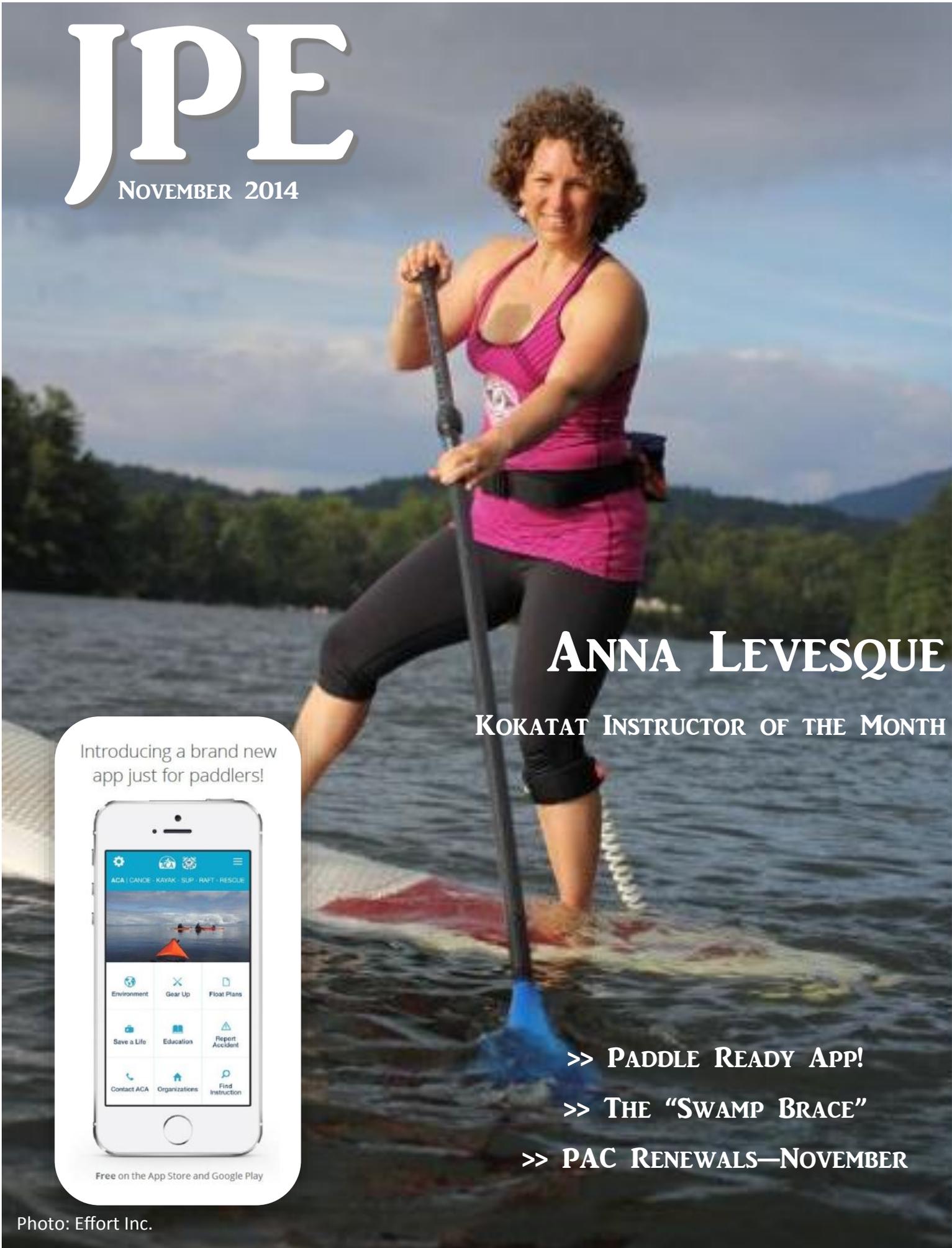


# JPE

NOVEMBER 2014



**ANNA LEVESQUE**

**KOKATAT INSTRUCTOR OF THE MONTH**

Introducing a brand new app just for paddlers!



Free on the App Store and Google Play

**>> PADDLE READY APP!**

**>> THE "SWAMP BRACE"**

**>> PAC RENEWALS—NOVEMBER**

# JPE

*November 2014*

## *Features*

- 4 Paddle Ready App**
- 5 Upcoming ACA Conferences**
- 6 Instructor of the Month—Anna Levesque**
- 8 Lead Article—The Swamp Brace**
- 17 Subaru VIP Program**

## *Resources*

- 15 Prodeals for Instructors**
  - Hobie Sunglasses**
  - Promotive.com**
  - Fritz Orr Paddles**

# *Departments*

## **Membership**

**10 Your ACA Staff**

**11 PAC Renewals this Month!**

## **Stewardship**

**14 Werner Healthy Waters Program**

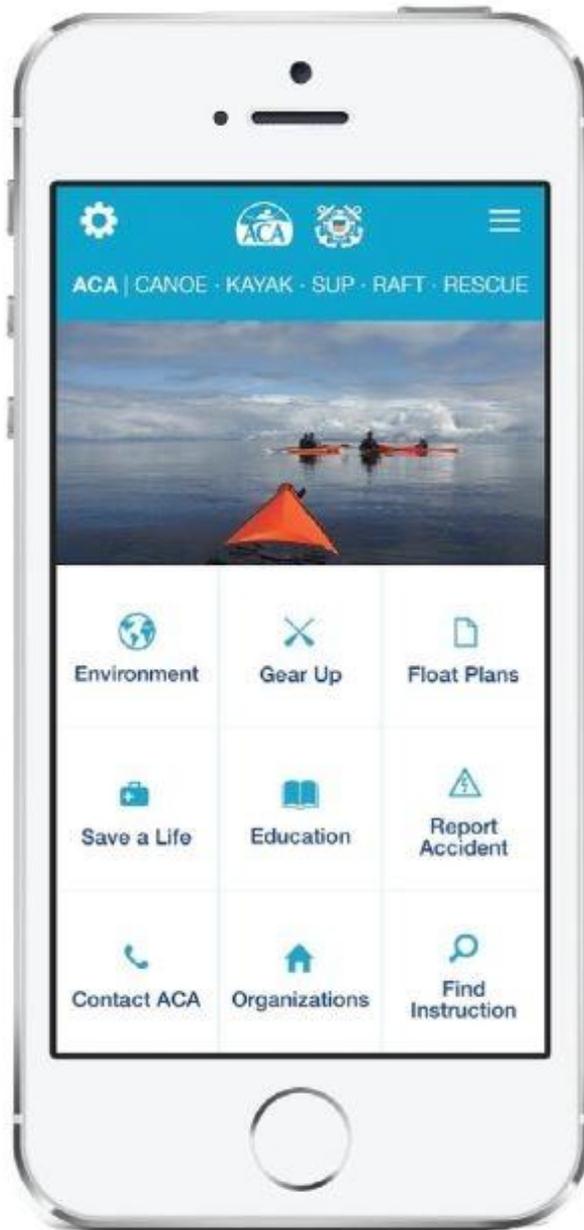
## **Education**

**12 SUP PSA Video**

**13 SUP Yoga**

**16 Instructor Audit**

**18 Fresh Paddling Safety Videos**



## Paddle Ready

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brand new  
app just  
for paddlers!

Free on the App Store  
and Google Play



Produced by deedod

**Paddle Ready** is a new app designed for paddlers who want to maximize their fun and safety on the water. **FREE on the App Store and Google Play**, Paddle Ready allows you to:

- Complete a float plan and email it to your friends.
- Find an ACA Instructor or Course near you.
- Get real-time environmental coverage plus weather conditions for various paddling environments, and save your favorite paddling routes for quick reference.
- Search for Boating Organizations and Offices by state.
- Have Paddle Safety Checklists for various paddling environments at your fingertips.
- Use the Safety and Rescue How-to Videos to keep your knowledge current.
- And more!

Visit [www.americancanoe.org/PaddleReady](http://www.americancanoe.org/PaddleReady) to learn more and download the app today!

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4





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# Anna Levesque

November 2014 Kokatat Instructor of the Month



November Kokatat Instructor of the Month, Anna Levesque, is not only a gifted kayak and SUP instructor trainer, but she is also a big player in the ever growing SUP Yoga world. We had the opportunity to chat with Anna last week, to talk about her latest ventures and inspiring story.

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**ACA:** Anna, you have had the opportunity to paddle hundreds of different rivers, in 12 different countries, win multiple international competitive titles, and start multiple unique paddling businesses. How does ACA help contribute to your continued success in the paddling world?

**Anna:** I've been paddling for over 20 years and teaching for over 10 years, and in that time I've witnessed the power of good paddling instruction and the damage of poor paddling instruction. I feel that the ACA holds their Instructors and Instructor Trainers to the highest standards and that is good for students and good for the sustainability of paddlesports.



**ACA:** You are one of the frontrunners promoting the ACA SUP Yoga Program (we are so excited about this [new curriculum](#)). Tell us a little about your SUP Yoga experiences thus far.

**Anna:** Last year I launched a new program called Mind Body Paddle here in Asheville. I teach weekly SUP Yoga classes at the confluence of Hominy Creek and the French Broad, and it is wonderful! Practicing yoga on the SUP boards enhances balance, strength, and focus. It is a very peaceful, mindful, active way to be outside and connect with nature. I have an anchor system so that the SUPs don't drift for the yoga portion of class; participants also have the opportunity to improve their SUP paddling skills before and after class. I was excited to participate in the ACA's first SUP Yoga Endorsement training this summer with other amazing SUP and Yoga instructors, and I think that SUP Yoga will continue to grow. If you haven't tried it I highly recommend finding a local class!



**The ACA would like to extend a big THANKS to [Kokatat](#) for sponsoring our Instructor of the Month Program!**

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November 2014

# TEACHING BRACING WITH THE “SWAMP BRACE”

*By Will Leverette*

Since I started teaching boating in 1972, I have struggled to effectively teach bracing. I’ve seen several different approaches. For example, some instructors have tried ambushing the poor student’s boat from behind to create an immediate need for a brace. Unfortunately, this approach yields jerky results that in no way resemble what is needed to effectively brace on the river. Other instructors break bracing down into a sequence that develops comfort with a slapping high brace and incorporation of the j-lean and hip snap. Although this can yield a smooth brace, it doesn’t recreate the urgency sometimes seen on the river.



My students at Warren Wilson College and Team River Runner Asheville have learned a variety of flat water paddling skills, and it has become apparent that I needed to step it up or lose them to boredom in the pool. As I thought about teaching, I thought about related experiences and considered what I’ve seen advanced boaters do when bored with flat water sessions. They pop their skirt, mostly fill the boat with water and turn a play boat into a squirt boat. I asked my students do the



same. Instantly, they either had to brace to go anywhere, or they’d flip - which is not necessarily a bad thing. Students can start by sculling with their hands, just like treading water, to approximate the motion of a paddle blade. The paddle than can be added to help with balance, and then finally the student can try to paddle forward, sideways or backwards while still working on balance and bracing, creating a nice teaching sequence.

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For lack of a better term I'm calling this the "swamp brace," until someone comes up with a better name. I would like to ask you to try this with your students and tell me how it worked. My email is [managerisk@charter.net](mailto:managerisk@charter.net). I think you will be as surprised and as pleased as I have been. You can clarify the understanding of the brace by going into refinements such as the

difference between the high and low brace, staying in the "box" and a breakdown of flexion, extension, and external rotation. However, don't confuse the simplicity of the "swamp brace" with too much frontloading early on. Essentially you approximate the situation of being stuck in a gigantic or sticky hole on a river on flat water by filling the boat with water. This teaches balance and blade control. Encourage your students to play with this and think like kids at camp; be curious, and try a variety of maneuvers. I cannot over stress the importance of approaching this exercise like play. Spending time in the water to develop comfort with one's boat and being immersed in the water will develop what my mentor Ray Eaton called water wisdom. It's the same concept Pat Keller is using by encouraging paddlers to carve little wooden kayaks or make foam floaties to play with on any little creek or moving water. Remember, you are a kid at camp. Failure is how you learn and that is what flat water is for. Be creative. Have two people fill up their boats with water and have races. Have hand paddle races. Be silly and creative and watch your student's learning curve increase.



I'm no longer afraid to teach bracing, and I go to the swamp brace as a fun diversion early on in someone's skill development. I'm still not sure but, I think this will also help people learn the ever elusive roll. After all, the roll is just an extension of a brace. For a short video on this teaching tool go to "swamp brace" on vimeo, [here](#).



# QUICK FACTS

## About your ACA Office Staff

**Wade Blackwood** Executive Director

**Chris Stec** Chief Operating Officer

**Amy Ellis** Membership Coordinator

**Candy Patten** Insurance Coordinator

**Catharine Lloyd** Communications Coordinator

**Kelsey Bracewell** SEI Coordinator

**Zane Havens** Stewardship Coordinator

**Cireena Katto** Office Manager

**Hillary Chesson** Membership Coordinator

**T.J. Turner** Education & Outreach Coordinator

**Joe Moore** Education & Outreach Coordinator

**Dave Burden** International Paddlesport Ambassador

Can trace her ancestry back to the Mayflower Compact

Can write backwards fluidly

A member of a not-so-successful punk band

Has coached x-games athletes in freestyle skiing



**Did you know?** The ACA Office is dog friendly!

On a usual day in the ACA office, you might find up to five dogs! We love our furry ACA mascots—Stella, Tink, Roxanne, Saphira, and Nisha.



ACA Kayak Instructor Trainer, Amy Dingle was awarded the Northeast Regional Boating Educator of the Year Award at the NASBLA Conference in Bar Harbor, ME.

Congratulations Amy!

## PAC Renewals

Are you a member of a Paddle America Club? Make sure your club is ready for a brand new year of paddling adventures!

Club administrators, [click here](#) for renewal details.

# SUP: Leashes & Lifejackets



The ACA's new PSA, SUP: Leashes & Lifejackets, makes it clear to standup paddleboarders what types of leashes and lifejackets are appropriate for different water venues. The video is intended to educate all those new to stand-up paddleboarding (SUP), as well as those who have experience with the sport but are unaware of leash and lifejacket best practices. Some of the rules and recommendations regarding these pieces of equipment may surprise you.

Please visit the ACA's [YouTube channel](#) to watch the video.

**NO LIFEJACKET  
NO LEASH  
= NO GOOD**



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November 2014

12

# SUP YOGA



Throughout 2013 and 2014, the ACA SUP Yoga Advisory Workgroup, a volunteer sub-committee of the ACA's SUP Discipline Committee, worked on developing a SUP Yoga program that would be nationally recognized. The curriculum was finalized at a two day workshop in Maitland, FL, then vetted by the ACA's Safety Education & Instruction Council, the SUP Discipline Committee, and ultimately was approved by the Board of Directors.

The SUP Yoga Skills Course is designed to introduce/expose the participant to sufficient skills and knowledge so they can enjoy yoga while on a Stand Up Paddleboard.

For more information, go to [www.americancanoe.org/SupYoga](http://www.americancanoe.org/SupYoga)



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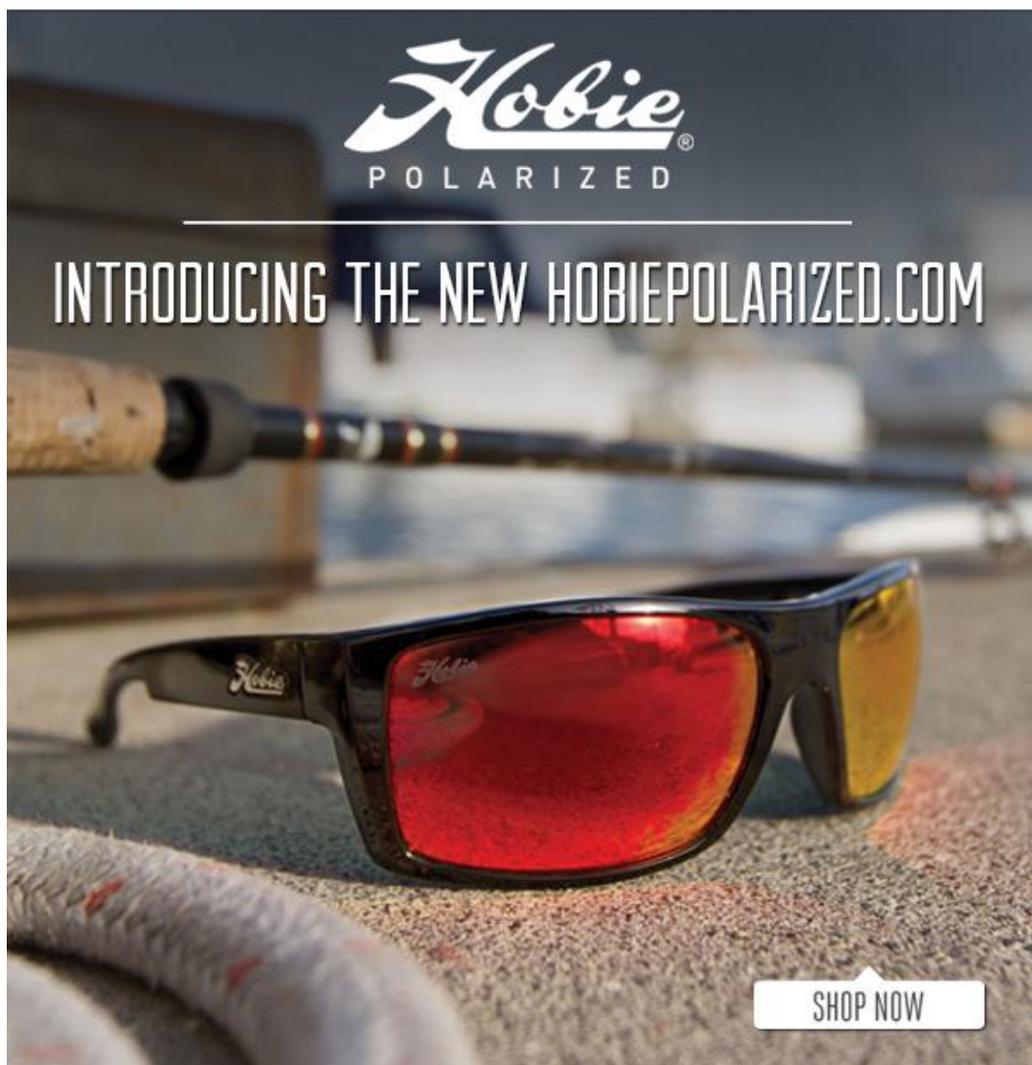
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## 2014 Instructor Audit

Does your ACA Instructor Certification expire on 12/31/2014? (Hint: Check your certification card or membership profile).

If so, remember the [recertification requirements](#).

Need an extension, please click [here](#).

Questions? Email [sei@americancanoe.org](mailto:sei@americancanoe.org)

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## Something Brand New in the Paddling Safety World!

What's one thing that all paddling instructors need? Safety information, presented to viewers in an entertaining way! Paddling safety is our #1 priority, so we've created two **animated videos** in an effort to deliver fun and engaging safety messages that stick.

[Click here](#) to check out the new animated videos or visit [www.americancanoe.org/animatedvideos](http://www.americancanoe.org/animatedvideos)

We believe the simple messages contained in these humorous videos have the power to save lives. But we need your help. **Please show the videos to your students, email them to family and friends, share them on your social media accounts, and post them to your website or blog.**

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18

# THE JPE IS BROUGHT TO YOU BY:

*Kelsey*

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