympic Committee photo

vital in order to avoid marginalisation and unconscious bias," Farias said.

"Next year, the Olympic Games will be the most important reunion of the canoeing family in Tokyo, along with the next ICF congress in Manila," she said.

"A number of board and committee positions will be open and as many competent women as possible should be encouraged to run for election. The ICF standing committees currently have at least one woman member, though there are no females in the position of chair.

"The establishment of quotas for the participation has been an effective tool and we shall be consistent on its use. The women currently in positions of decision must encourage women to run for elections, to become the chairs of the groups on which they have been working for years, gaining knowledge and experience."

Farias said serious consideration should be given to sponsoring women to progress on their careers in sport.

The former ICF Women Committee, which has evolved into the Diversity and Inclusion Commission, has been working to lift representation of minorities across the board.

It produces the ICF equity charter, and

helped modify statutes to increase the participation of women as congress delegates, and executive and standing committee members.

Prize money for male and female athletes in ICF events are equal, and the selection of judges for ICF events have to consider equality based on the received nominations.

Seminars and meetings are being held to analyse and understand better the structures and the incorporation of women in canoeing in different capacities.

Improving speed with athlete development curves

Article and images by Dan Henderson

Are you on track to make finals as a senior? Do you know how fast you need to paddle at different ages to get on track and stay there? If you aspire to compete at the world level, you'll need to learn how to answer these questions.

Speed isn't something many athletes can begin developing when they're 18 or older. There's just too much to develop, competitors from other countries are already very fast, and the gap to catch up increases each year.

The top racers in the world develop speed faster than others, so a fundamental approach to training must be to accelerate the rate of development.

Getting fast takes several years, and that process needs to start as early as possible, ideally between the ages of 10 and 13. The development curves explained here will help you figure out how fast you need to develop to be competitive. Then you can chart your progress and make a plan to get on track or stay there.

At what age do you need to decide to pursue world-level goals?

In most of the top countries, Hungary for example, young athletes spend a lot of time learning to paddle, developing aerobic endurance and technique, and learning to love racing and training. The pre-teen and early teen years, up to age 14, are an ideal time to learn complex motor skills – like paddling technique. They're also one of the best times to develop general aerobic endurance, as recommended by the ACA's Long-Term Athlete Development Model.

Sometime between the ages 14 and 16, most of today's top paddlers decided to pursue high-level goals. If you're headed in that direction, you should too. The earlier you make your decision, the greater the likelihood you'll achieve success.

During the mid-teenage years, your body can develop endurance, strength, body mass, and power faster than at any other time in your life – giving you an opportunity to make the most of those raging hormones! The younger you make your decision during this period, the greater your chances of being competitive as an adult. Choosing not to make a decision is the same as choosing not to pursue high-level goals.

You may be thinking: *I'm already getting faster.* All healthy kids get faster as they get older. They get bigger, heavier, stronger, and gain in endurance just by growing from child to adult. As they spend more and more time in the boat, they develop their stability and technique. They will improve, even without much training. They may even be competitive in the USA. But at some point, those who are training really hard move ahead, and those who don't train to accelerate their development fall behind.

Creating Development Curves

The graphs pictured on the next two pages represent hundreds of Age Group, Junior, U23, and Senior race results.

For younger age groups, they record results from the Budapest and Country Championships in Hungary. There are so many paddlers in Hungary, they have one National Championship for the Budapest clubs (my club in Hungary had 600 kids) and another for the rest of the county.

For older age groups, they record Olympic Hopes Regatta and World Championships (Junior, U23, Senior) times, with minor adjustments for bad weather conditions.

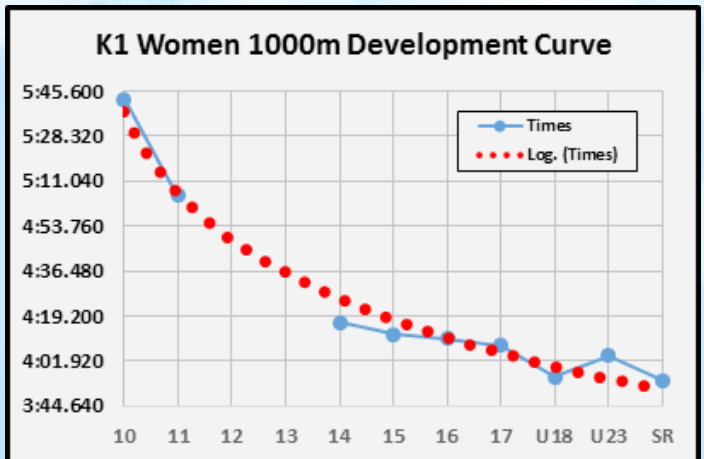
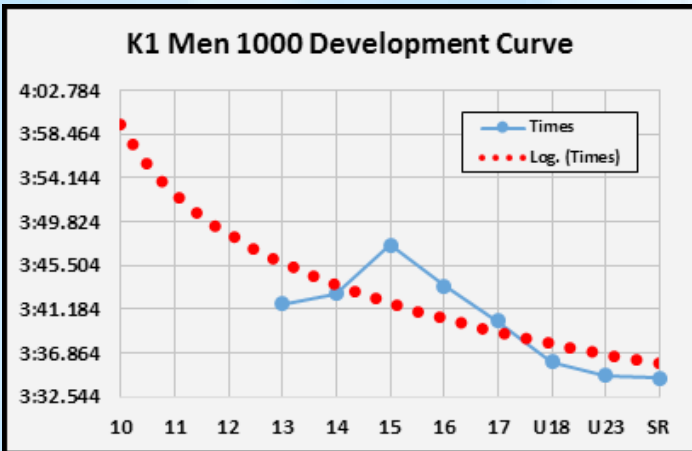
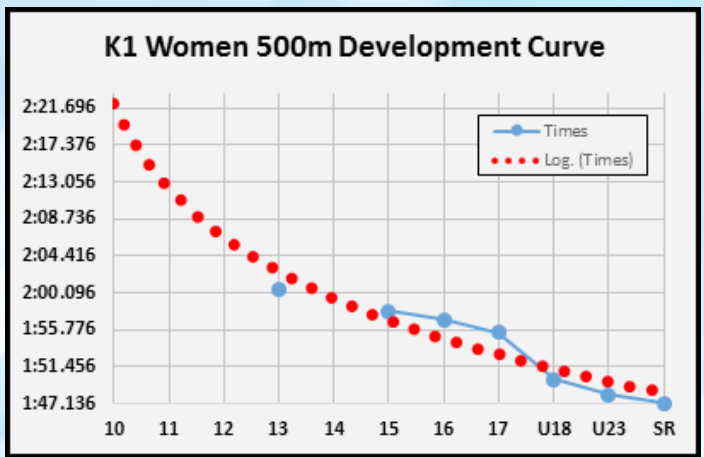
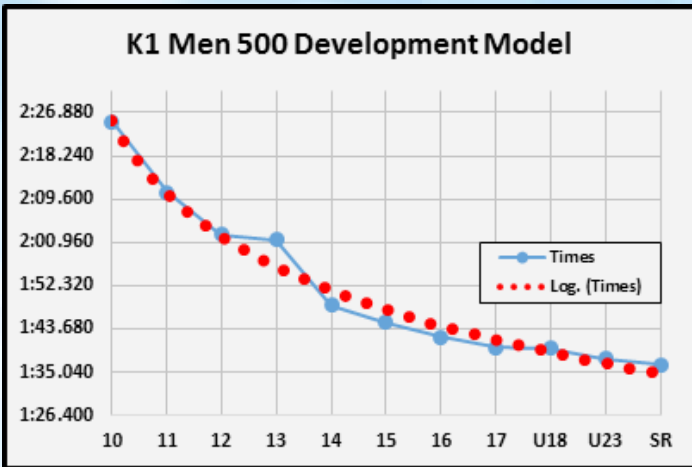
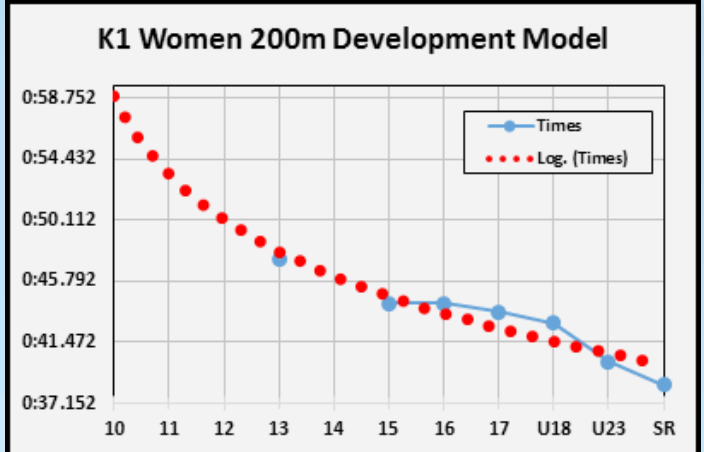
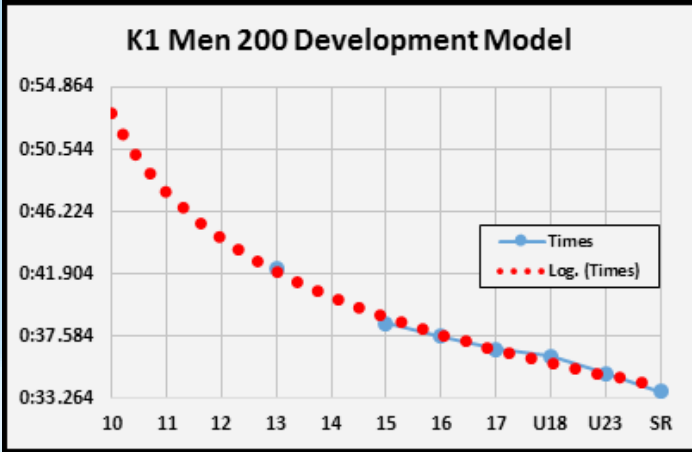
From these two data sets, I used a logarithmic regression to create a set of development curves that describe world championship level speeds at different ages. The blue lines represent actual times, while the red dots are the regressions. Pretty fast times, aren't they!



The Development Curves

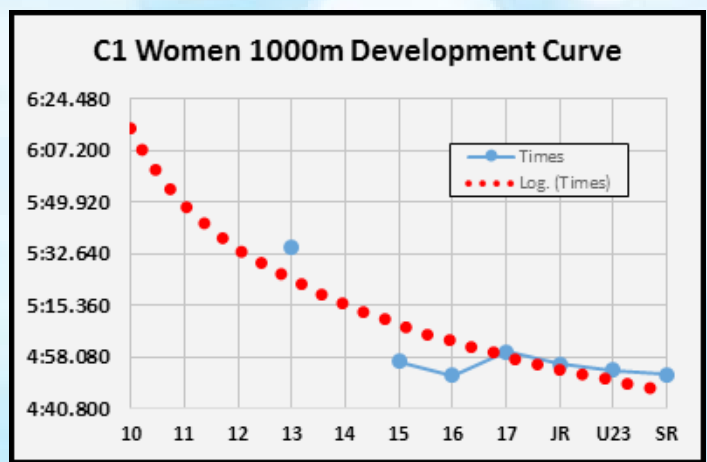
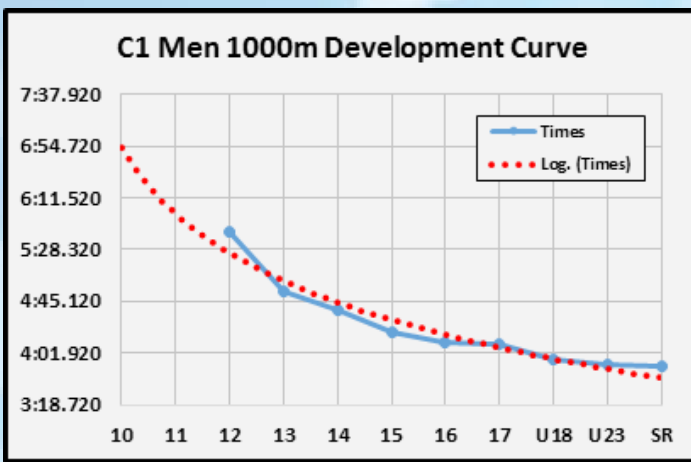
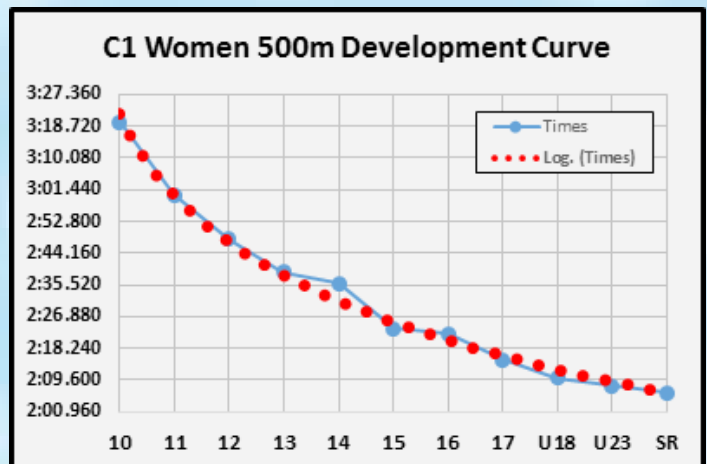
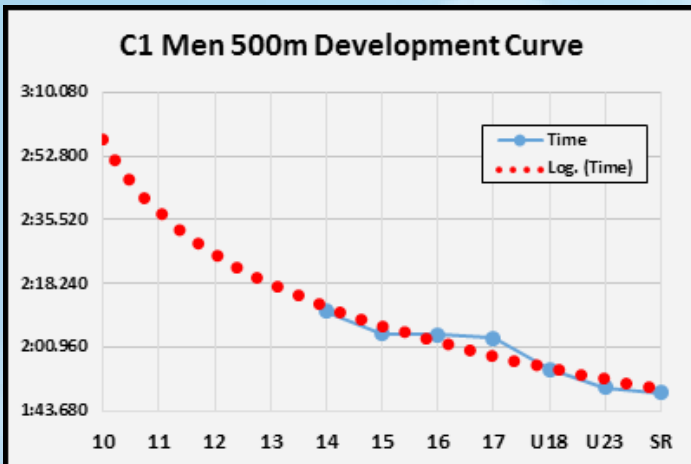
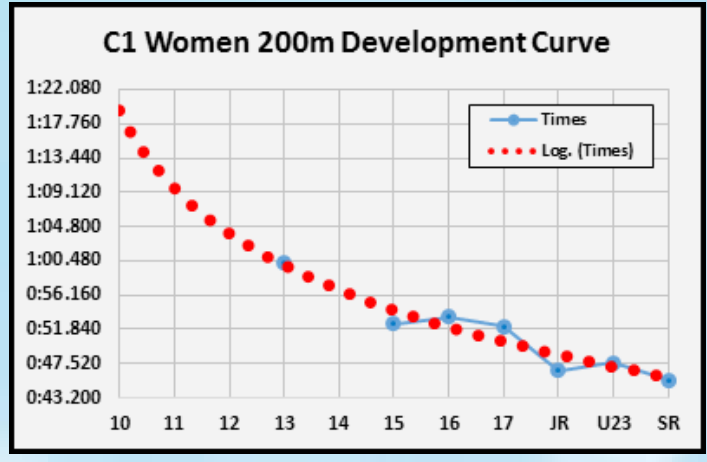
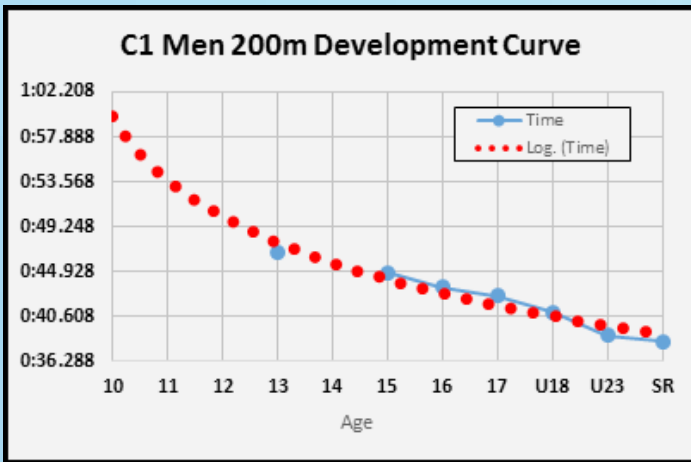
Men's Kayak

Women's Kayak



Men's Canoe

Women's Canoe



Use Your Development Curve to Track Your Progress

Now that you have a development curve model to follow, plot your times next to the curve each year. Then draw your curve by connecting the dots.

If you're **on the development curve**, you're as good as the best in the world and on target to achieve your goal. Keep up the great work!

If your curve is **above but approaching** the development curve (slower but steeper slope), that's a very good track. Every athlete develops at a different rate and matures on a unique timeline. If you're above the curve and approaching it, keep up the good work! If you keep the slope of your curve on an intersect course with the development curve, you'll intersect eventually.

If your curve is **trending away** from the development curve (slower with a flatter slope), talk with your parent(s) or guardian, coach, and club leaders about how to increase your rate of development. If your curve is moving away from the development curve for more than a year or two, it will be difficult to get on track.

The last scenario is that **your curve parallels the development curve** (slower with the same slope). This is the most common curve for the Seniors on Team USA. It means you're improving, but at the same rate as the best in the world, so you're not closing the gap. It also means your percentage off the winning times is consistent, but your rank is probably falling off year-after-year. That's because as you get closer to the top level, there are more and more athletes who are closing the gap between the top racers - who are on the curve - and you. To make



a change, you, your parents/guardian, coach, and club leaders need to develop a plan to accelerate your rate of development.

The development curves are not static! Every year, the race results used to create development curves improve, so targeting a certain speed many years out is not recommended because when you get to that age, the targeted time will be too slow.

Train To Achieve

Americans are capable of training and racing at a level where they reach the top of the podium at the World Championships and Olympic Games. And the leadership in clubs and the ACA are capable of providing the opportunities necessary for American youth to be champions, see the Stars and Stripes raised, and hear the Star-Spangled Banner played to honor the efforts of athletes and those who provided support. We can do this - let's get going!

Editor's Note: A more complete article including training recommendations can be found on Dan's [website](#).

About the Author

[Dan Henderson](#), head coach at Cascade Canoe & Kayak Racing Team in Bothell, Washington, is a past member of the U.S. Team and four-time bronze medalist in C2 at the Pan American Championships. He trained and raced in Hungary for four seasons, has 29 years' coaching experience, is a past U.S. Team Leader and Coach at the World Championships and Olympic Hopes Regatta, and is co-author of the *International Canoe Federation Level 1 Coaching Manual*, 1st Edition.

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Paddling History

Canoe poling, 1914



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