



Cross Currents Sea Kayaking

Presents the 15th Annual

Kiptopeke Sea Kayaking Symposium



September 25 – 27, 2026

Cape Charles, Virginia

Welcome to the 15th Annual Kiptopeke Sea Kayaking Symposium, one of the premier sea kayaking events on the East Coast!

This year we will be offering a whole range of courses that are designed to meet the needs of paddlers of *all* ability levels. The line-up of instructors is incredible, including multiple Instructor Trainers, five L5 instructors, Surf and rough water experts like Dale Williams, Ashley Brown and Jeff Atkins, and other top-notch coaches. Specific coaches are:

- Dale Williams, Debbie Kearney and Kathryn Lapolla from Georgia
- Jeff Atkins, Ashley Brown, and Chris Rezac from South Carolina;
- James Kesterson from North Carolina,
- Rob Garfield from New Jersey
- Mike Hamilton, Rick Wiebush, Paula Hubbard and Laurie Collins from Maryland

Several *great* courses will be offered this year. These include:

- A new advanced open water course “Open Water Incident Management” with Dale Williams and Jeff Atkins
- A new Rolling and Rescues in Rough Water with Mike Hamilton and Rob Garfield
- A new On-water Navigation course with James Kesterson
- A new Facing Doubts and Fears course with Debbie Kearney
- A new Creative Maneuvering course with Laurie Collins
- Returning courses like Reading Water with Dale, Getting Edgy with Kathryn, and Expedition Skills with Jeff

See page 4 for a full listing of this year’s courses. The old favorites and most popular courses are back too, including “Mastering Intermediate Skills”, “Intro to Surf”, “Intro to Rougher Water”, “Intro to Rolling”, “Teach and Trek”, “Women’s Strategies”, and lots more!

Housing

Most people will be staying in one of the fabulous lodges at Kiptopeke State Park. Each of the five lodges has 6 BR and 3 BA, a full kitchen and huge living area. This communal aspect is one of the things that people love about the symposium. You can also arrange your own housing or camp at the State Park

Activities

There will be activities on Friday and Saturday nights.

Saturday night is the traditional group dinner, followed by socializing and storytelling – “There I was...”. Not to be missed!

Cost

The cost of the full symposium is \$550, which includes all classes, three nights in the lodges and the Saturday dinner. If you choose to arrange your own housing, the cost is \$400. Ala carte courses are available at a cost of \$145 per day.

Pre-Symposium Intensive Courses

As always, we are again offering **pre-symposium bonus courses** on the Wednesday and Thursday immediately prior to the symposium itself. This year's courses are highlighted below.

Surf Camps!

These two-day courses are geared to paddlers who want some intensive instruction to improve their surfing skills. There will be two tracks: advanced and intermediate. The venues will include Metompkin Inlet and/or Smith Inlet. There is an additional fee of \$295 for this training and registration is separate from the symposium registration. Group housing will be available. If you are interested, please contact Rick Wiebush (rwiebush@gmail.com; 410. 300. 8410).

Advanced Surfing Track

This course will be run by Dale Williams (ACA L5 ITE) and James Kesterson (ACA L5). It is for people who have a lot of surf experience, a reliable roll in conditions, strong self-rescue skills, a strong forward stroke and plenty of stamina. You need a helmet. In addition to refining several aspects of surfing technique, both days will include an extensive (e.g., 1.5 hour) debrief session to reflect on what you've accomplished, where you want to go next, and any "incidents" that may have occurred. These debriefs will take place at one of the group houses after people have had a chance to shower and change. This course is limited to eight participants.



Intermediate Surfing Track

This course will be led by Jeff Atkins (ACA L4 ITE) and Ashley Brown (ACA L4 ITE). It is geared toward people who have paddled in surf multiple times, have taken at least one formal surf class, but have surfed primarily in a shore break. You should feel comfortable in 2 - 3 ft surf. A roll is a definite plus but not required. However, you should be adept at one or more self - rescues and totally competent with assisted rescues. The skills will include understanding the surf zone, identifying safe areas, the set-up and take-off, timing, power strokes, holding position on the wave, surf zone etiquette, and launching and landing, among others. There will be lots of drills to increase your confidence in a dynamic environment. You need a helmet. This course is limited to eight participants.

An overview of the courses for each day is shown below. The pages after that provide detailed course descriptions.

Overview of Courses

Day	Time	Course	Instructor	Designed For:	Note
Friday 9/25		Master Intermediate Skills	Cavanaugh	Novice/Interm	
		Intro to Surf	Wiebush	Intermediate	
		Expedition Skills and Gear	Atkins	All	
		On-Water Navigation	Kesterson	Interm/Advanced	
		Reading the Water	Williams	Interm/Advanced	Pre-qualify*
		Roll and Rescue in Rough	Hamilton	Advan. Interm/Advanced	Pre-qualify*
	9 - 12	Assisted Rescues	Hubbard	Novice/Interm	
	9 - 12	Intro to Rolling	Lapolla	All	
	1 - 4	Self-Rescues	Hubbard	Novice/Interm	
1 - 4	Rolling Refinement	Lapolla	Interm/Advanced		
Saturday 9/26	9 - 4	Teach and Trek Multi Skill	Cavanaugh	Novice/Interm.	
		Intro to Rough(er) Water	Lapolla	Intermediate	
		Greenland Skills	Hamilton	All	
		Redpoint – Fisherman’s Is.	Kesterson	Adv. Interm/Advanced	Pre-qualify*
		Open Water Skills	Williams	Adv. Interm/Advanced	Pre-qualify*
		Intermediate + Advanced Surf	Atkins	Adv. Interm/Advanced	Pre-qualify*
	9 - 12	Creative Maneuvering	Collins	Novice/Interm	
	9 - 12	Intro to Rolling	Hubbard	Novice/Interm	
	1 - 4	Advanced Rescues.	Collins	Novice/Interm	
1 - 4	Rolling Refinement	Hubbard	Interm/Advanced		
Sunday 9/27	9 - 4	Barrier Island Exploration	Cavanagh	All	
		Intro to Surf	Brown	Intermediate	
		Teach and Trek Multi-Skill	Collins	Interm/Advanced Interm.	
		Getting Edgy	Lapolla	Adv. Interm/Advanced	Pre-qualify*
		Open Water Incident Mgt	Williams	Adv. Interm/Advanced.	Pre-qualify*
		Redpoint – Metompkin Inlet.	Kesterson	Adv. Interm/Advanced	Pre-qualify*
	9 – 12	Dancing With The Water	Hubbard	All	
	9-12	Facing Your Doubts, Fears	Kearney	All	
	9 - 12	Intro to Rolling	Hamilton	All	
	1 - 4	Women’s Strategies	Hubbard	All women	
	1 - 4	Rolling Refinement	Hamilton	Interm/Advanced	
1 - 4	Cool Strokes	Wiebush	All		

*Pre-qualify: requires screening for eligibility before registering for this course. Email Rick at rwiebush@gmail.com

Notes on Selecting the Courses You Want

You'll notice that there are two "qualifiers" associated with each course in the course listings on the previous page and in the course descriptions which follow. They include the phrases: "Designed For", and "Pre Qualify". The following paragraphs explain the meaning of these qualifiers.

The "**Designed For**" ratings are the intended target audience for each course. We make every effort to get the right people into the right courses. Please self-assess using these criteria before registering for a course. These are the minimum requirements for taking a course. If you have questions, email Rick Wiebush to discuss.

- **Novice** – working on ACA Level 1 or 2 skills. May have been paddling for a year or two but has not had any formal instruction and/or 1) is only comfortable paddling in winds less than 10 kts and waves less than 1 foot; and/or 2) does not routinely do wet exits; and/or 3) may have basic control of the boat through forward paddling, sweep strokes and stern rudder, but is not very familiar with draw strokes, bracing or edging. The novice has limited experience with t-rescues or self-rescues.
- **Intermediate** – has solid ACA Level 2 skills and is working on Level 3. Has been paddling for two or more years and typically has had some formal instruction. Is completely comfortable doing wet exits. Has experience paddling in winds of 10-15 knots and 1-2 foot seas and has good control of his/her boat in those conditions. Has solid strokes in most of the following areas: forward, stopping, reverse, sweep, stern rudder, draws. Is comfortable edging and routinely uses it to facilitate turning. Has an effective low brace. Knows how to do a T-rescue. Has experience doing paddle-float or cowboy self-rescue. May or may not have a consistent roll.
- **Advanced Intermediate** – solid ACA level 3 skills and has been working on Level 4 skills. All strokes are solid including the basic strokes, edging, stern and bow rudders, low brace turns and multiple draws. Frequently practices T-rescues and self-rescues and performs them quickly and efficiently. Has paddled in surf several times and has experience with launching and landing. Has worked on rolling in flat water and it may or may not be reliable.
- **Advanced** – ACA Level 4 or 5 skills. Has been paddling for several years, has taken multiple sea kayaking classes and can apply the skills taught in those classes. Paddling in winds of 10-15 knots and 2-3 foot seas is no problem and in fact prefers paddling in those conditions. Has been kayak surfing extensively. Unconsciously competent with strokes, maneuvers and rescues in surf and rougher water. Has a reliable roll.

The courses that say "**Pre Qualify**" require screening of the potential participant by Rick Wiebush prior to registration. These courses all require a fairly high skill level and require experience in rough water/surf. They are not for novices or people who otherwise do not have sufficient skills or experience. Please email Rick Wiebush (rwiebush@gmail.com) to have a conversation about your skills to see if you qualify. If Rick doesn't know you well, please don't be insulted by this process. We do this for safety reasons and to protect the integrity of the course design.

Suggested Courses by Skill Level

Below are suggestions for courses for each day, by skill level. Note: do not try to take rolling twice in one day. If you want to take rolling on multiple days, you'll be put on a wait list for the second day.

Symbols: * means half-day course **means prior permission required

Skill Level	Friday Options	Saturday Options	Sunday Options
Novice	Master Skills	Teach N Trek	Barrier Exploration
	Assisted Rescues*	Creative Maneuvering	Dance with Water*
	Self Rescues *	Advanced Rescues*	Facing Fears*
	Intro Rolling *	Intro Rolling*	Womens Strategies*
			Intro Roll*
			Cool Strokes*
Intermediate	Master Skills	Teach N Trek	Barrier Exploration
	Intro Surf	Intro Rougher Water	Intro to Surf
	Expedition Skills	Greenland Skills	Teach N Trek
	On-Water Navigation	Creative Manuevering*	Dance with Water*
	Assist Rescues *	Advanced Rescues*	Facing Fears*
	Self Rescues*	Intro Roll*	Intro Roll*
	Intro Roll*	Roll Refine*	Womens Strategies
	Roll Refine*		Cool Strokes*
Advanced Intermediate And Advanced	Any Intermediate courses +	Any Intermediate courses +	Any Intermediate courses +
	Reading the Water**	Redpoint Fishermans**	Incident Mgt. **
	Roll, Rescue in Rough**	Open Water Skills**	Redpoint – Metompkin**
		Interm/Advcd Surf**	Getting Edgy**

Symposium Course Descriptions
Friday, September 25

Full Day Courses

Mastering Intermediate Skills

This course is about developing and/or refining a range of ACA Level 2 and 3 personal skills including strokes, maneuvers and rescues. There will be two groups: one focused on learning skills (novice), the other on refining and expanding (intermediate). In the morning, we will spend time on the forward stroke to make sure you get as much power as possible. Then we will work on boat control, focusing on edging in combination with various strokes. We will finish the morning by introducing bow rudders and bracing. These maneuvers can increase your confidence in rougher water by giving you more directional control and stability.

The afternoon will be all about rescues. The focus is on different ways to perform self and assisted rescues. The class will work on different aspects of a rescue starting with maneuvering to assist a capsized kayaker, how to use your body to effectively perform an assisted rescue, how to climb back into a kayak using a variety of techniques, and finally how to get yourself back into the boat unassisted.

Instructor: Mike Cavanaugh, Deb Kearney For: Novice/Intermediate Venue: Chesapeake Bay



Intro to Surf

This course is designed for paddlers who have no or limited experience in the surf zone. The goal is to develop sufficient skills and experience so that you will be comfortable and confident dealing with surf up to 3 feet. We'll learn about different types of waves, surf launching/landing, bracing, side surfing, timing waves, boat control, paddle signals and surfing protocols. The emphasis is on personal and group safety in the surf zone. You will have a blast. And you will be exhausted at the end of the day.

Instructors: Rick Wiebush, Laurie Collins

For: Intermediate

Venue: Ocean



Expedition Skills and Gear

Have you dreamed about doing a multi-day kayaking trip or even an overnigher, but don't know what all the issues are? Have you car camped, but not kayak camped? If you are interested in doing overnight trips in your kayak – whether for one day or for two weeks – then this is the class for you! Jeff – who leads three or four expeditions each year - will review with you all the factors you need to take into account (distance, water, food, equipment, cooking, camping spots, dealing with human waste, etc.) and you'll do some actual trip planning.

Then you'll take a day trip to get some experience with the issues you talked about. You'll learn how to pack your boat, travel to a camping location, set up camp, use stoves to cook a meal, take down camp and re-pack, and then journey back home. So this isn't just talking – it's doing, which is the best way to learn.

People who sign up for this course will have the option – it's not required - of bringing their camping gear with them if they want to get direct experience packing their boat, paddling a loaded boat and setting up camp. Should be fun!

Instructor: Jeff Atkins

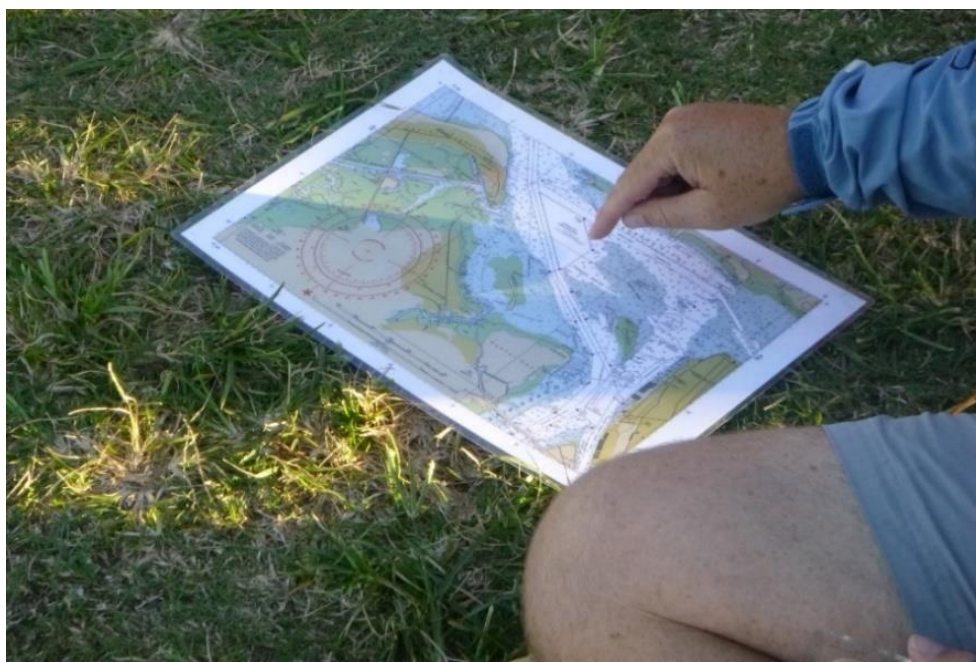
For: All levels

Venue: ocean side, but protected

On-Water Navigation

This class will focus on the multiple aspects of planning and executing a trip on open water that involves fairly long crossings. After reviewing the charts and the assembled data on weather, wind, tides and currents, we'll develop an initial plan. While underway however, we need to be alert to the need for potential adjustments based on our observations of what's actually happening in the environment. Are we experiencing drift based on wind or current? If yes, what's the best strategy for dealing with it? Are there eddies or lees we can capitalize on? Ranges we can use? This means that we'll be navigating on the fly, charts on our decks, but with both hands still on the paddle. If you've ever done a class with James, you know he'll be asking questions you didn't know needed to be asked and, along with you, developing solutions that you may not have thought of. If you haven't taken a class with James, you should.

Instructor: James Kesterson For: Intermediate/Advanced Interm/Advanced Venue: Sound



Reading and Understanding the Water

This course is designed to help you gain a deeper understanding of the areas in which you paddle. It focuses on learning how to understand what's happening with currents, bottom features, surf zones, headlands & points, etc., based on what you see with your eyes and experience with your kayak. Why is the surf bigger over there than it is here? What forces create such a strong current? How come the water gets so crazy right there at the point? A portion of the course will be comparing what we expect to find based on wind & tide, and what we actually experience. We will also emphasize the skills you need to deal effectively with the various conditions we'll encounter.

Note: You must have prior approval to take this course.

Instructors: Dale Williams, Ashley Brown For: Advanced Intermediate/Advanced Venue: Ocean

Rolling and Rescues in the Rough

Got your pool roll pretty well nailed down? Good. Now is the time to move it to a more dynamic environment. This will definitely challenge you, but we're not going to take you out and tell you to start rolling in waves. Instead, a lot of time will be spent preparing you for that step. This will include ensuring proper boat fit; bracing and rolling in flat water; reading the water, understanding the surf zone, what to do if you come out of your boat in the surf, and finally, bracing and rolling in the surf. This will include bracing and rolling into on-coming waves, while paddling parallel to the waves, while surfing, and while back surfing.

One natural consequence of learning to roll in rough water is that people will come out of their boats. This will give us multiple opportunities to work on self- and assisted rescues in rough water!

Note: You must have prior approval to take this course

Instructors: Mike Hamilton, Rob Garfield For: Advanced Interm/Advanced Venue: Ocean

Friday Half-Day Courses: Morning

Assisted Rescues

This course will teach you – or help you to refine and master – the rescues that you really need to know how to do. The focus is on assisted rescues which, assuming you paddle with other people, are what you'll need to do most frequently. We'll identify what gets in your way, slows you down, and/or creates safety issues. Have you seen people do an assisted rescue and it takes about 25 minutes to get it done? In this course, you'll learn how to get it done in less than two minutes! In addition to the basic T-rescue, we'll explore variations (e.g., heel hook re-entry) and other types of assisted rescues. When you get done with this course, you'll be doing rescues so well that your paddling buddies will come up to you and go: "Whoa! Where did you learn how to do *that*?" You will jack up your on-water confidence two levels.

Instructor: Paula Hubbard For: Novice/Intermediate Venue: Bay

Intro to Rolling

This course is for folks who have never tried to roll, or who have tried but haven't had much luck. All the basics will be covered including getting comfortable upside down, the body movements, and the placement and desired movement of the paddle through the water. Euro blades and Greenland sticks are welcome. Enrollment is limited, so that each person gets a lot of attention. Student/ instructor ratio of 1:4

Instructor: Kathryn Lapolla For: All Venue: Bay

Friday Half-Day Courses: Afternoon

Self-Rescues

This course will focus on different ways that you can help yourself get back into your boat without help from others. It will help you make your self-rescues faster, more efficient and safe. You'll learn what you need to do and what you don't need to do. We'll also identify what gets in your way, slows you down, and/or creates safety issues. Have you seen people do an assisted rescue and it takes about 25 minutes to get it done? In this course, you'll learn how to get it done in less than two minutes! We'll also work on improving your self-rescue of choice whether it's a paddle float, cowboy, or re-enter and roll.

Instructor: Paula Hubbard

For: Novice/Intermediate

Venue: Bay

Rolling Refinement

This course is for those who want to refine their roll or learn some new rolls. If your roll is inconsistent, pick up some tips that can make the difference for you. If you've got command of a basic roll, but want to learn others, this is the class for you. Both Euro and Greenland rollers are welcome. Ratio of 1:4. Venue: Bay side

Instructor: Kathryn Lapolla

For: Interm/Advanced

Venue: Bay



Saturday, September 26

Full Day Courses

Teach and Trek Multi Skill

This course will combine a variety of skills instruction with a journey. The idea is to practice a wide variety of skills and to apply them in situations that mimic those you might find during an actual trip. The trip will be in intermediate conditions (some bounce, waves to maybe one foot; 1-2 kts of current, but no surf) We'll start with a brief section on trip planning and route selection. While underway we'll work on strokes and maneuvers that are applicable to the conditions we encounter. What strokes are best for dealing with the wind coming from different directions? What maneuvers do we need when dealing with current? What if someone goes over in current? How can we know exactly where we are when we are in the middle of a crossing or out on some island? There no doubt will be some incidents to manage and towing to be done. Expect to learn a lot of new skills and/or get better at the ones you already have.

Instructor: Mike Cavanaugh, Debbie Kearney For: Novice/Intermediate Venue: Bay

Introduction to Rough(er) Water

This course is for people who have paddled mostly in flat water and who want to learn how to deal with – and get more comfortable in – somewhat rougher conditions. We will focus on techniques and strategies for controlling and maneuvering your boat in swell and/or chop and/or wind and/or current. We will start off in milder stuff and then move to progressively bigger conditions. We won't be going into big surf or the wave train. But bring a helmet. You don't need a roll, but you should have the basics of bracing.

Instructors: Kathryn Lapolla, Tom Suppan For: Advanced Novice/Interm. Venue: Ocean



Greenland Skills

This full-day, comprehensive Greenland course will cover beginning and advanced strokes. If you're new to the Greenland paddle — or you're not getting as much out of your strokes as you'd like — this is your chance to learn to paddle more efficiently with less effort. We will cover a variety of traditional (and non-traditional) strokes with tips on making them ridiculously efficient. We will also introduce common Greenland skills like the balance brace, chest scull, and stealthy hunting strokes.

Instructor: Mike Hamilton, Rob Garfield For: All Venue: Bay

Redpoint: Fisherman's Island

This will be the most demanding of the Redpoint classes. It will involve crossing from Wise Point to Smith Island, then doing the crossing to – and then around – Fisherman's Island. In addition to our skills of using wind, weather and tides to develop a plan, we will need to think about long crossing strategies, figure out route finding in breaking surf at the south end of Fisherman's, and negotiate merging tidal flows and use them to our advantage. We'll pay particular attention to the differences between: 1) low/high tides and when the current actually stops moving at slack.; and 2) the current flow on the Smith Island (east) side of Fisherman's and that experienced on the Chesapeake Bay side. Since there is usually surf on the south side of Fisherman's, we may need to do some surf landings and launchings. It will be a demanding and extremely rewarding day.

Note: You must have prior approval from Rick Wiebush in order to take this course

Instructor: James Kesterson For: Advanced Intermediate/Advanced Venue: Ocean



Intermediate and Advanced Sea Kayak Surfing

Depending on who signs up for this, we will likely have two groups: one intermediate and one more advanced. Learn how to launch and land, get the ideal on-wave positioning, how to adjust your speed while surfing, recovering from side-surfing, and other strategies for getting the most out of your surf session. **You need to have previous experience with surf.** You need to have a helmet and be able to do an unassisted re-entry. Having a roll is helpful, but not required.

Note: You must have prior approval from Rick Wiebush to take this course.

Instructors: Jeff Atkins For: Intermediate/Advanced Interm./Advanced Venue: Ocean



Open Water Skills

Heading out beyond the surf zone and into open water requires good paddling skills, and more. Our ACA Level 4 skills day is designed to build on your skill set in a fun, creative way. We will do a lot of stroke blending to maximize speed and efficiency for maneuvering in open water. There will be some surfing techniques covered, as well as rough water rescues and towing. We will also cover concepts such as paddling as a supportive team, assessing expected conditions and making adjustments, and communication and group management techniques. Participants should have *at minimum* ACA level 3 skills AND have been working on skills in L4 rough water conditions, i.e. rising L4 paddlers who are interested in an eventual ACA L4 skills assessment. This course will also be great for current L4 paddlers and might serve as a refresher for L5 people. Roll from a non-setup position is preferable, but not required. Solid self-rescue skills are required. You need a helmet.

One of the keys to this course (and to learning generally) is allotting time for review and reflection on lessons learned. So we will spend about two-thirds of the day paddling or in transport and one-third (at least 90 minutes) reviewing the lessons learned. The review portion will take place in a post-paddling, indoor setting in street clothes.

Prior to the course, Dale Williams will contact participants to discuss their experience, expectations, and goals and objectives..

Note: You must have prior approval from Rick Wiebush to take this course

Instructors: Dale Williams, Ashley Brown For: Advanced Intermediate/Advanced Venue: Ocean

Saturday Half-Day Courses; Morning

Creative Maneuvering

This course is about learning how to apply the skills you've learned in new ways. The goal is to increase awareness of your body, boat and blade so that your maneuvering is more efficient and effective. We'll be doing forward and reverse Figure 8's, sculling, sculling draws, sideslips and offside low brace turns (among other maneuvers). We'll also work on strategies to control weathercocking, whether going forward or in reverse. One of the keys to doing creative maneuvering is being able to edge your boat with confidence, so edging will be emphasized throughout. We'll be playing with a lot of fun, challenging drills and games that have real world applications. The course will be primarily on flat water, but we'll move to some "bounce" toward the end of the class so that you can get some experience maneuvering effectively in slightly more challenging conditions.

Instructor: Laurie Collins

For: Novice/Intermediate

Venue: Bay

Intro to Rolling

This course is for people who either: 1) have never tried to roll, or 2) have tried but haven't had much luck. For the "newbies" all the basics will be covered including getting comfortable upside down, the body movements, and the placement and desired movement of the paddle through the water. Student/instructor ratio of 1:4.

Instructors: Paula Hubbard

For: Novice Rollers

Venue: Bay



Saturday Half-Day Courses: Afternoon

Advanced Rescues

Challenge yourself to learn how to deal with special situations that require rescuing others or yourself. What happens when a swimmer is injured and can't do a regular t-rescue? How about being able to get a capsized paddler upright without them having to wet exit? What if someone is trapped upside down? In this class we'll learn about - and practice – wet re-entries, Inuit rescues, scoop, Hand of God and other strategies that all paddlers should know.

Instructor: Laurie Collins

For: All

Venue: Bay



Rolling Refinement

This course is for those who want to refine their roll or learn some new rolls. If your roll is inconsistent, pick up some tips that can make the difference for you. If you've got command of a basic roll, but want to learn others (like offside), this is the class for you. Both Euro and Greenland rollers are welcome. Ratio of 1:4.

Instructors: Paula Hubbard

For: Interm/Advanced

Venue: Bay

Sunday, September 27

Full Day Courses

Barrier Island Exploration: Paddle Out to the Islands

The Barrier Islands are a chain of about 20 mostly uninhabited islands that stretches over 60 miles along the Atlantic Ocean from Assateague on the Maryland border to Fisherman's Island near the Bay Bridge Tunnel. Carrying unusual names like Hog, Wreck and Ship Shoal, the sandy isles constitute the longest expanse of coastal wilderness on the East Coast. This moderate paddle (6-8 NM) will take us through some channels out to the stark beauty of the islands. We'll ride the tide out, explore a little, have lunch, and then ride the tide back in. We'll do this on the ocean side, but we won't be going into the ocean.

Instructor: Mike Cavanaugh, Tom Suppan

For: All

Venue: Ocean, but protected



Metompkin inlet and Cedar Island. Photo credit: Gordon Campbell

Intro to Surf

This course is a repeat of the one offered on Friday. It's designed for paddlers who have no or limited experience in the surf zone. The goal is to develop sufficient skills and experience so that you will be comfortable and confident dealing with surf up to 3 feet. We'll learn about different types of waves, surf launching/landing, bracing, side surfing, timing waves, boat control, paddle signals and surfing protocols. The emphasis is on personal and group safety in the surf zone. You will have a blast. And you will be exhausted at the end of the day.

Instructor: Ashley Brown, Chris Rezac

For: Intermediate

Venue: Ocean

Teach and Trek Multi Skill

This is the second, and quite different day, of combining a variety of skill development with a journey. There will be new conditions and new instructors with new ideas and new challenges. The idea is to apply skills in situations that mimic those you might find during an actual trip. The trip will be in the area off Wise Point, so is likely to have somewhat bigger conditions than on the Bay (but will not include the surf zone). We'll start with a brief section on trip planning and route selection. While underway we'll work on strokes and maneuvers that are applicable to the conditions we encounter. What strokes are best for dealing with the wind coming from different directions? What maneuvers do we need when dealing with current? What if someone goes over in current? There no doubt will be some incidents to manage and towing to be done. Expect to learn a lot of new skills and/or get better at the ones you already have.

Instructor: Laurie Collins For: Intermediate/Advanced Interm. Venue: ocean side, but protected



Photo: Fran Lapolla

Open Water Incident Management

This course is designed for advanced intermediate to advanced paddlers looking to strengthen their on-water leadership and problem-solving abilities. We'll begin with a brief group discussion to share your perceived strengths, go-to rescue techniques, and personal goals for the course.

Participants will review essential strokes, rescue methods, and towing strategies. Once roles are assigned, we'll move into dynamic environments, such as wave trains, surf zones, and the fast-moving currents near the tip of Smith Island. You'll work through realistic sea kayaking scenarios that are designed to challenge your skills while maintaining a safe learning environment. Although it's easy to imagine how you might respond in a high-pressure situation, practicing those decisions and leadership roles in real time builds true confidence. Group roles will rotate, and each scenario will be followed by a debrief to analyze what went well and where improvements could be made.

This is a demanding but highly rewarding course focused on developing critical skills. Solid self-rescue ability is required, and a helmet is mandatory.

Note: You must have prior approval from Rick Wiebush in order to take this course.

Instructor: Dale Williams, Jeff Atkins For: Advanced Intermediate/Advanced Venue: Ocean

Getting Edgy

This course is designed for intermediate to advanced-intermediate paddlers who have some experience in rougher waters and want to increase comfort and control either for journeying or moving into surfing.

Learn to use hull shape, wind, wave, and current to best advantage as you move into rougher waters. The course will include edging, bracing, and blending strokes in a variety of bumpy conditions.

As we progress through the day, we'll also experiment with power sweeps, constant edge turns, sculling techniques for support, power reverse pivots, turning on waves, high and low brace turns, using body position and trim, paddling broadside to waves (and the sister technique, bongo surfing).

Plan to get wet. You should have good self-rescue skills and you must have a helmet.

Note: you must have prior approval to take this course.

Instructor: Kathryn Lapolla For: Intermediate and Advanced Intermediate Venue: Ocean



Redpoint: Exploring Metompkin Inlet

This is a class that will focus on the skills needed to navigate to (and possibly through) different inlets in the Virginia Barrier Islands. It is about navigation, decision-making, and skill development. The trip to Metompkin will involve “redpointing”, which is a mountaineering term for leading a climbing route for the first time.

This is trip planning and execution. Specific skills include chart reading, route selection, potential effects of wind and weather, understanding the tides and currents, navigating from point to point, go/no go decision-making and learning the language of the water.

We’ll use the chart and weather forecast to predict surf, longshore currents, tide races and areas of safe travel. After developing a trip plan, we’ll paddle to the inlet. Once at the inlet, we’ll stop and scout out the conditions and pick a route for us to paddle out, and back in, through the inlet. This is “redpointing”. While at the inlet we’ll cover traveling in breaking surf and following seas and, if needed, practice incident management strategies in demanding conditions. You’ll need a helmet, your tow lines, a compass, and a chart of the area.

Instructor: James Kesterson For: Advanced Intermediate/Advanced Venue: Ocean

Note: you must have prior approval to take this course.



Sunday Half Day Courses: Morning

Dancing With the Water

Dancing with the water is all about precision maneuvering your kayak. We will explore how our paddles interact with the water to fine tune where we want to go. This class will focus on paddling concepts and allow you to invent your own strokes. Explore and learn new ways to get where you want to be.

Instructor: Paula Hubbard

For: All

Venue: Bay

Facing Your Doubts and Fears

Professional athletes have doubts too; this course will explore methods for facing yours. We will offer a hands-on sampler of methods to manage doubts, anxieties, and fears related to our sport. We will examine coping strategies, in particular systematic desensitization, exposure, and cognitive reframing. The course is designed to assess what each person wants to tackle and what method might work for him or her. The goal is to go home with strategies and homework to enhance those strategies.

Instructor: Debbie Kearney For: Novice, Intermediate Venue: Bay

Intro to Rolling

This course is for people who either: 1) have never tried to roll, or 2) have tried but haven't had much luck. For the "newbies" all the basics will be covered including getting comfortable upside down, the body movements, and the placement and desired movement of the paddle through the water Student/instructor ratio of 1:4.

Instructor: Mike Hamilton For: Novice/Interm Venue: Bay

Sunday Half Day Courses: Afternoon

Women's Paddling Strategies

Find out why some women can keep up with the (usually) stronger men and do rescues more quickly and effortlessly. Technique and finesse can beat size and strength every time. This class focuses on the adjustments women can make to paddle faster, do a cowboy scramble, conduct an easy assisted rescue, or do anything else that students suggest. We will also work on using core power to develop a fluid and efficient paddling style that enables us to go farther and faster with ease.

Instructor: Paula Hubbard For: all and only women Venue: Bay

Rolling Refinement

This course is for those who want to refine their roll or learn some new rolls. If your roll is inconsistent, pick up some tips that can make the difference for you. If you've got command of a basic roll, but want to learn others (like offside), this is the class for you. Both Euro and Greenland rollers are welcome.

Instructor: Mike Hamilton For: Interm/Advanced Rollers Venue: Bay

Cool Moves

When you get done with this course, you'll be using strokes and maneuvers that will make your paddling buddies come up to you and go: "Whoa! Where did you learn how to do *that*?" You will also jack up your on-water confidence by about two levels. After reviewing edging and bracing skills, we will introduce and practice cool maneuvers like: low and high brace turns (forward and in reverse), hanging draws/side slips (forward and in reverse), reverse turns, cross bow rudders, and the always impressive Colorado Hook!. This is a challenging and extremely fun course, but it requires that you come into the course with a willingness to experiment and push your personal envelope .

Instructor: Rick Wiebush For Novice/Intermediate Venue: Bay

The Coaches



Jeff Atkins - is a 26-year veteran Park Ranger from Charleston SC. He is an ACA L5 Instructor, L4 IT, L3 ITE (and SUP and canoe L2 IT). He is also an instructor for the NC Outward Bound School, and leads expeditions around several parts of the USA. He believes in having fun, learning, and helping others to expand their confidence and skills by having fun while learning. "There is nothing like the feeling of seeing a person smile because they just did something they didn't think they could do"



Ashley Brown - holds the prestigious Level 5 ACA Advanced Open Water Coastal Kayaking certification. Ashley is also an ACA L4 ITE. She loves to teach and to bring new people into this great sport. Ashley now serves as an Adjunct Professor in the Health Education and Human Performance Dept. at the College of Charleston, where she has been instrumental in the development of the curriculum in Kayaking and Expedition Kayaking.



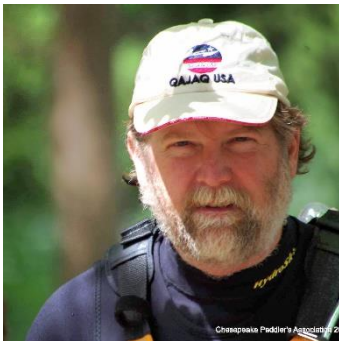
Mike Cavanaugh - is BCU 3*, an ACA L-3 Instructor, with Trip Leader and Adaptive Paddling endorsements. He is the former lead instructor for the David Fisher Upper Hudson Heroes (paddling for veterans with disabilities), and a guide/instructor for Atlantic Kayak Tours and the Adirondack Mountain Club in the Albany area. In addition to instructing and trip leading, Mike is the New York State Director for the ACA. An avid woodworker, he builds wooden kayaks and restores antique wooden canoes.



Laurie Collins - Laurie Collins is an L3 Coastal Kayak Instructor who enjoys combining her love of paddling with the chance to travel to beautiful environments from Belize to Nova Scotia. She finds it incredibly satisfying to apply her 30 years as an educator to teaching kayaking to new and rising intermediate paddlers. Laurie is one of the main instructors for Cross Currents. She lives near Baltimore.



Rob Garfield – is an ACA L4 Instructor who excels as a paddler, leader and instructor/coach. Rob is also the President of the Jersey Shore Sea Kayaking Association (JSSKA).



Mike Hamilton – is an ACA L4 Instructor, with rolling and Traditional Skills endorsements. Mike is the organizer of the long-running, all-Greenland Delmarva Paddlers Retreat.



Paula Hubbard - learned to kayak in the big waters of the San Francisco Bay area. She is an ACA L4 Coastal Kayaking Instructor and is currently working on a BCU 4* award. Paula lives on the Maryland Eastern Shore and regularly teaches for Cross Currents Sea Kayaking. Paula is also currently the Coordinator of the Chesapeake Paddlers Association and is on the ACA Coastal Kayaking Committee



Debbie Kearney - lives on Tybee Island, GA and has been paddling there for over 40 years. Besides loving the marine environment, she loves sharing it with others. She is an ACA level 3 instructor. She aspires to be an encouraging and supportive coach, and loves helping people challenge themselves.



James Kesterson - is an ACA L-5 Instructor and British Canoeing Coach, who is calm, encouraging, and extremely competent instructor. He is also a Renaissance man. He has served in Vietnam, earned a mechanical engineering degree, was a long-time owner of a high-end art gallery, and is a certified Master Scuba Diver. James is also a renowned mountaineer who has climbed peaks in North and South America, and has been featured in climbing magazines. James and his wife Bev are based in North Carolina, which gives him easy access to play spots along the East Coast.



Kathryn Lapolla - is a retired librarian gone crazy for rough water (really, ANY water) and is lucky enough to live in Savannah, GA with easy access to Tybee Island's dynamic inlet waves. She is an ACA L4 Instructor and enjoys working with students as they learn new skills, build confidence, and get excited about the places they can go in this amazing sport. When the surf's not up, she enjoys working with her husband Fran to share the beautiful local salt marsh, barrier islands and black water creeks with visitors through their Savannah Coastal Ecotours business.



Cris Rezac – runs the "oceans25" rough water and surf series and is an ACA L5 Instructor. Chris lives in Charleston, SC



Tom Suppan – is an ACA L4 Instructor and working on his L3 River Kayaking certification. Tom says: "My favorite kayaking trip was near Ensenada, Mexico, where a game of spoons led to the death of two chairs, a table, and one ego. I love kayaking and I can't keep my mouth shut. I teach so that the latter is an asset instead of a liability.



Rick Wiebush – runs Cross Currents Sea Kayaking and produces *Coastbusters* the newsletter for mid-Atlantic paddlers. He is an ACA L2 IT and lives in Baltimore.



Dale Williams - is an ACA L5 Instructor Trainer Educator who lives on Tybee Island, GA. He operates Sea Kayaking USA and is the wholesale distributor for SKUK (Nigel Dennis) kayaks and Reed spray skirts.