



Journal of Paddlesport Education

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

July 2012

Welcome to the
**Journal of
Paddlesport
Education.** The ACA
presents you with
this resource for
paddlesport safety,
education and
instruction.

NATIONAL PADDLESPORTS CONFERENCE

REQUEST FOR PROPOSALS

Join the ACA at the
National Paddlesports
Conference and present
to your fellow paddlers.
Proposal deadline is July
30.

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



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Teaching and Learning Paddlesports: By Mike Aronoff

Much good material is available about learning styles and teaching methods. I hope this related information will be useful. Major parts of our courses have to do with developing proficiency in motor skills in order to perform strokes and maneuvers. A fundamental mission of instruction is to give the learner an understanding of the complexity and standard of performance expected to allow quality practice.

We Are All Unique

Any given student will have a their own level of desire to learn and unique muscular dexterity and balance. In addition to these differences, some students are able to utilize the right side of the brain (the side from which rhythm and simultaneous processing are derived) more easily than others. Most physical skills are processed in the right brain. The left brain is the analytical side, processing memory, mental discipline, etc. As an instructor, expect and understand the differences in how long it

takes some to learn what others pick up very quickly. The good news is that with experience, complex skills require less concentration, freeing up resources and energy for other endeavors. As instructors we need to appreciate those times where we may not need to individually process tasks, but the student still must. To most students, things seem quite complex initially. However, at some point they begin to paddle where they want to go without thinking about how...but it doesn't start that way.

The Teaching Environment

You cannot learn when your primary concern is survival; relaxation is necessary. The teaching environment cannot be threatening or everything else will be secondary. When the ability to perform increases, so will confidence and comfort. Time and success at each phase improves learning at the next higher level. The use of teaching progressions helps



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ESTORE

SUP WATERPROOF SAFETY PLACARDS

[ACA Waterproof Placards](#) are a **free** resource for your paddlesports program, all you pay is shipping and handling. The placards are waterproof and have basic essentials for your program participants or customers.

STAND UP PADDLEBOARDING



INDIVIDUAL RESPONSIBILITIES

Be a competent swimmer	Use the wind to your advantage
Wear a lifejacket with whistle	Know how to self-rescue
Know when to wear a leash	Know how to tow another board
Protect your feet	File a float plan
Understand the hazards of different waves: chine, surf, crossing & whitewater	Know local regulations
Match your abilities to the venue	Paddle with Aloha

**OBTAIN THE KNOWLEDGE
TAKE A CLASS!**

TAKE A COURSE
Learn essential information and practice paddling and rescue skills by taking an on-water class from an ACA certified SUP instructor

aca@americancanoe.org
www.americancanoe.org
American Canoe Association 2011




You can get this and more in the ACA eStore.

www.americancanoe.org/estore

students gain proficiency and comfort before moving on to successively more complex tasks. Most effective learning occurs when there is relative comfort. For some students with phobias this may pose a barrier instructors may not equipped to overcome. You cannot teach a skill to a person who is terrified. In contrast, some low intensity anxiety can actually aid learning, but real fear causes muscle tension, disrupting motor function and leading to poor performance. Develop and use progressions and let's share them here to enhance the process of learning for our students.



Relaxed Instructor: What they see

The image of a relaxed, confident instructor is necessary to develop relaxed, confident students. The degree of

discomfort shown by the instructor will be directly proportional to the apprehension of the student. Students evaluate teachers first by what they see them do, then by what they say.

Developing Skill

We never forget how to ride a bike or swim because of developed kinesthetic (muscle) memory, which is more durable than mental memory. Developing muscle memory requires repetition. Assuring that repetition is done correctly requires qualified feed back. If new things don't work, would-be learners revert to old, comfortable movements to bring about success rather than continuing to try the uncomfortable.

Clear Demonstration for Visualization

Skills learning greatly benefits from clear demonstrations and correct movement patterns. Seeing a skill performed properly the first time has a positive effect on new learning. Demonstrations should be made at two different speeds. First, the actual working tempo to set the standard, and then, a much slower speed so that each component can be seen. Slow down, exaggerate and repeat for emphasis. The student should be able to imitate following a good presentation and practice the correct movement. Quality demonstration



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SEI RESOURCES

FLUID KAYAKS

The SEI department is always working for all ACA instructors, trainers and educators trying to bring you all the benefits we can. Our new pro deal with Fluid Kayaks is just one example of this. Level 4: Whitewater Kayak and Level 5: Advanced Whitewater Kayak Instructors can receive up to 30% off the price of Fluid Kayaks, go to <http://www.fluidkayaks.com/> to see this product line.



Contact the SEI Department to take advantage of this prodeal! sei@americancanoe.org

provides not only a positive picture of the skill, but fixes the movement patterns in kinesthetic memory. Good imaging and self-concept uses the brain to provide the mental pictures necessary to develop a skill. These images fade rapidly and need to be constantly reinforced and refreshed. Observation is a big part of developing paddling skill. The more vivid the demonstration the easier it is to copy. If we can have a mental image that conveys rhythm and grace it prepares us for action. Visual rehearsal is a great form of practice, allowing greater relaxation and confidence in the actual performance of complicated skills.



Courtesy of Charleston County Parks & Recreation Commission.

State of Mind

We can think ourselves into good or poor performance due to self-image and



attitude. When a maneuver is done poorly, we can think ourselves into repeating the same poor performance next time. Lack of confidence jeopardizes performance. With reasonable and attainable goals, success will change a negative self-image and allow a student to raise successive goals. Expect improvement to come a little at a time. You may get the occasional quantum leap as the exception. Awareness of these factors and concepts will make us better at removing obstacles to teaching and learning for others and ourselves.

Mike Aronoff is a L4 River Canoe ITE, L3 River Kayak ITE, L4 Coastal Kayak ITE, L3 Safety & Rescue IT, Vice-chair of the ACA Safety, Education & Instruction Council and chair of the Intro to Paddling committee. Mike is owner of [Canoe Kayak and Paddle Company](http://www.fluidkayaks.com/) (an [ACA Pro School](http://www.fluidkayaks.com/)) in Vienna, VA.



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SEI RESOURCES

PRO SCHOOL

CUTTER AQUATICS, a premiere educational resource for kayakers and canoeists – has been delivering water safety education programs in Texas since 1996. Cutter Aquatics teaches high-level technical paddling skills in an encouraging atmosphere and helps candidates for ACA Instructor and Instructor Trainer certifications discover and enrich their program organizational skills and personal coaching strengths. Cutter Aquatics has a legacy of quality, safety and fun in paddling instruction and their trademark guided trips – adventure vacations close to home and around the world. Cutter Aquatics is an ACA Pro School. Learn more at www.cutteraquatics.com



SEI Department Update

Level 3: Sit-on-Top Kayak

The SEI department is happy to announce the new curriculum for Level 3: Sit-on-Top Kayak is now live on the website. The new curriculum includes:

- [Instructor Criteria](#)
- [Skills Course](#)
- [Assessment Course](#)



Level 1: Introduction to Canoeing—Tandem & Solo

The SEI department has updated the website to include the revised curriculum for Level 1: Introduction to Canoeing—Tandem & Solo. The revised curriculum includes:

- [Instructor Criteria](#)
- [Skills Course](#)
- [Assessment Course](#)



Flatwater Safety & Rescue Correction

The SEI Department would like to apologize for publishing that Level 1 Kayak Instructors could teach the Flatwater Kayak Safety & Rescue Course. It is Level 2 Instructors and above in kayak and Level 1 and above in Canoeing that can teach the Flatwater Safety & Rescue Courses. We apologize for any and all inconvenience this might have caused.

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



ESTORE

ACA COFFEE MUG

Every paddler loves a great cup of joe early in the morning while getting geared up for a great day on the water. Now you can have yours in an [ACA Coffee Mug](#). This limited edition collector's item features a canoe or kayak.



You can get this and more in the ACA eStore.

www.americancanoe.org/estore

SEI Department Spotlight

IT & ITE Photos on Facebook

The ACA Facebook page is a great resource for those looking to learn more about the ACA, who we are and what is going on in the world of paddlesports. One of the ACA's greatest resources are the Instructor Trainers and Instructor Trainer Educators.

We want paddlers out there to get to know you. To do this we are featuring each of our ITs and ITEs in an online Facebook album called "[Meet our ITs and ITEs!](#)" If you would email a photo or two of YOU in action we will get it up on the ACA Facebook! Feel free to include a short bio or any other relevant information that you would like included in your profile. Please send emails to [Kelsey Bracewell](mailto:kbracewell@americancanoe.org), ACA SEI Coordinator, at kbracewell@americancanoe.org.



Rescue for River Runners



The ACA and [Five2Nine](#) Productions bring you the Rescue for River Runners: [Episode 2](#). This episode focuses on Group Dynamics and the role they play in staying safe while on the river. 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.



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](#)





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DEFENSIVE PADDLING POSTER

This appealing full color [defensive paddling poster](#) covers the Rules of the Road for Paddlers. When paddling near motor or sailboats, this poster describes what you need to know. From how to be seen, to who has the right of way, stay safe while in a multi-use waterway. Ideal for the wall of a retail shop, outfitter, or your local paddling club.

Full color. 24 in x 36 in

Other poster include:

- [River Kayaking](#)
- [Coastal Kayaking](#)



You can get this and more in the ACA eStore.

www.americancanoe.org/estore

ACA Members Only Backcountry Excursion—Costa Rica

The ACA Members Only Backcountry Excursions are a great member benefit and opportunity to see and paddle in some fantastic paddling destinations across the world. Not only do you get to spend time with fellow paddlers in exotic locations who are also ACA members but you also get to paddle with an ACA National Office staff. This opportunity to meet and get to know the people who work everyday on your behalf to fulfill the ACA mission of Education, Stewardship, Recreation and Competition.



Join the ACA & Costa Rica Rios for their “Week of Rivers 2012.” This 8 day all inclusive whitewater river tour in Costa Rica is one of the best weeks or whitewater you can find. Costa Rica Rios will provide all logistics of your stay,



including airport or hotel pick-up and drop-off, private transportation, accommodation in B+B, jungle lodge and a hotel, all meals (combination of river lunches, local restaurants and homecooking by their local chef), all equipment, river entrance fees and bilingual guides.

Dates: September 22-29

Costs: \$1,699

Contact: info@costaricarios.com

[More information](#)



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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



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!](#)

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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IMPORTANT DATES

Upcoming Important Dates to add to your Calendar!

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)

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>



ACA Open Canoe Slalom National Championships—Wesser, NC

The ACA Open Canoe Slalom National Championships will take place on the Nantahala River in 2012. This event is one of six amateur national championships put on by the ACA. This year's event is October 5-7 and more information can be found at http://www.americancanoe.org/?page=Canoe_Slalom.





SEI RESOURCES

TOP 10 SAFETY TIPS

When getting ready to head out on your next paddling trip, be sure to keep these safety tips in mind to ensure you have an enjoyable time on the water.

1. Take an on-water [Course](#) - whether it's a safety or skill development course, an ACA on-water instruction course provides the information you need for canoeing, kayaking, rafting or stand up paddleboarding. For the rest of the top ten visit www.amerincanoe.org/top10



Battle of the Paddle—Dana Point, CA

The stand-up paddle phenomenon that is known as the Rainbow Sandals Gerry Lopez “Battle of the Paddle” first ignited back in 2008. Since then, the ingenious formula of



high-energy races and stand-up paddle (SUP) exposition has become the heartbeat of an industry and the pulse of a global lifestyle. The fifth annual Battle of the Paddle 2012 returns September 29-30, and by all accounts will be the greatest battle yet. The 2011 Battle of the Paddle, Southern California took center stage with close to 1,000 entries to do battle for the \$25,000 purse – the largest offer in SUP. To accommodate the growing number of elite level athletes, Rainbow Sandals introduced heats to the Elite Race in September. Fortunately, Doheny State Beach, as part of the California State Park System, offers the ideal venue to accommodate swelling numbers of athletes and a sea of spectators.

The Rainbow Sandals Gerry Lopez Battle of the Paddle is an SUP festival and lifestyle exposition that includes races and demonstrations for all ages and skill levels. From beginners, to family and company relay teams, to high intensity elite competition,



Battle of the Paddle is the showcase for the world's fastest growing water sport.

[http://
www.battleofthepaddle.com/](http://www.battleofthepaddle.com/)

Stop by the ACA booth while at the event to learn more about the [ACA SUP Instructor Certification Program](#).



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Submit an Article

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