



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

October 2012

Welcome to the
**Journal of
Paddlesport
Education.**

ESTORE

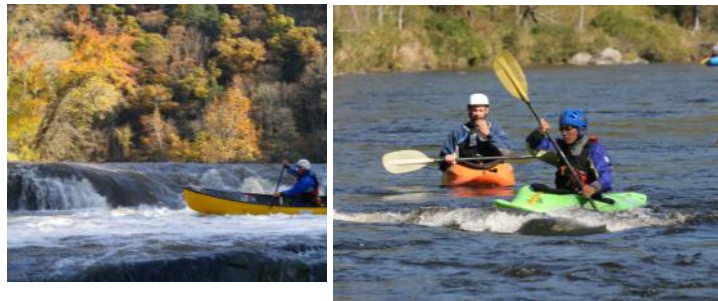
KOREDRIY

The ACA knows how important it is to dress for success when out on the water. We also know our members love to help spread the word about the ACA. Now you can do both at the same time with ACA branded KoreDry shirts. These shirts are water repellent and UPF 50. We have [men's](#) and [women's](#) specific shirts.

Learn more about [KoreDry](#)



You can get this and more in the ACA [eStore!](#)



This Issue:
Lead Article [pg 1](#)
SEI Dept. Update [pg 3](#)
Tech Tips [pg 4](#)
Featured ACA eStore [side bars](#)
Upcoming Events [pg 8](#)

It's All in Your Angle Not Your Speed

By Anna Levesque

Do you have trouble ferrying or feel that you get pushed off-line a lot? If so try paying more attention to the angle you're setting with your kayak before you make your move. Setting the correct angle can mean the difference between a ferry that feels hard and sloppy and a ferry that feels easy and precise. It can also mean the difference between struggling to be on-line and hitting your line effortlessly.

I've witnessed kayakers paddle fast and furiously only to end up tired and struggling. In their attempt to paddle as hard as they can they forgot about other important whitewater technique such as boat angle. Paddling hard only helps you if you have the correct angle to get you where you want to go.

It's true that paddling as fast or faster than the current will help to keep you upright, but as you progress from a beginner to an intermediate paddler you need to be more



selective about when and how you take every stroke. If you have correct boat angle when ferrying and entering rapids then you are setting yourself up for success and you don't need as many strokes to carry your speed.

When you're entering a low-volume, technical rapid your angle is important because you don't have a lot of room to make big maneuvers and if you start paddling too hard without paying attention to where you're going you can quickly end up in the wrong place. Look at the water in



[Become a Subaru VIP](#)





SEI RESOURCES

PADDLE AMERICA CLUBS

The ACA would like to remind all Paddle America Clubs and their members of the ACA waiver policy stated on your PAC contract. All adult and minor members will need to sign and return a **2013 waiver** in order to be in compliance with the insurance. The 2013 waivers have been issued to each PAC. Going forward, **only current versions of the waivers will be accepted by the ACA**. To help in this the ACA now has **online waivers for Paddle America Clubs**. To learn more about this [click here](#).

For more information or questions please contact:

Amy Ellis—
aellis@americancanoe.org

Candy Patten—
cpatten@americancanoe.org

front of you and decide whether the move requires moving with lateral momentum or straight ahead and then set your angle accordingly BEFORE you enter the rapid.

In big water you need to set your angle early so that you're ready to carry your speed when it's time to make a move. It takes a lot of time to change your angle and then pick up your speed in a big rapid. If you've anticipated and already have your angle to the left or right of an obstacle then you're ready to move when the time is right.

In ferrying angle is THE most important piece. If you set a good angle (45 degree relative to the current) BEFORE you cross the eddyline then you allow the water to carry you over to the other side effortlessly. Setting a good angle for your ferry also requires that you feel what the water is doing to your boat in addition to reading the water with your eyes. My favorite drill to work on this skill is to set your angle and then ferry with your eyes closed. Pick an easy spot to start so that you feel comfortable closing your eyes. Have a friend spot you just in case. I've had several students, both beginners and intermediates who react in shock when they get the angle right because it feels 'so easy!'

So next time you go out focus less on paddling and more on setting your angle. You'll notice more precision and less energy wast-

ed. Here is a short video clip from the river running technique section of my instruction video [Whitewater Kayaking with Anna Levesque](#). Have fun out there and always be thinking of your angle before speed!

Anna Levesque is a world-class paddler and instructor dedicated to enhancing the lives of women through kayaking, SUP, yoga and travel. She is a Level 4 certified ACA Kayak Instructor Trainer, a certified Level 2 ACA SUP Instructor and a Registered Yoga Teacher with Yoga Alliance.

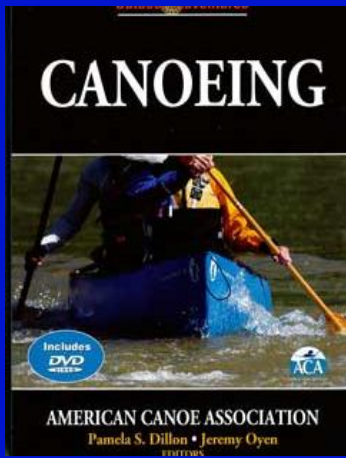




SEI RESOURCES

CANOING BOOK

In an effort to provide a resource to all outdoor enthusiasts, Canoeing has been developed by the ACA for all current and future paddlers, including recreational paddlers who want to be safe on local ponds or streams, and adventure seekers looking to move on to whitewater or coastal waters. The book also serves as a text for introductory canoeing courses taught at the university level. This great book also comes with DVD. Available in the ACA [eStore](#).



SEI Department Update

Kokatat Instructor of the Month—Ande Oliver

Ande works with the [Charleston County Park and Recreation Commission](#) (CCPRC) as the Outdoor Recreation Coordinator for

Youth Programs. Starting as a camp counselor in 2003 and becoming the Youth Coordinator/Camp Director in 2007, he has a passion for working with kids in dynamic environments in order to help build confidence and encourage positive and appropriate decision making.



As an ACA Instructor since 2004, he has been able to bring his same joy and passion of paddlesports to thousands of children and young adults in the Charleston area through safe practices and exciting programs. Notably, he, along with several colleagues from CCPRC and the ACA, provided the opportunity of a lifetime for numerous children from

rural and underserved areas of Charleston County to learn how to canoe and take a 6 mile cruise down the beautiful tannin rich Edisto River (the longest free flowing blackwater river in North America). The teenagers' maiden voyage was a tremendous experience for all involved! Ande is incredibly gracious and honored to be chosen as the Kokatat Instructor of the Month and admits this award is a true testament for the

dedication of his paddling mentors from CCPRC and the ACA!



[Become a Subaru VIP](#)



ESTORE

ACA FLEECE VESTS

The leaves are starting to change colors, snow is falling on the mountain peaks, and the stores are filled with everything pumpkin. This must mean fall is here. As the temperature continue to fall and you need to bundle up a bit more on those colder mornings as you get ready to go paddling the ACA has what you need, fleece. Every paddler loves their fleece now you can get it with the ACA logo. Check out the ACA fleece vest in the [eStore](#).



Rescue for River Runners

The ACA and [Five2Nine](#) Productions brings you the Rescue for River Runners: [Episode 5](#). This episode focuses multiple ways of accessing a subject from paddling and swimming to various methods of shallow water crossing. 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.



Photo courtesy of Landmark Learning

To learn more about the ACA Swiftwater Rescue curriculum or to find instructors and courses visit:

- Swiftwater Rescue—[Skills Course Curriculum](#) / [Instructor Criteria](#)
- Swiftwater Rescue—[Courses](#) / [Instructors](#)

Submit an Article

The Journal of Paddlesport Education is a great resource for paddlers and ACA members because it embodies the way the organization is set up to function. This journal is path for the knowledge and expertise that so many members and instructors possess to reach one another and the general paddling public. The Journal of Paddlesport Education is YOUR'S; and anyone can submit an article to help other enhance their paddling experience. The article do not have to be very long or possess ground breaking, revolutionary changes or break through's in the sport of paddling. Rather, a page or two or three about something that you as a paddler want to share with others. This could be a unique way you teach a stroke or skill, a tool, drill or game you use to help others learn and have fun while paddling. The process is easy go to www.americancanoe.org/JPE/submission and follow the directions.



[Become a Subaru VIP](#)

SUBARU



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

October 2012

SEI RESOURCES

SEIC & DISCIPLINE COMMITTEE MEETINGS

The Safety, Education and Instruction Council and several discipline committees have scheduled meeting before the National Paddlesports Conference, taking place at the conference site. For more information on times and locations, [click here](#) for the National Paddlesports Conference schedule. In addition to the SEIC meeting the following committee meetings are scheduled: Introduction to Paddling, River Canoe, River Kayak, Coastal Kayak, SUP, and Surf Kayak.

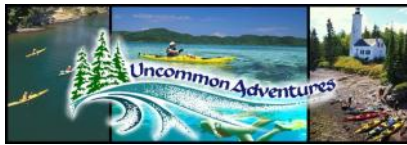


ACA Members Only Excursions Island of Roatan, Honduras

Island of Roatan, Honduras – Sea Kayaking

Dates: February 2-7 and/or Feb 7-10, 2013

Hosts: Uncommon Adventures, ACA Instructor [Michael Gray](#), and ACA Instructor Trainer Educator [Josh Hall](#)



Nestled just thirty miles off the Caribbean Coast of Honduras, Roatan offers beautiful paddling, diverse local culture and world class snorkeling. This is a big experience combining kayaking, snorkeling and tropical biology all with a twist of the rich cultural soup of this island group. We don't insulate you from the local people, but instead work with them for our daily needs like seafood, bread, local transport. The people of Honduras are every bit as appealing as the water and mountainscapes. We'll venture daily from our comfortable tropical fruit farm base in the village of Punta Blanca. Our front yard is a coral reef! Meals are served from a central kitchen/deck area and are all fresh...as they should be. Professionally guiding since 1982, Michael Gray has been fortunate enough to be able to work out of a kayak in Alaska, Patagonia, New Zealand, Honduras, Belize, Florida and all over his home waters of the Great Lakes. He's been a speaker at over 50 kayak symposia nationwide. Whether its teaching outdoor cookery in New Zealand, teaching people to dive for lobster out of kayaks in the Caribbean, or fly fishing wild rivers of Idaho he has a wealth of experience that he enjoys sharing. He is an ACA Level 4 Coastal Kayak Instructor and an ACA Level 2 SUP Instructor.



For complete information about all of the 2013 ACA Members Only Backcountry Paddling Excursions (Honduras, western North Carolina, Greece, Alaska, Costa Rica, Rio Grande River), please visit: www.americancanoe.org/excursions



[Become a Subaru VIP](#)

SUBARU



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction for ACA Instructors, Clubs & Affiliates

October 2012

PADDLE GREEN

FOLLY BEACH

CLEAN-UP

The upcoming ACA National Paddlesports Conference has, like the ACA itself, something for everyone. On November 3, for those who want to enjoy the afternoon with sand between their toes and help clean up a great beach the ACA has a Paddle Green Clean Up on Folly Beach. To learn more about this and other Paddle Green opportunities visit the www.americancanoe.org/NPC



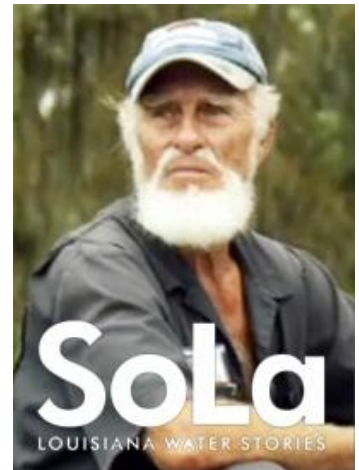
National Paddlesports Conference Update

Keynote Speaker—Jon Bowermaster

Writer, filmmaker and adventurer: A six-time grantee of the National Geographic Expeditions Council and award-winning writer and filmmaker Bowermaster's ten-year-long OCEANS 8 project took him and his teams around the world by sea kayak during the past ten years,



ak during the past ten years, on expeditions ranging from the Aleutian Islands to Vietnam, French Polynesia to Chile/Argentina/Bolivia, Gabon to Croatia and Tasmania to Antarctica. Seeing the world from the seat of a sea kayak has given Bowermaster a one-of-a-kind look at



both the health of the planet's ocean and the lives of the nearly four billion people around the globe who depend on them. Learn more about ACA NPC Keynote Speaker Jon Bowermaster [here](#).

Reel Paddling Film Festival

Join local Charleston area boaters and other paddlers from across the country for an exciting evening of boating video's! RPF founder, Scott MacGregor (direct from Palmer Rapids, Canada) will be our host for the evening.

Tickets:

Included with a Conference Registration

[Purchase Online - \\$12](#) or at the door - only \$15

Proceeds benefit the Charleston Waterkeeper and the ACA's Stewardship programs.

[RPF trailers](#)



[Become a Subaru VIP](#)



PADDLE GREEN

SHEM CREEK CLEAN-UP

The ACA would like to let you know about a great paddle green opportunity during the upcoming National Paddlesports Conference. On November 3, as one of the many on-water options for the conference, attendees will have the chance to help clean up the race course for the [Half-Moon Outfitters Golden Nugget](#) on Shem Creek the day before the race. To learn more about this and other Paddle Green opportunities visit the [National Paddlesports Conference section of the ACA website](#).



SEI Department Spotlight

Jeff West—In Memoriam

The ACA would like to send our regards and thoughts to the family and friends of Jeff West. An ACA member and White-water Kayaking Instructor for over a decade, we honor and appreciate Jeff's love and dedication to paddling. Thank you Jeff for all of the rivers and lives that you touched. To better understand the reach of Jeff's influence in paddling during his life, one only has to Google his name and see the outpouring from all his friends, colleagues, and students. Jeff has been called the "Superman of the River" and no one would argue this. We want to thank Kat Levitt for her tribute article found [here](#).



Pat Owens—In Memoriam

The ACA is saddened by the loss of Pat Owens, our thoughts and condolences go out to Pat's family and friends. Pat was a long time instructor trainer and instructor for the ACA in canoeing and kayaking respectively. She has been "river mom" to many and has taught and enriched countless lives on and off the river. Some have



Derek Hutchinson—In Memoriam

The ACA sends our thoughts and condolences to the friends and family of kayaking legend Derek Hutchinson. To say that Derek influenced modern sea kayaking would be an understatement of great proportion. If you ever had the honor of meeting Derek, hearing him speak or paddling with him; you certainly left with a memorable experience. From one of his early works in 1976, [Sea Canoeing](#), through more recent times he has changed paddlesports forever.





Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

October 2012

IMPORTANT DATES

Upcoming Important Dates to add to your Calendar!

November 1: SEIC Meeting (Charleston, SC)

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



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!](#)

The Green Race—Tuxedo, NC

The Green River Narrows Race was first organized by Leland Davis in the fall of 1996 with a modest field of 16 racers. It has since grown into the greatest show in all of sports. No other prize in the sport of whitewater kayaking is more coveted than the piece of glass so graciously donated each year by Todd Grafe. With names like Tommy Hilleke, Jason Hale, Clay Wright, Al Gregory, Pat Keller, and Andrew Holcombe claiming



the top spot there is no doubt the race attracts the best of the best. Yet for most of the over 100 entries The Green Race has attracted in recent years the event represents a more personal challenge. For most it's about simply posting their time. Knowing that on the first Saturday of November you laid it all out in front of a crowd of over 1000 spectators. Every Green Racer knows there is nothing like the feeling of being on the start line listening to the final countdown! Always free and always the first Saturday of November there is no excuse to not come out and post your time. Learn more about the race at <http://greenrace.amongstitt.com/>



Calusa Blueway Paddling Festival—Ft. Myers, Florida

The Calusa Blueway Paddling Festival, an eco-paddling event on Southwest Florida's Gulf Coast, is a perfect way to blend two things on everyone's minds today – how to take an environmentally friendly vacation that doesn't break the budget.

The festival is designed for novice and experienced paddlers alike. It spans four days with events Nov. 1-4 in Fort Myers-Sanibel Island and Matlacha-Pine Island at sites along the Great Calusa Blueway Paddling Trail. The user-friendly trail helps people experience the natural magic of the area's scenic waterways, with leggy mangrove forests, more than 300 species of birds and sugar-sand beaches.

Learn more about the Calusa Blueway Paddling Festival at www.calusabluewaypaddlingfestival.com



[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

October 2012

EXCURSIONS

2013

That's right, if you're an ACA member, you can join the ACA and high quality outfitters on an incredible paddling excursion in 2013. In cooperation with the host organizations, you will be able to have a unique backcountry paddling experience in one of the following amazing locations.

- Island of Rotan, Honduras
- Western North Carolina
- Island of Poros, Greece
- Resurrection Bay, AK
- Costa Rica
- Rio Grande River

For complete information on the 2013 Members Only Excursions visit

www.americancanoe.org/excursions



Golden Nugget SUP Race—Charleston, SC

Scenic Shem Creek will provide the backdrop for the Third Annual Half-Moon Outfitters Golden Nugget SUP Paddle N' Party. One of the highlights of the Charleston, SC area, Shem Creek is the home for shrimp boats and watermen



alike. The Golden Nugget Race will be split into two categories: a Recreational 5k and an Elite 10k and is expected to draw racers from throughout the country and will hand out over

\$5,000 in cash and prizes. The party will include live music, food and drinks and is open to racers and spectators. Proceeds from the event will benefit the Mt. Pleasant Land Conservancy, which exists to protect land, natural resources and important civic open spaces throughout Charleston County. Register for the race at www.GoldenNuggetParty.com.



AORE National Conference—Snowbird, Utah

The Association of Outdoor Recreation and Education provides industry professionals with access to resources and connections which support their career development in the outdoor field. For the past 25 years, the AORE has hosted the premier educational conference on the outdoor industry where professionals, students, organizations and vendors gather to share information and experience. Join them in Snowbird, Utah November 7-10 for the 2012 AORE National Conference! This weekend of education, networking, career-building and mountain recreation could be the experience of a lifetime. Visit www.aore.org to learn more.

The AORE and the ACA have developed a partnership that allows current members of the ACA to attend the conference at a 10% discount off of non-member rates. Please visit aore.org for more information on how ACA members can receive their discount.



[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

October 2012

SUBARU PHOTOS



Become a Subaru VIP

The American Canoe Association is proud to count Subaru of America among its corporate sponsors.

[Subaru is the official vehicle of the ACA.](#)

As part of Subaru's support for the association, 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.



Now that's a member benefit!

In addition to providing discounts to ACA members, Subaru is partnering with *your* ACA to support the ACA's stewardship and conservation programs. When an ACA member purchases a vehicle through the VIP Partners Program, Subaru makes a contribution to support ACA's stewardship work, providing the organization with much-needed resources for protecting our nation's waterways.

To learn more about the VIP Program visit:

www.americancanoe.org/VIP



[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

October 2012

Submit an Article

Want to submit an article
and be featured in the
ACA Journal of Paddles-
port Education?

Learn more at
[www.americancanoe.org/
JournalofPaddles-
portEducation](http://www.americancanoe.org/JournalofPaddlesportEducation)

Submit articles to
[www.americancanoe.org/
JPE/submission](http://www.americancanoe.org/JPE/submission)



Trey

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



Kelsey

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



Sarah

Sarah Kadis
Social Media Video Grant Coordinator
skadis@americancanoe.org
540-907-4460 x 107



[Become a Subaru VIP](#)