



Welcome to the **Journal of Paddlesport Education**. The ACA is excited about this new resource for paddlesport safety, education and instruction.

## NATIONAL PADDLESPORTS CONFERENCE

### REQUEST FOR PROPOSALS

To learn more see full article on [page 4](#)  
[www.americancanoe.org/NPC](http://www.americancanoe.org/NPC)



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## Teaching to Roll, or Rolling to Teach? Minimizing Stress in Paddling Classes: By Rusty Cooper

One of the common debates across the spectrum of kayak instruction is: What is important? Teaching participants the roll first, second, or completely separately? Is there even time for teaching rolling in introductory classes?

While each paddling school or instructor chooses their own sequence and what non-essential instructional items to include based upon their own business model, mission or participant demographics, there are a few items important to be mindful of when planning an instructional progression for your class and how some non-essential items can influence them.

### Participant Safety

When we discuss safety, so often in paddlesports we focus on properly setting up for that rapid with a nasty strainer or sieve, checking the weather to ensure proper outfitting or making sure that

hazards and perils of our venue are mitigated. These things are extremely important to keep in mind, but for the new instructor, or even those of us that have been doing it a while, sometimes we can forget another imperative aspect of safety: emotional risk.

Participants' emotional safety is something that is much more difficult to quantify, but possibly as important as their physical safety. If a participant's perception of risk level is higher than the real level or they have irrational fears of being trapped or are even concerned with what other students might think, then their ability to learn in the first place may be inhibited. This is where learning the roll and devoting more time to wet exits, t-rescues and hand-of-god can help minimize the learner's fears and facilitate a positive learning environment.





## ESTORE

### ACA CAM STRAPS

The use of cam straps in paddlesports is as fundamental and common as the forward stroke. Now you can secure your boards, boats and paddles in style with custom ACA cam straps. These straps are available as:

- [Padded](#)
- [Non-padded](#)



You can get this and more in the ACA eStore.

[www.americancanoe.org/estore](http://www.americancanoe.org/estore)

I have worked in multiple paddling school venues and teaching environments: everything from kids camps to recreational boating to advanced whitewater instruction. One “AHA!” moment of kayak instruction has, time and again presented itself; People feel safer when more time is devoted to these topics from the beginning. This time spent translates into confidence and positive outlook of the learner which translates to better participant attention and retention of the material presented.

### Participant Enthusiasm

One of our long term goals as instructors is to promote paddlesports and get people involved in the sport. We have all had those students who “just wanted to try it” who subsequently got hooked on the sport. Some of us have had those who “just want to try it” and never touch the water again. We all strive for our participants to walk away with a positive experience. We want them to at very least encourage others to try it and at best, become the next Dane Jackson or Nikki Kelly (or insert your personal kayaking hero here). This is another way that devoting that initial time to the t-rescues, hand-of-god, and the roll can help us achieve our goals.

When participants are afforded the time and attention in these areas they become more confident and less fearful of their moving water experiences. The resulting increase in participant confidence leads to reduced physiological and psychological tension, leading to successful experiences on the river, and finally leading to a more positive overall experience. A positive overall experience is most times the deciding factor for a person to make kayaking a life-long pursuit.

### Conclusion

This moment of clarity came to me one day when kayaking with my wife (then girlfriend). We were out for a day of what I expected to be a fun day on the wonderful Nantahala River. Unfortunately, I took her word that she knew how to roll a kayak and I had seen her wet exit, maybe once.





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## SEI RESOURCES

### PROMOTIVE

ACA Instructors- join our ACA Team on [Promotive.com](#) to receive up to 70% off the gear and supplies that you need to fuel your paddling adventures. Notable brands include: Yakima Rack Systems, Aqua Bound Paddles, Old Town Canoes, Adventure Medical Kits, Necky, Extrasport, and more! We have over 175 brands to choose from, so you are sure to find everything that you need .



Contact Kelsey in the SEI Department to take advantage of this great prodeal!

[kbracewell@americancanoe.org](mailto:kbracewell@americancanoe.org)

Instead of ensuring that we spent some time making sure that she was comfortable in the kayak, we just went straight to the put-in and set off. As we paddled through Patton's Run and down farther, I realized that something was horribly wrong. I eddied out and waved my wife over, discovering that she was completely gripped. Not a single word I had said at the beginning of the trip had been heard and half way down the river, she was in survival mode. We took some time to get out of our boats, relax and reflect upon what had happened. After some time debriefing the experience, we finished the run and she didn't have to roll or wet exit. I haven't been able to coax her back into a kayak yet, but there is always tomorrow.

Naturally, each student is different with their individual needs regarding time and direct attention. Each instructor and/or paddling school must thoughtfully weigh the positive and negative aspects of devoting greater amounts of time to these parts of kayak instruction. Hopefully, though, we can all have a good discussion based upon our experiences to continually discover new methods or old progressions that do help as instructors to facilitate the best experience possible.



This article is not intended to be prescriptive in nature regarding the kayak roll or other aspects of kayak instruction. Each instructor must weigh their own experiences, level of training, and participant needs. All instructors should abide by ACA standards and policies.

*Rusty Cooper, M. Ed. is an ACA Level 4 River Kayak Instructor Trainer, Level 5 River Kayak Instructor and Outdoor Pursuits Coordinator with Texas Tech University in Lubbock, Texas.*



Photo Courtesy of CKAPCO



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## SEI RESOURCES

### PRO SCHOOL SEARCH

Looking for an ACA course, instructor or instructor trainer? ACA Pro Schools have all the above. For more information on ACA Pro Schools or where to find one visit

[www.americancanoe.org/proschools](http://www.americancanoe.org/proschools)



Photo Courtesy of CKAPCO-  
Mike Aronoff (ACA Pro School)

## SEI Department Update

### Request for Proposals

The ACA is excited to Call for Presenters for both the 2012 National Paddlesports Conference and the 2012 SUP Summit. Both events take place in Charleston, SC in November.



The deadline for all classroom and on-water presentation submissions is Friday, July 20th. [www.americancanoe.org/call\\_for\\_presenters](http://www.americancanoe.org/call_for_presenters)

## SEI Department Spotlight

### Flat-water Safety & Rescue

Now that the summer is in full swing and in most places that means the heat. The SEI Department wanted to highlight a very useful course that can be taught by Level 2 and above instructors. These courses are the Flat-water Safety & Rescue for kayak and canoe. These courses introduce essential flat-water practices and rescue techniques that can be performed with a minimum of equipment, in the first few minutes of an emergency.

- [Flat-water Canoe Safety & Rescue](#)
- [Flat-water Kayak Safety & Rescue](#)



To find an instructor for this and other courses, visit the ACA website and head to the "Find Instruction" section.

[www.americancanoe.org/Find\\_Instructors](http://www.americancanoe.org/Find_Instructors)

Want to become an ACA Instructor? Have a friend or colleague who is interested. Check out [www.americancanoe.org](http://www.americancanoe.org).



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## ESTORE

### ACA FLEECE VESTS

If you are like us at the ACA, you love to get up early and on the water. It can still be chilly in the morning so why not be in envy of your paddling pals by wearing an [ACA Fleece Vest](#). You can look good and stay warm on those early mornings by the water!



You can get this and more in the ACA eStore.

[www.americancanoe.org/estore](http://www.americancanoe.org/estore)

## Rescue for River Runners

The ACA is excited to announce R3: Rescue for River Runners in conjunction with Five 2 Nine Productions. R3 is a unique program that goes beyond the fundamentals of typical Swiftwater Rescue Training. It encompasses all that is involved in safety and rescue for running rivers. Included within the series will be advanced extraction, group/river dynamics, river first aid, and more. Shot in unique locations including Costa Rica, Mexico, and Canada, this series aims to bring a high quality and profession



*Photo Courtesy of Landmark Learning*

approach to getting you on and off the river safely.

Hosted by world renown safety guru, and ACA Advanced Swiftwater Rescue Instructor Jim Coffey who has over 30 years of experience on the world's most and advanced rivers and instructing in safety and rescue around the world.

Check out and subscribe to the [ACA YouTube Channel](#) to see each new episode. You can also visit the R3 page on the ACA website at [www.americancanoe.org/R3](http://www.americancanoe.org/R3).



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## NATIONAL PADDLESPORTS CONFERENCE

### ACA NATIONAL AWARDS

Each year, as part of the banquet at the ACA National Paddlesports Conference, a series of prestigious national awards are presented to individuals and organizations who have illustrated exemplary leadership, service, and dedication to various aspects of paddlesport. To learn more about these awards or to nominate a fellow paddler visit [www.americancanoe.org/Awards](http://www.americancanoe.org/Awards)



## Upcoming Outreach Events

This section of the Journal of Paddlesport Education will bring to you outreach events that include conferences, festivals, symposiums and more. Check out these great events that may be in your area and consider attending. For more great events and goings on check out the [ACA Paddlesports Event Calendar!](#)

### Rocky Mountain Surf Festival—Glenwood Springs, CO

The ACA is proud to announce that it will be a partner for the [2012 Rocky Mountain Surf Festival](#) and the [C4 Waterman Whitewater SUP Championship](#). The 2012 Rocky Mountain Surf Festival will once again be held at the world famous Glenwood Springs Whitewater Park in Colorado.

This one of a kind Polynesian themed extravaganza will feature surfing contests, music, food and product vendors, costumes, a hula contest, limbo events, a Goof Board competition, a floating parade of rafts punching the monster wave/hole and the world's best river stand up paddlers displaying their paddling prowess on the snowmelt swollen Colorado River.

The Rocky Mountain Surf Festival will feature competitions for:

- Downriver SUP
- SUPcross
- SUP Surf Contest
- River Surf Championship



The Rocky Mountain Surf Festival will also host the ACA Regional SUP Summit.

For more information on the 2012 Rocky Mountain Surf Festival visit the [ACA YouTube Channel](#) or <http://www.rockymountainsurffestival.com>



## ESTORE

### ACA PADDLE GREEN BAGS

We all love the waters we paddle, and the ACA is helping paddlers everywhere take care of those waters with our new [Paddle Green Bags](#). These reusable mesh bags are perfect to take with you when you paddle, camp, and play outside. Practice good stewardship by packing up your own garbage and picking up litter when you can. Do your part to help make the world a better place to paddle!



You can get this and more in the ACA eStore.

[www.americancanoe.org/estore](http://www.americancanoe.org/estore)

## ACA Paddle Green: Celebrate the Rapp—Fredericksburg, VA

Did you know that the National Headquarters of the American Canoe Association is located in Fredericksburg, Virginia?

Did you also know that the Rappahannock River is THE longest free-flowing river to the Chesapeake Bay?

That's right! Both these things are true, and there's a lot to celebrate! Celebrate the Rapp is one of four events that will be part of an ACA pilot for the [Paddle Green Program](#), a community development initiative to encourage recreation and promote good on-water stewardship.

On **Saturday, June 9th**, [ACA Paddle Green: Celebrate the Rapp](#) will be a day-long festival to celebrate the river where the ACA is located! Festivities to include:

- On-water demos, races, stand up paddleboard clinics, free paddling and tubing
- A moon bounce and face painting for the little ones
- Author, Betty Lewis Ellett, of [ABC's from the Rappahannock River](#) will be there selling and signing books!
- Cleanups conducted at heavily used sites along the river
- Interpretive trips guided by Greg



Mertz, a local National Park Service historian

- Local vendors, clubs, and businesses that will inspire you to get outside and play!

Backyard games with [REI of Richmond](#)

Food from [Boka Tako!](#)

Join us and enjoy the musical talents of [Wave on Wave](#) from 5:30 - 8:30!

The [2012 World Tour of the Reel Paddling Film Festival](#) will be screened under the stars! Showcasing some of the best paddling films from around the globe! (\*Ticketed event - \$8 for ACA members/\$10 non-members)

Libations provided by New Belgium Brewery will be sold in the evening to those of age, so come out for a great time!





## IMPORTANT DATES

Upcoming Important Dates to add to your Calendar!

June 9: [ACA Rocky Mountain SUP Summit](#) (Glenwood Springs, CO)

June 9-10: ACA Board of Directors Meeting (Fredericksburg, VA)

June 9: [Celebrate the Rapp—ACA Paddle Green Event](#) (Fredericksburg, VA)

July 20-22: [Love the Lake—ACA Paddle Green Event](#) (Lake George, NY)

November 1: SEIC Meeting (Charleston, SC)

November 2-4 [National Paddlesports Conference](#) (Charleston, SC)

## Rocky Mountain SUP Summit—Glenwood Springs, CO

Come join the ACA for a Stand Up Paddleboarding (SUP) Summit. The purpose of this summit is to bring together all aspects of the discipline including the manufacturers, retailers, liveries, competitors, and instructors.

There will be discussions on:

- Best Practices
- Course Curriculum Development
- Tips & Techniques

- Expansion of the sport

Rocky Mountain Regional SUP Summit [Agenda](#)

The Rocky Mountain Regional SUP Summit will take place at the Glenwood Springs Whitewater Park during the [Rocky Mountain Surf Festival](#).

The summit will take place after the SUPCross event .

The Summit will be held at the ACA tent next to the Primo Beer Garden.

## FIBArk—Salida, CO



2012 marks the 64th anniversary of FIBArk, the nation's oldest whitewater festival and Salida's signature event. Since 1949, every June during the Spring snow runoff, Salida has hosted FIBArk, "First in Boating on the Arkansas."

Located in Salida's historic downtown, Riverside Park is the center of FIBArk activity and entertainment. Food, arts and crafts, and industry vendors are available, as well as a beer tent, a carnival, and a state-of-the art amphitheater for this year's extraordinary musical line-up. <http://www.fibark.net/>







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## SEI RESOURCES

### SMARTPHONE COURSE REPORT

You can now report your skills courses on your smartphone right from the waterway. The ACA mobile website now has the EZ Skills Course Report Form available for you. Just one more way we are working hard to make things as seamless as we can!

[www.americancanoe.org/m](http://www.americancanoe.org/m) or check out the [ACA Android App!](#)



## Midwest Stand Up Paddle Festival—Madison, WI

Bigger. Better. Bolder. The Midwest Standup Paddle Fest returns in 2012 to a brand new venue with even more of the good stuff: lessons, races, pro-led clinics, board demos, food, swag! Join us July 13-15 in Madison, Wisconsin for the ONLY standup paddle event of its kind in the entire Midwest.

[Click Here](#) for more information.

Make sure and stop by the ACA Tent



## Eppie's Great Race—Sacramento, CA

Eppie's Great Race® is known as "*The World's Oldest Triathlon*"® and the "*No Swim*" Triathlon and is one of the largest paddling events in the United States!

The race features a **5.82-mile run**, a **12.5-mile bike** and a **6.35-mile paddle** held along the scenic American River Parkway in Rancho Cordova and Sacramento.

<http://www.eppiesgreatrace.org/>



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## SEI RESOURCES

### NEW INSTRUCTOR TRAINERS

The ACA is excited to announce 5 new instructor trainers. We would like to congratulate the below trainers for their accomplishment.

Charlie MacArthur of Aspen, CO— L3: RSUP

Jeremy Oyen of Seattle, WA – L2: ESUP

Ben Morton of Locust Grove, VA – L4: WWK

Aaron Peeler of Charlotte, NC – L5: ASWR

Mitch Mitchell – L2: ESUP of Frankford, DE

To learn more about these talented people visit the "Find Instructors" page of the ACA website.

[www.americancanoe.org/Find\\_Instructors](http://www.americancanoe.org/Find_Instructors)



## ACA Paddle Green: Love the Lake—Lake George, NY

The ACA was founded in Lake George on Big Canoe Island in 1880. 132 years later, the ACA is returning to its historical roots by organizing an ACA Paddle Green Event to honor this Queen of American Lakes and its prominent place in paddlesports history!



### What is LOVE the Lake?

LOVE the Lake is an event that was born out of an appreciation for the lake and the need for respect of its natural resources and the safety of those recreating on it. To learn more about the event visit <http://www.americancanoe.org/?page=LovetheLake>



## Ohio Riverway Paddlefest—Cincinnati, OH

The 11th Annual Ohio River Way Paddlefest is exactly two months from today - Saturday, June 23.

Get all the basic info at: <http://www.ohioriverway.org/paddlefest/general-info/>

Some of the events this year:

**Dragon Boat Races** on Lake Como during the "Roots on the River" Music & Outdoor Festival at Coney Island on Friday, June 22.

**Stand Up Paddle Board (SUP)** races on the Ohio on Saturday, June 23.

Still time to register as a vendor or volunteer for one of America's largest paddling events!





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## Submit an Article

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*Trey*

Trey Knight  
Education & Outreach  
Coordinator  
tknight@americancanoe.org  
540-907-4460 x 102



*Kelsey*

Kelsey Bracewell  
Safety, Education & Instruction  
Coordinator  
kbracewell@americancanoe.org  
540-907-4460 x 105



*Eli*

Eli Crispell  
Paddlesports Training Grant Coordinator  
ecrispell@americancanoe.org  
540-907-4460 x 109



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