

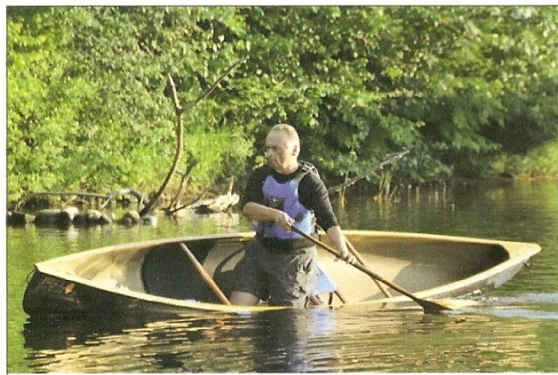


Instruction is by ACA certified FreeStyle Instructors.

PFD's required for all instruction (not mandatory for competition)

Whether you decide to FreeStyle for the fun, and freedom of skillful canoeing, or... want to add music and a routine as a means of personal expression...

what could be better than a canoe, water, and the ability to maneuver gracefully?



FreeStyle Canoeing is an activity of the American Canoe Association



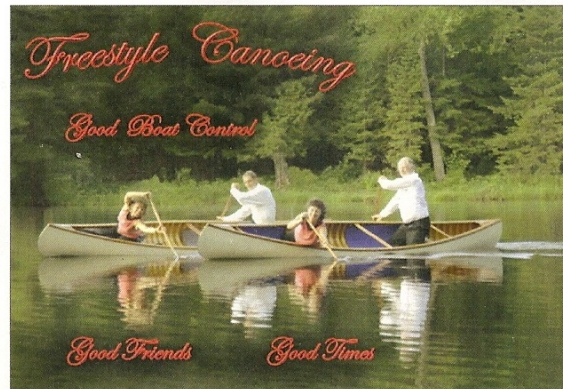
[www.americancanoe.org](http://www.americancanoe.org)

The FreeStyle Committee is a National Activity Committee of the American Canoe Association (ACA).

The purpose of the Committee is:

- To promote FreeStyle canoeing
- To foster the development of FreeStyle paddling skills
- To develop an instructional format and train and certify instructors
- To develop competitive events stressing FreeStyle paddling skills and encourage participation

The CrossPost is the Newsletter of the FreeStyle Committee of the American Canoe Association and can be downloaded on our website.



Visit us at [www.freestylecanoeing.com](http://www.freestylecanoeing.com)

# FreeStyle Canoeing

The Art and Science of Quiet Water Paddling



Celebrating the beauty of motion on water

## FreeStyle Canoeing

FreeStyle canoeing is the art and science of quiet water paddling. FreeStyle canoeing emphasizes smooth, efficient flat-water paddling and precision boat control. FreeStyle is a combination of techniques that integrate body, boat, and paddle executing maneuvers in harmony to achieve precise results. FreeStyle can be applied to all types of canoeing situations. Many Freestylers even paddle to music making it an expressive, interpretive art form. FreeStyle technique can add efficiency, grace and fun - especially fun - to almost any paddling experience. FreeStyle paddling requires no special equipment other than a boat, a paddle, a PFD and, in most cases, a kneepad.

FreeStyle involves paddle strokes in all four quadrants of the canoe. Anything you can do on one side, you can do on the other. Anything you can do forward, you can do backward.

The basic paddle strokes include the standard forward and reverse, while more complex maneuvers are given exotic names like Axle and Christie.



## Interpretive FreeStyle

In its most advanced form, Interpretive FreeStyle is similar to long program figure skating when done to music. The paddler makes the boat dance and spin under complete control with utmost grace and ease. In Interpretive FreeStyle Canoe Competition, paddlers are judged by a point system on both technical and artistic elements of a routine that they have choreographed to a piece of music, and are awarded or deducted points for all aspects of those elements. Interpretive FreeStyle Canoe Competition/ Exhibition is the ONLY time in which PFDs are not worn while on the water.



Visit us at  
[www.freestylecanoeing.com](http://www.freestylecanoeing.com)

## 2017 Schedule of Events

To learn more about FreeStyle and attend classes come to one of the following events:

### Wisconsin Canoe Symposium

Westfield, WI      June 16-18  
contact: Tracy Hunt [tracyhunt077@gmail.com](mailto:tracyhunt077@gmail.com)

### Adirondack Canoe Symposium

Paul Smith's NY      July 13 - 16  
contact: Robyn Lowenthal [catboat3@gmail.com](mailto:catboat3@gmail.com)

### Midwest Canoe Symposium

Peninsula, OH      September 8-10  
contact: Elaine Mravetz [mravet@uakron.edu](mailto:mravet@uakron.edu)

### Pine Barrens Functional FreeStyle Workshop

Medford Lakes, NJ      October 13-15  
contact: Tim Burris [timburris@natlands.org](mailto:timburris@natlands.org)

## How Do I Find Out More?

More information about FreeStyle events and technique may be found at [freestylecanoeing.com](http://freestylecanoeing.com)

We're also on Facebook, so you can "like" us there, but you'll like us more in real life.

Come join us, and learn to love your canoe!

