

THE JPE

JOURNAL OF PADDLESPORTS EDUCATION

FOLLOW US TO THE PUT-IN



GRIER FRICKS

INSTRUCTOR OF THE MONTH

APRIL SPOTLIGHT

ACA STATE DIRECTOR PROGRAM

SUPIN' ON THE RIVER!

**COLLEGIATE CHAMPIONSHIPS—
SOUTHEAST STYLE**

>> ASTRAL BUOYANCY
INSTRUCTOR PRODEAL
>> ACA'S NEWEST GREEN
AFFILIATE

PHOTO: CLAIR LAGER
KANE'OHE BAY, HAWAII





COASTAL KAYAK EXPEDITION—SEA OF CORTEZ

PHOTO: GREG ROLF

A person wearing a hat and a red jacket is sitting in a red kayak on a calm body of water. The water is clear, showing the sandy bottom and some rocks. In the background, there are large, rugged mountains under a clear blue sky.

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KOKATAT INSTRUCTOR OF THE MONTH GRIER FRICKS OF KAILUA, HAWAII

GRIER BEGAN HER PADDLING CAREER AS A RAFT GUIDE AT THE NANTAHALA OUTDOOR CENTER (NOC), GUIDING COMMERCIAL RAFT TRIPS ON THE FRENCH BROAD RIVER. SINCE THAT TIME, SHE HAS RELOCATED TO KANE'OHE

BAY, HAWAII WHERE SHE WORKS AT HOLOKAI KAYAK & SNORKEL. SHE IS THE EDUCATION COORDINATOR FOR A PROGRAM CALLED KAMA'AINA KIDS, WHICH PROVIDES EDUCATIONAL OPPORTUNITIES FOR CHILDREN TO LEARN ABOUT WATER SAFETY; SHE ALSO WORKS WITH SPIRIT OF AMERICA TO PROVIDE KAYAKING, CANOEING, AND SAILING OPPORTUNITIES FOR STUDENTS AT LOCAL KAHALU'U ELEMENTARY SCHOOL.

GRIER'S FAVORITE PLACE TO PADDLE IS KANE'OHE BAY—THE LARGEST BAY IN THE STATE OF HAWAII. SHE RECENTLY COMPLETED ONE OF HER MOST MEMORABLE

PADDLING TRIPS – SHE STARTED FROM THE NORTH END OF KAILUA BAY, PADDLED TO THE ISLAND OF MOKU MANU, AND RETURNED THROUGH KANE'OHE BAY.

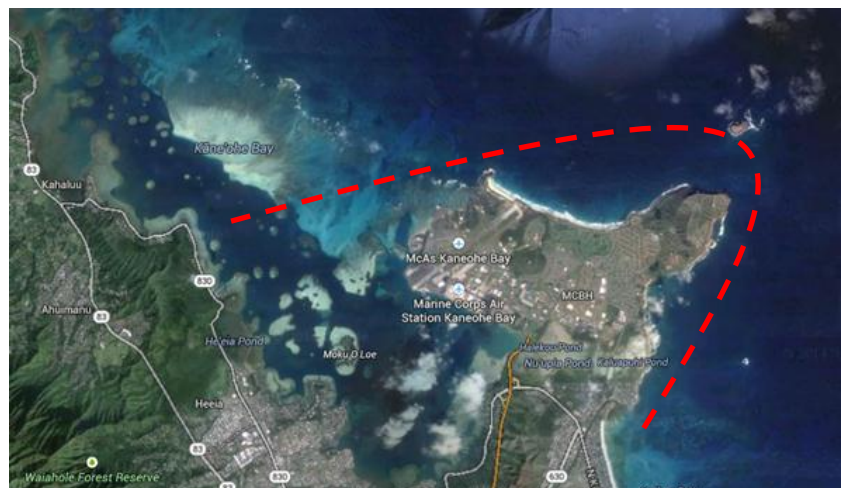
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made in arcata, ca



PHOTO: RUSSEL MULLIN



PHOTO: CLAIR LAGER



APRIL 2014



BECOME A SUBARU VIP

WHEN ASKED WHY SHE DECIDED
TO PURSUE ACA CERTIFICATION,
SHE SAID, "THE ACA REPUTATION
SPEAKS FOR ITSELF, AND I AM
PROUD TO BE A PART OF IT!"

THANK YOU GRIER, FOR MAKING
THE WORLD A BETTER PLACE TO
PADDLE!

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TO NOMINATE A GREAT
INSTRUCTOR, PLEASE SEE THE
[KOKATAT INSTRUCTOR OF THE
MONTH PAGE.](#)

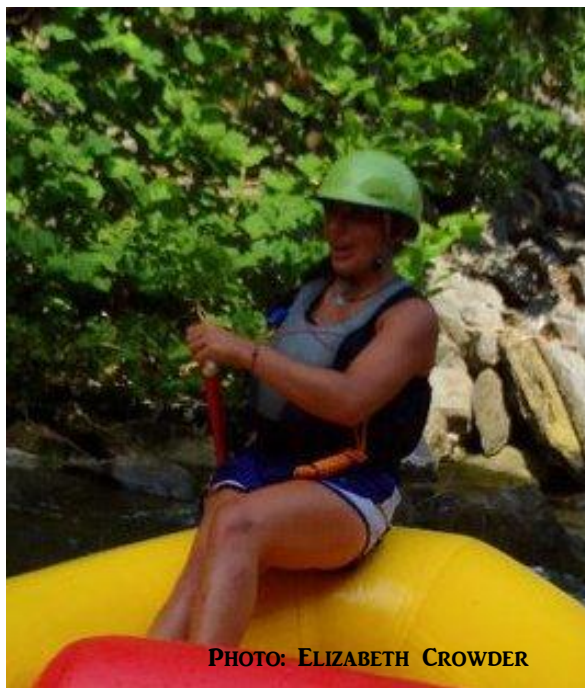


PHOTO: ELIZABETH CROWDER





ACA STATE DIRECTOR PROGRAM

**ARE YOU INTERESTED IN VOLUNTEERING FOR THE ACA
IN YOUR STATE?**

AS A NATIONAL ORGANIZATION, IT CAN BE DIFFICULT TO KNOW ALL THE PADDLING ISSUES IN EVERY STATE. TO THAT END, WE ARE SEEKING ACA MEMBERS WHO ARE INTERESTED IN VOLUNTEERING AS STATE DIRECTORS TO BRIDGE THE GAP BETWEEN THE ACA AND PADDLERS ON THE GROUND (AND IN THE WATER).

THE MISSION OF THE STATE DIRECTOR PROGRAM IS TO INCREASE THE EFFECTIVENESS OF THE ACA AT THE STATE LEVEL BY:

- **FACILITATING COMMUNICATION BETWEEN PADDLERS AND THE ACA NATIONAL OFFICE**
- **FOSTERING COMMUNITY RESPONSIBILITY IN PROTECTING AND PRESERVING PADDLING ENVIRONMENTS**
- **ASSISTING OTHERS WITH ACQUIRING THE NECESSARY SKILLS TO SAFELY ENJOY LOCAL WATERWAYS**
- **PROMOTING PADDLESPORT COMPETITION AT THE LOCAL AND STATE LEVEL**

FOR MORE INFORMATION ABOUT THIS NEW PROGRAM, PLEASE VISIT [OUR WEBSITE](#).

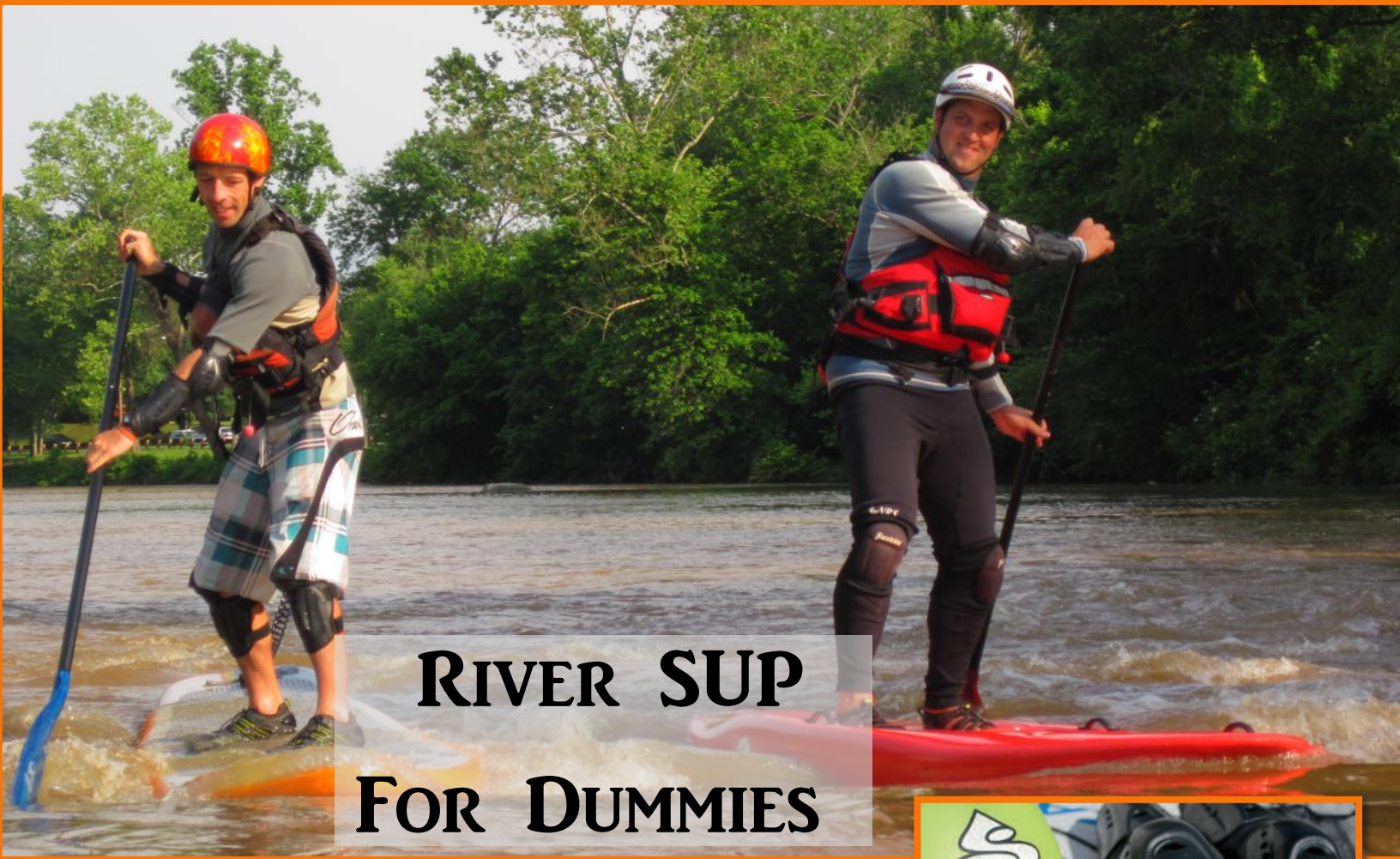
TO APPLY, FILL OUT AN [ONLINE APPLICATION](#).

APPLICATION DEADLINE IS APRIL 15TH, 2014



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RIVER SUP FOR DUMMIES

BY RAPHAEL KUNER

FOR THOSE OF YOU LIVING THE 'FLIP THROUGH' LIFESTYLE OF BROWSING MAGAZINES AND WEB PAGES FOR INFORMATION ABOUT SUP, 'TIPS AND TRICKS,' ATHLETES PUSHING THE LIMITS, OR NOTABLE SUP EVENTS, YOU HAVE DISCOVERED THE INCREDIBLE POPULARITY OF SUP— RIVER SUP IS SPREADING LIKE A VIRUS; IT IS FASCINATING AND VERY ADDICTING! I KNOW MORE OPEN CANOEISTS AND KAYAKERS THAN RIVER SUPERS, BUT THOSE WHO MAKE THE SWITCH TO 'STANDING UP,' ARE INSTANTLY HOOKED! I'LL ADMIT, I'M HOOKED TOO, AND I HOPE TO HELP YOU CONVERT FROM SITTING OR KNEELING TO THE AMAZING WORLD OF STANDING UP ON THE RIVER.



WHERE TO PADDLE?

AS A BEGINNING RIVER SUPER, THE IDEAL SPOT TO BEGIN IS A RIVER LOCATION WITH CONSTANT, YET SMALL CURRENTS. THIS LOCATION PREFERABLY WOULD ALSO HAVE WELL DEFINED EDDIES, AND VARIOUS ROCKS. ON A SUP, SMALL FEATURES AND RIVERS THAT YOU 'GREW OUT OF' BECOME EXCITING AND CHALLENGING AGAIN.



PHOTOS: STEFAN MUNSCH

EQUIPMENT- BOARDS



INFLATABLE SUPS ARE THE MOST COMMON TYPE OF BOARDS USED IN THE RIVER SUP ENVIRONMENT. THEY ARE MANUFACTURED TO BE TOUGH AND RESISTANT TO SCRAPES AND BUMPS WITH ROCKS AND BRANCHES. ANOTHER BENEFIT OF INFLATABLES—FALLING ON A SOFT INFLATABLE CERTAINLY HURTS LESS THAN FALLING ON A HARD BOARD! I PREFER BOARDS WITH HIGH VOLUME—SAY, 6", AND ADDITIONAL VOLUME WILL GIVE YOU A GREATER SENSE OF SECURITY AND STABILITY AS YOU BEGIN YOUR RIVER SUP TRAINING. FINS ARE A BIG ISSUE ON THE RIVER AND I WOULD RECOMMEND CHOOSING A RIVER THAT IS DEEP ENOUGH TO AVOID SHALLOW SHOALS. BE AWARE OF STONES, BRANCHES, AND OTHER SHALLOW HAZARDS THAT CAN 'TRIP' YOUR FIN. WHILE ON MOVING WATER/RAPIDS, SOME RIVER SUPERS CHOOSE TO REMOVE THE LARGE CENTER FIN, AND INSTEAD USE ONLY THE TWO SIDE FINs.

LEAD ARTICLE CONTINUES ON P. 18



ACA MICROFIBER CAP

SOFT AND LIGHTWEIGHT, THIS CUSTOMIZED POLYESTER CAP MAKES PADDLING AND OUT-DOOR PURSUITS MORE FUN. THE BREATHABLE MICROFIBER REPELS WATER AND WICKS AWAY MOISTURE, WHILE THE UNSTRUCTURED DESIGN PROVIDES A COMFORTABLE AND FLEXIBLE FIT THAT CAN BE ADJUSTED WITH THE HOOK-AND-LOOP CLOSURE IN BACK.

**GET YOURS FROM THE
ACA [ESTORE!](#)**

APRIL 2014

2014 COLLEGIATE NATIONAL CHAMPIONSHIPS

MARCH 29-30 | DILLSBORO, NC



STUDENTS FROM HALF A DOZEN SCHOOLS COMPETED ON SATURDAY AND SUNDAY, MARCH 29-30 IN THE ACA'S COLLEGIATE NATIONAL CHAMPIONSHIPS IN DILLSBORO, NORTH CAROLINA.

RACE CATEGORIES CONSISTED OF: MEN'S AND WOMEN'S K-1 LONG BOAT, K-1 SHORT BOAT, OC-1, OC-2, THE TEAM RELAY EVENT, AND THE FIRST EVER SUP COLLEGIATE RACE, WHICH UTILIZED BIC'S ONE-DESIGN RACE FORMAT.

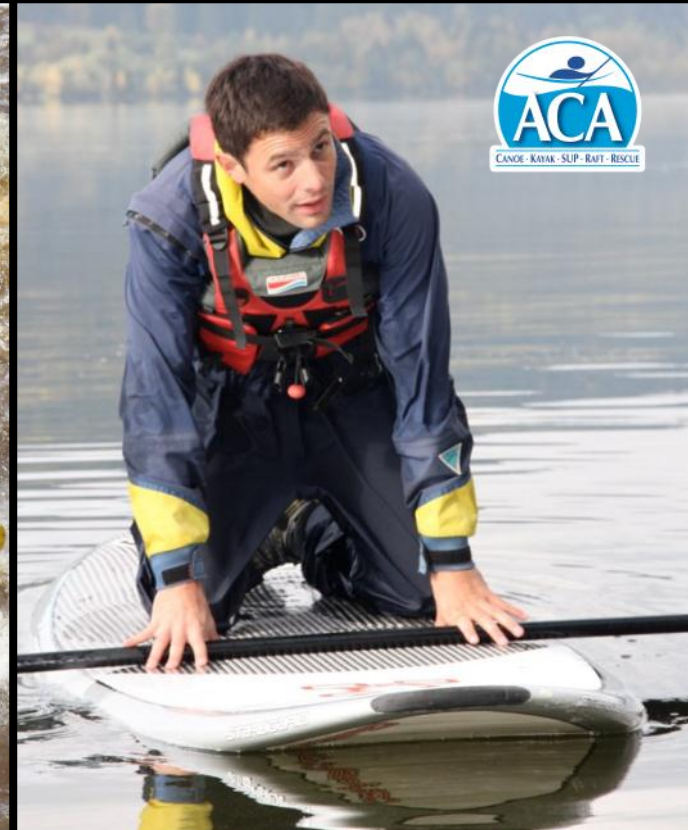
THE ACA WOULD LIKE TO CONGRATULATE ALL THE STUDENTS FROM WARREN WILSON COLLEGE, ALBION COLLEGE, HOLLINS UNIVERSITY, THE UNIVERSITY OF VIRGINIA, THE UNIVERSITY OF ALABAMA, WESTERN CAROLINA UNIVERSITY, AND SOUTHWESTERN COMMUNITY COLLEGE.

TO LEARN MORE ABOUT OUR COLLEGIATE RACING PROGRAM, AND TO READ THE FULL RESULTS FROM THIS RACE, PLEASE SEE OUR [WEBSITE](#).

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SEIC POLICY & CURRICULUM UPDATES
 COME TO THE NEXT [SEIC MEETING](#) IN GRAND RAPIDS, MICHIGAN!
SEPTEMBER 13, 2014



'QUICKSTART YOUR SUP' CURRICULUM WAS APPROVED—[CHECK IT OUT!](#)

LEVELS 2-4 [INSTRUCTOR CRITERIA](#), [ASSESSMENTS](#), AND [SKILLS COURSE OUTLINES](#) WERE APPROVED FOR BOTH OAR AND PADDLE RAFTING.

INTRODUCING THE FIRST EVER ENDORSEMENT CRITERIA FOR INSTRUCTORS WHO HOLD THE ADAPTIVE PADDLING ENDORSEMENT—TAKE A LOOK, [HERE!](#)

THE COASTAL KAYAK COMMITTEE PASSED TWO NEW MOTIONS THAT HAVE AN EFFECT ON THE [LEVEL 3: COASTAL KAYAKING SKILLS ASSESSMENT](#) AND THE CURRENT REQUIREMENTS FOR [LEVEL 5: ADVANCED OPEN WATER COASTAL KAYAKING](#) INSTRUCTOR CANDIDATES.

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QUESTIONS SHOULD BE DIRECTED TO ACA EDUCATION & OUTREACH
COORDINATOR [JOE MOORE](#).

FIND OUT MORE AT WWW.AMERICANCANOE.ORG/ADAPTIVEPADDLINGSUMMIT

REGISTRATION INFORMATION WILL BE AVAILABLE IN JUNE.

ACA Adaptive Paddling Summit

Grand Rapids, Michigan
September 15- 17, 2014



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SUBARU

GREEN AFFILIATE HIGHLIGHT: WIND & WATER LEARNING CENTER



THE ACA WOULD LIKE TO RECOGNIZE OUR
NEWEST GREEN AFFILIATE ORGANIZATION, THE
WIND AND WATER LEARNING
CENTER—LOCATED IN ORANGE BEACH,
ALABAMA.

FIND OUT MORE INFORMATION ON THEIR
WEBSITE:

[HTTP://WINDANDWATERLEARNING.COM/](http://windandwaterlearning.com/)



ASTRAL IS HAPPY TO EXTEND THEIR INDUSTRY
DEAL TO CURRENTLY CERTIFIED ACA INSTRU-
CTORS. THEIR PRO-PURCHASE PROGRAM GETS
YOU 30% OFF OF RETAIL PRICING ON OUR
PFD'S, FOOTWEAR, AND ACCESSORIES.

SAVE ON ITEMS LIKE THE [GREENJACKET](#), OR
THE [BREWER](#)!

CONTACT [KBRACEWELL@AMERICANCANOE.ORG](mailto:kbracewell@americancanoe.org)
FOR YOUR PROMO CODE!



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CHOOSE TO MAKE A DIFFERENCE

WITH WERNER PADDLES HEALTHY WATERS INITIATIVE.

WERNER PADDLES IS COMMITTED TO PROMOTING ACCESS TO RIVERS, LAKES, STREAMS AND OCEAN PADDLING. THEY ARE A VALUED INDUSTRY PARTNER OF THE ACA – THEIR SUPPORT DIRECTLY ENHANCES OUR EFFORTS BOTH TO ADVOCATE FOR CLEAN WATER AS WELL AS INCREASE ACCESS TO ALL WATERWAYS ACROSS THE COUNTRY.

REGISTER YOUR WERNER PADDLE ONLINE AND WERNER WILL MAKE A DONATION TO THE ACA'S STEWARDSHIP PROGRAM IN YOUR NAME.

SUPPORT ACCESS TO CLEAN WATER BY REGISTERING YOUR WERNER
PADDLE HERE.

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SUBARU IS THE OFFICIAL VEHICLE OF THE ACA



ACA MEMBERS ARE ELIGIBLE TO PARTICIPATE IN THE SUBARU VIP PARTNERS PROGRAM. VIP PARTNERS PARTICIPANTS CAN SAVE UP TO \$3,300* OFF THE MANUFACTURER'S SUGGESTED RETAIL PRICE (DEPENDING ON MODEL AND EQUIPMENT SELECTED) ON THE PURCHASE OR LEASE OF ANY NEW SUBARU FROM PARTICIPATING DEALERS. THIS DISCOUNT IS AVAILABLE TO ALL ELIGIBLE ACA MEMBERS. NO HAGGLING IS REQUIRED.

[CLICK HERE FOR MORE INFORMATION](#)

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ACA PROSCHOOL HIGHLIGHT



THE ROCKY MOUNTAIN OUTDOOR CENTER HAS BEEN THE PREMIER WHITEWATER KAYAKING SCHOOL IN THE ROCKY MOUNTAIN WEST SINCE 1982. OUR COZY SALIDA OUTPOST OFFERS ACCESS TO ALL SECTIONS OF THE FAMOUS ARKANSAS RIVER. OVER A HUNDRED MILES OF RUNNABLE RIVER AND THREE AWESOME WHITEWATER PARKS MAKE THIS AN AMAZING PLACE TO KAYAK, RAFT, OR STAND-UP PADDLE. THERE ARE GREAT BEGINNER RUNS WHILE CLASSIC SECTIONS LIKE BROWN'S CANYON, ROYAL GORGE, AND THE NUMBERS PROVIDE EPIC TRAINING GROUNDS FOR INTERMEDIATE TO ADVANCED PADDLERS. PROFESSIONAL COURSES ARE OFFERED IN SWIFTWATER RESCUE, AS WELL AS ACA KAYAK AND SUP CERTIFICATION. WE LOOK FORWARD TO PADDLING WITH YOU!

[CHECK OUT THE RMOC!](#)



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SUBARU

**Want to submit an article and be featured
in the ACA Journal of Paddlesport Education?
Learn more at [www.americancanoe.org/
JournalofPaddlesportEducation](http://www.americancanoe.org/JournalofPaddlesportEducation)**

**Submit
An article**

PHOTO: ROB HURST



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ACA'S FIRST

LEVEL 4: ADVANCED WHITEWATER SUP INSTRUCTOR CERTIFICATION EXAM (ICE)

>> APRIL 24-25, 2014

>> US NATIONAL WHITEWATER CENTER

>> CHARLOTTE, NC

>> CONTACT: TREY KNIGHT
TKNIGHT@USNWC.ORG



LEAD ARTICLE, RIVER SUP FOR DUMMIES CONTINUED FROM P. 8

SAFETY

IF YOU ARE ALREADY A RIVER PADDLER, IN A CANOE OR KAYAK, YOU LIKELY ALREADY HAVE MOST OF THE SAFETY EQUIPMENT THAT YOU NEED. JUST LIKE KAYAKING OR CANOEING, SAFETY WHILE SUPING IS INCREDIBLY IMPORTANT! BE SURE TO WEAR YOUR INHERENTLY BUOYANT LIFEJACKET, NOT AN INFLATABLE, WHILE RIVER SUPING. ALSO WEAR YOUR HELMET— SHALLOW RIVER BEDS, ROCKS, AND YOUR BOARD PRESENT A BIG RISK (CONSIDER HOW MUCH FARTHER YOU ARE FALLING!). WHEN SUPING ON FLAT WATER, YOU CAN WEAR YOUR LEASH ATTACHED TO YOUR ANKLE OR CALF. WHEN SUPING IN WHITEWATER, ATTACH YOUR COILED LEASH TO THE QUICK-RELEASE SYSTEM ON YOUR PFD. REALIZE THERE ARE SIGNIFICANT RISKS ASSOCIATED WITH WEARING A LEASH IN WHITEWATER, IF YOU CHOOSE TO WEAR ONE, MAKE SURE IT IS QUICK RELEASE.

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SKILLS

IF YOU ARE ALREADY AN EXPERIENCED RIVER PADDLER, YOU HAVE A GREAT SET OF TRANSFERABLE SKILLS TO USE WHILE RIVER SUPING! EDDIES, ROCKS, AND CURRENTS REMAIN THE SAME—AND YOU CAN APPLY YOUR EXISTING



KNOWLEDGE WHILE YOU BEGIN RIVER SUPING. ALTHOUGH YOU MAY NOT FEEL AS GRACEFUL AND STYLISH WHEN BEGINNING RIVER SUP, THE NEW CHALLENGES PRESENTED WITH STANDING UP ARE ALL PART OF THE CHARM! IMPORTANT MANEUVERS ON A RIVER SUP INCLUDE EDDY TURNS, FERRIES, AND SURFING. THE PRINCIPLE OF FERRYING IS THE SAME ACROSS ALL BOARDS/BOATS, BUT THE MOST COMMON MISTAKE IN RIVER SUP FERRYING IS PUTTING TOO MUCH WEIGHT IN YOUR UPSTREAM RAIL (THINK ABOUT LEANING DOWNSTREAM WHILE PULLING OUT OF AN EDDY IN YOUR CANOE OR KAYAK). THE BEAUTY OF PADDLEBOARDING IS THAT WE CAN MOVE ON OUR CRAFT—IT IS EASY TO INFLUENCE THE TRIM AND SHIFT YOUR WEIGHT. PADDLING INTO AN EDDY UPRIGHT IS ONE OF THE MOST DYNAMIC MANEUVERS I KNOW – GETTING IT RIGHT FEELS GREAT! IF YOU HAVE CONCERNS, KNEEL DOWN, HOLD YOUR PADDLE SHORT OR ADJUST YOUR STANCE.

SURFING

ONE OF THE MOST COMMON ISSUES WITH SURFING IS TOO MUCH PRESSURE ON THE NOSE OF THE BOARD

WHEN SURFING, MAKE SURE TO CHECK THE HOLE OR WAVE FOR SHALLOW SPOTS, ROCKS, AND OTHER OBSTRUCTIONS. MY SUGGESTION FOR IMPROVING YOUR SUP SURFING SKILLS? START ON SMALL WAVES AND HOLES AND WORK YOUR WAY UP—SURF EVERY QUALITY WAVE YOU CAN FIND!

FOR ME, SUP IS ONE OF THE MOST FASCINATING THINGS I'VE EVER DONE. IT IS A GREAT COMPLEMENT TO MY EXISTING INSTRUCTIONAL ACTIVITIES, AND I WOULD RECOMMEND THAT EVERY INSTRUCTOR TRY IT. IT OPENS THE MIND, CREATES NEW IDEAS, AND LITERALLY GIVES A NEW PERSPECTIVE ON PADDLING! AND TO BE HONEST, IT IS SO MUCH FUN!



FOR ACA CERTIFIED INSTRUCTORS



THEY'RE BACK!

EARNING AN INSTRUCTOR,
INSTRUCTOR TRAINER OR
INSTRUCTOR TRAINER EDUCA-
TOR CERTIFICATION FROM THE
ACA IS A SIGNIFICANT EVENT!

DISPLAY YOUR ACCOMPLISH-
MENT WITH PRIDE WITH ONE
OF OUR ALL NEW CUSTOM, 3-
COLOR ACA PATCHES.

GET YOURS FROM THE
ACA [ESTORE!](#)



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RESCUE RODEO IS A FUN AND CHALLENGING SERIES OF COMPETITIVE EVENTS FOR GROUPS—TEAMS COMPETE IN RIVER RESCUE EVENTS FOR OVER \$1000 WORTH OF PRIZES!

TEAMS WILL COMPETE IN:
ROPE THROWS FOR ACCURACY

RESCUE KNOT RODEO

YARD SALE RESCUES

MEDICAL SCENARIOS

RIVER RESCUE SCENARIOS

WHEN? SEPTEMBER 28TH, 2014

WHO? 10 TEAMS OF 5

WHAT? CANOES OR KAYAKS

WHERE? TUCKASEEGEE RIVER—DILLSBORO, NC

WHY? \$1000 WORTH OF PRIZES!

CONTACT: PROGRAM@LANDMARKLEARNING.EDU



SWR INSTRUCTOR SURVEY

ARE YOU AN ACA SAFETY & RESCUE INSTRUCTOR?

WE NEED YOUR INPUT! THE SAFETY & RESCUE COMMITTEE IS CONDUCTING A SURVEY TO GATHER THOUGHTS ABOUT THE ACA SAFETY & RESCUE CURRICULUM.

LEVEL 3 INSTRUCTORS, CLICK [HERE](#).

LEVEL 4 AND 5 INSTRUCTORS, CLICK [HERE](#).

*SURVEY CLOSING APRIL 15TH



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EXPLORE

PADDLING ADVENTURES TO BE FOUND AT
WWW.AMERICANCANOE.ORG



PHOTO: ROB HURST

THE JPE IS BROUGHT TO YOU BY:

Kelsey

KELSEY BRACEWELL

SAFETY, EDUCATION & INSTRUCTION COORDINATOR

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