



Cross Currents Sea Kayaking

Presents the 10th Annual

Kiptopeke Sea Kayaking Symposium



September 23 – 25, 2022

Cape Charles, Virginia

Welcome to the 10th Annual Kiptopeke Sea Kayaking Symposium, one of the premier sea kayaking events on the East Coast!

This year we again 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, Tom Noffsinger, Ashley Brown and Jeff Atkins, as well as Greenland guru Mike Hamilton, and other top-notch coaches. Specific coaches are:

- Dale Williams from Georgia
- Jeff Atkins and Ashley Brown from South Carolina;
- James Kesterson from North Carolina,
- Tom Noffsinger, Ed Schiller, and Brian Blankinship from Virginia,
- Rick Wiebush, Paula Hubbard, Mike Hamilton, Greg Hollingsworth and Randi Kruger from Maryland,
- Ken Fandetti from Rhode Island, and Mike Cavanaugh from New York

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

- A three-day series on Advanced Open Water (L5) skills with Dale Williams
- Reading and Understanding Water with Tom Noffsinger
- Redpoint: Exploring Barrier Island Inlets with James Kesterson
- Open Water Incident Management with Jeff Atkins
- Rolling and Greenland Skills with Mike Hamilton
- Rolling and Rescues in Bounce with Ashley Brown and James Kesterson

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

Housing

Most people will be staying in one of the fabulous lodges at Kiptopeke State Park. Each lodge has 6 BR and 3 BA, a full kitchen and huge living area. This communal aspect is one of the things that people really love about the symposium.

Activities

There will be activities on Friday and Saturday nights. On Friday evening, we'll be going to the At Altitude photo gallery in Cape Charles to hear a presentation by the owner/photographer Gordon Campbell. He uses an ultra-light to take incredible photos of the VA Eastern Shore!

Saturday night is the traditional group dinner and the uproarious prize drawings for great gifts from the symposium's sponsors. Not to be missed!

Cost

The cost of the full symposium is \$535, which includes all classes, three nights in the lodges and the Saturday dinner. If you choose to arrange your own housing, the cost is \$375. Ala carte courses are available at a cost of \$125 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; 410.788.1241).

Advanced Surfing Track

This course will be run by Dale Williams (ACA L5 ITE) and Tom Noffsinger (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 IT). 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 9/23	9 - 4	Beyond the Basics	Cavanaugh	Novice	
		Master Intermediate Skills	Blankinship	Intermediate	
		Intro to Surf	Fandetti, Schiller	Intermediate	
		Redpoint, Day 1	Kesterson	Interm/Advanced	Pre-qualify*
		On-Water Navigation	Wiebush	All	
		Adv. Open Water Skills (L5)	Williams, Noffsinger	Advanced	Pre-qualify*
		Open Water Incident Mgt.	Atkins, Hollingsworth	Interm/Advanced	Pre-qualify*
	9 - 12	Assisted Rescues	Hubbard	Novice/Interm	
	9 - 12	Intro to Rolling	Hamilton	All	
	1 - 4	Self-Rescues	Hubbard	Novice/Interm	
1 - 4	Rolling Refinement	Hamilton	All		
Saturday 9/24	9 - 4	Adventures in Boat Control	Cavanaugh	Novice/Interm.	
		Intro to Rough(er) Water	Hubbard, Schiller	Intermediate	
		Greenland Skills	Hamilton	All	
		Intermediate Surf	Brown	Interm/Advanced	Pre-qualify*
		Adv. Open Water Skills (L5)	Williams, Atkins	Advanced	Pre-qualify*
		Life on the Edge I	Noffsinger, Hollingsworth	Interm/Advanced	Pre-qualify*
		Red Point – Day 2	Kesterson	Interm/Advanced	Pre-qualify*
	9 - 12	Life on the Edge II	Fandetti	Novice/Interm	
	9 - 12	Intro to Rolling	Kruger	Novice/Interm	
	1 - 4	Towing the Line	Fandetti	Novice/Interm	
1 - 4	Rolling Refinement	Kruger	Interm/Advanced		
Sunday 9/25	9 - 4	Barrier Island Exploration	Wiebush	All	
		Intro to Surf	Schiller, Fandetti	Intermediate	
		Interm+Advanced Surfing	Atkins, Hollingsworth	Interm/Advanced	Pre-qualify*
		Reading the Water	Noffsinger	Interm/Advanced	Pre-qualify*
		Adv. Open Water Skills (L5)	Williams, Brown	Advanced	Pre-qualify*
		Rolling, Rescues in Bounce	Kesterson, Hamilton	Advanced	
	9 - 12	Dancing With The Water	Hubbard	All	
	9 - 12	Forward Stroke Clinic	Blankinship	All	
	9 - 12	Rescues “Out of the Box”	Cavanaugh	All	
	9 - 12	Intro to Rolling	Kruger	All	
	1 - 4	Women’s Strategies	Hubbard	All women	
1 - 4	Advanced Strokes	Blankinship	Intermediate		
1 - 4	Rolling Refinement	Kruger	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** – 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 been paddling for 2 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. Has some experience in surf. 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** – 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 several times, including launching and landing. All strokes are solid including the basic strokes, edging, stern and bow rudders, low brace turns and multiple draws including draw on the move and hanging draw. Frequently practices T-rescues and self-rescues and performs them quickly and efficiently. Has a pretty reliable roll, at least in flat water.

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 most 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.

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Symposium Course Descriptions

Friday, September 23

Full Day Courses

Beyond the Basics

Are you a “newish” paddler or one who had been paddling for a while but never had formal instruction? This course will provide you the opportunity to nail down the basics (e.g. forward stroke, sweeps, draws) and then go beyond them to learn new strokes and maneuvers like edging, reverse paddling and stern rudders. The class will also include instruction in effective T-rescues and self-rescues. It is geared toward ACA level 2 competencies. Venue: Bay side.

Instructor: Mike Cavanaugh

For: Newer paddlers

Venue: Chesapeake Bay



Mastering Intermediate Skills

This course is about developing and/or refining a range of ACA Level 3 personal skills including strokes, maneuvers and rescues. We want to help move to the point of unconscious competence with these skills, so that you can do them without thinking. 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, and blending strokes for efficient, elegant, and precise maneuvers. 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: Brian Blankinship

For: 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.

Instructor: Ken Fandetti, Ed Schiller For: Intermediate Venue: Ocean



Practical, On Water Navigation

Get you and your group from Point A to Point B safely and efficiently AND know exactly where you are along the way. After reviewing some of the basics of charts, plotting a course and piloting, we will spend all day on the water practicing our navigation skills. These will include following a compass course, identifying aids to navigation, using ranges and transits, estimating distances and learning how to match up what we are seeing around us to what we are seeing on the chart. This course is for people who want to learn how to use practical navigation skills and apply them to everyday paddling.

Instructor: Rick Wiebush For: All Venue: ocean side, but protected

Redpoint: Exploring Barrier Island Inlets – Day 1

This is a two-day class that will focus on the skills needed to navigate to and through two different inlets in the Virginia Barrier Islands. The first day's trip will be to a familiar inlet (Metompkin) and is designed in part to prepare participants for the second day's trip to Quinby Inlet. The trip to Quinby will involve "redpointing", which is a mountaineering term for leading a climbing route for the first time.

On Friday (Day 1) we travel to Metompkin Inlet, where most of us have been before and where there is rougher water. We will plan our route of travel including reviewing weather, sea state, tides and currents. On the way out, we'll review and practice edging, power forward, sweep stroke, and bracing strokes blended with the forward stroke.

As we go into the chop, you can practice your roll and/or self-rescue, and assisted rescue. For those who want to, we'll facilitate this practice by repeatedly surfing *backwards*! In addition, if conditions permit, we'll also practice rescuing an injured paddler.

It will be a long day. Made even longer with a homework assignment: trip planning for Day 2, including weather, tides, and route of travel. You'll need a helmet, your tow lines, a compass, and a chart of the Metompkin Inlet area. **Note: You must have prior approval to take this course.**

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

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

Open Water Incident Management

This course is for those more experienced intermediate and advanced paddlers who want to sharpen their on-water problem solving skills, as well as their paddling skills. We will start off with some warm-up exercises and a review of relevant strokes, rescues, and towing skills. Then we'll start operating near the wave train, in surf, and/or in the fast-moving current off the tip of Smith Island. You'll encounter a range of realistic sea kayaking scenarios, ranging from the fairly simple (e.g., water-filled rear hatch) to the very complex (don't ask). We can rotate the group leadership roles among participants. At the end of each scenario, we'll spend time debriefing what went on, including what worked well and how things might have been handled differently. This is a hard, but extremely valuable skill-building course. You should have good self-rescue skills and you must have a helmet.

Instructors: Jeff Atkins For: Advanced Intermediate and Advanced Venue: Ocean

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



Advanced Open Water (L5) Skills

This is day one of a three-day *series* of courses (i.e., the whole symposium) that will allow advanced paddlers to further hone and expand their skill set by working with some of the country's top rough water instructors.

The expectation is that participants will attend all three days. This is not open to people who want to do one day.

The course will address several concepts including:

- *paddling as a supportive team,*
- *assessing expected conditions and making adjustments as needed*
- *matching the proposed challenge to the team, boats, gear and venue available*
- *communication and group management in rough water.*

In terms of hard skills, the focus will likely be on *surfing technique, rough water rescues and towing.*

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 each 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.

There are prerequisites: participants must have the ACA L-4 Instructor certification and/or L4 Trip Leader Award, OR have passed the L4 Skills Assessment. Or the British Canoeing equivalent. People with extensive rough water experience and a solid combat roll will also be considered. You will need a seaworthy boat, all gear suitable for rough water paddling and a helmet.

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

Instructors: Dale Williams, Tom Noffsinger For: Advanced Venue: Ocean

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

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 that are less well-known but important (e.g, Hand of God!) 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 also jack up your on-water confidence by about two levels.

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

Intro to Rolling — Beginning and Beyond

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: Mike Hamilton

For: All

Venue: Bay



Friday Half-Day Courses: Afternoon

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: Mike Hamilton

For: Interm/Advanced

Venue: Bay

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

Symposium Course Descriptions

Saturday, September 24

Full Day Courses

Adventures in Boat Control

This class is all about being in control of your boat: getting you to the point that your boat responds in the way you want it to, when you want it to. It is an intensive skills development course with a focus on learning or refining a whole range of core skills including strokes, maneuvers, and rescues. It is designed for rising intermediate paddlers. We will place a major emphasis on learning how to control your boat with your body, boat and blade. This includes edging to facilitate turns, bracing, refining all the basic strokes, and introducing intermediate strokes such as low brace turn, bow rudder and advanced stern rudder. If you think you know all these strokes and maneuvers, we guarantee that you will be able to do them a lot more effectively as a result of this course.

Instructors: Mike Cavanaugh

For: 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: Hubbard, Schiller, Blankinship

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. We might even have time to throw a few harpoons.

Instructor: Mike Hamilton

For: All

Venue: Bay

Bay Kayaking

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Intermediate Surfing

This course is for those who have had some exposure to surf and who want to take things to the next level. It will focus on intermediate surfing skills including 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 must have had prior experience – and preferably classes – in the surf. You also need a helmet.

Instructors: Ashley Brown

For: Intermediate with surf experience

Venue: Ocean

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



Redpoint: Exploring Virginia Barrier Island Inlets, Part II

This is the second day of a two-day class that will focus on the skills needed to navigate to and through two different inlets in the Virginia Barrier Islands. The first day's trip (Friday) will be to a familiar inlet (Metompkin) and is designed in part to prepare participants for the second day's trip to a completely different inlet in the Barrier Islands.

Our second day (Saturday) will be in new-to-us territory. After reviewing the weather, tides, and trip plans that participants developed the night before, we'll travel to "x" inlet for the first time using our agreed-upon plan, our ocean experience and our judgement. This is "redpointing". 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. We'll identify some surf areas that we need to avoid and others in which we can spend some time playing before we head back to the launch.

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.



Life on the Edge I

Take your boat control to a new level and find out just how far you can edge your boat. This session is all about building confidence and boat handling skills, and discovering new ways to maneuver your kayak, particularly as the conditions get rougher. We'll spend the first part of the day with edging and blending support strokes to help with seamless transitions and efficiency on the water. We'll also cover bracing in conditions, rough water rolling (including the surf zone) and rescues. Not for the faint at heart, or newer paddlers. A reliable roll is encouraged; self- and assisted-rescue experience required. Helmet required. .

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

Instructor: Tom Noffsinger For: Intermediate/Advanced Venue: Ocean

Advanced Open Water (L5) Skills

This is the second day one of a three-day *series* of courses (i.e., the whole symposium) that will allow advanced paddlers to further hone and expand their skill set by working with some of the country's top rough water instructors.

The expectation is that participants will attend all three days. This is not open to people who want to do one day.

See the full description on page 8. **Note: you must have prior approval to take this course.**

Instructors: Dale Williams, Jeff Atkins

Saturday Half-Day Courses; Morning

Life on the Edge II

This whole course is about learning and refining edging skills. We'll be edging going forward, backward, turning, around in circles and Figure 8's. The more comfortable you are with edging, the easier and more effective your boat handling will be. We'll help you increase the degree to which you can edge your boat and, just as importantly, hold that edge. The goal is to get you so competent with edging so that you are using it without having to think about it. There will be a lot of fun, challenging drills and games. 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 edging in slightly more challenging conditions.

Instructor: Ken Fandetti

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: Randi Kruger

For: Novice Rollers

Venue: Bay



Saturday Half-Day Courses: Afternoon

Towing the Line

This course is all about being prepared to help out when someone in your group is incapacitated (injured, sick, tired) to the point that they just can't paddle, or needs to get out of a dangerous tight spot quickly. We'll discuss the components of various tow systems. Then everyone will practice multiple forms of towing including contact tows, back deck carries, in-line tows and rafted in-line tows. There might even be an "injured paddler" or two to keep you on your toes. If you are a trip leader in your club, or want to be, or if you just want to be a serious paddler, you need to have command of this stuff.

Instructors: Ken Fandetti

For: Novice/Intermediate

Venue: Bay



Towing a seasick unicorn

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: Randi Kruger

For: Interm/Advanced

Venue: Bay

Symposium Course Descriptions

Sunday, September 25

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 (10-12 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: Rick Wiebush

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 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: Ken Fandetti, Ed Schiller

For: Intermediate

Venue: Ocean

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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. We'll be going to a place (Metompkin Inlet) that has several different surf areas, some with smaller surf and other areas with larger surf. 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, Greg Hollingsworth For: Intermediate/Advanced Venue: Ocean

Reading and Understanding the Water

This is a new course that 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.

Instructor: Tom Noffsinger For: Advanced Intermediate/Advanced Venue: Ocean (Wise Pt.)



Rolling and Rescues in the Bounce

Got your pool roll pretty well nailed down? Good. Now is the time to move it to a more dynamic environment like bumpy water and the surf zone. This will definitely challenge you, but it's not like we are 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. These activities will include: ensuring proper boat fit; bracing and rolling in flat water; reading the water and 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! Finally, James claims that he will teach people how to breath under water!

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

Instructor: James Kesterson, Ashley Brown For: Advanced, with a reliable roll. Venue: Ocean

Advanced Open Water (L5) Skills

This is the third day one of a three-day *series* of courses (i.e., the whole symposium) that will allow advanced paddlers to further hone and expand their skill set by working with some of the country's top rough water instructors.

The expectation is that participants will attend all three days. This is not open to people who want to do one day.

See the full description on page 8. **Note: you must have prior approval to take this course.**

Instructors: Dale Williams, Jeff Atkins

Sunday Half Day Courses: Morning

Forward Stroke Clinic: Forward, Faster, Farther

Over 80% of most kayaker's paddling time is spent going forward. Your paddling technique will not only determine your speed, but how efficiently you move the boat forward. Performance Paddling is maximizing the efficiency of the stroke resulting in the ability to go farther, faster and easier. This class will break down the stroke into its component parts and look to increase efficiency in every aspect of the forward stroke. The class may include use of the Wing paddle as a teaching aid.

Instructor: Brian Blankinship For: Interm/Advanced Venue: Bay

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

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: Randi Kruger

For: Novice Rollers

Venue: Bay

Rescues "Out of the Box"

Standard T-Rescues are pretty easy in calm conditions, when both the rescuer and swimmer are experienced and know how the whole thing works. Do you paddle with beginners? People with "recreational" kayaks that flood completely? What if you are the only experienced paddler in the group, but you end up having the "Out-of-Boat Experience"? Can you talk a flustered beginner through a rescue? How about a rescue where the swimmer is separated from his boat: what now? How about the overweight swimmer with little upper body strength? We will concentrate on the "non-standard" rescues and focus on problem solving rather than just technique. Mike will share some unnerving experiences leading trips on the Hudson River with "newish" paddlers. Be prepared to get wet and laugh a lot!

Instructor: Mike Cavanaugh

For: All

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

Kick It Up A Notch: Advanced Strokes

We are going to spend the afternoon learning a bunch of techniques that most paddlers either don't know how to do or don't use often enough. These are strokes and maneuvers that will expand your repertoire AND make you look very cool. We'll work on turning strokes like the cross-bow rudder, and forward and reverse high brace turns; evasive moves like the draw on the move; gliding strokes such as forward and reverse side slips; and corrective strokes including the advanced stern rudder and keyhole stroke.

Instructor: Brian Blankinship For: Intermediate/Advanced 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.

Instructor: Randi Kruger For: Interm/Advanced Rollers Venue: Bay



The Coaches



Jeff Atkins - is a 26-year veteran Park Ranger from Charleston SC. He is an ACA L3 IT, L5 instructor (and L2 SUP instructor). 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”



Brian Blankinship - is an ACA Open Water Instructor and BCU4* paddler who lives in northern Virginia, owns Bay Kayaking, and has been teaching sea kayak skills for 20 years. Brian is a previous Coordinator of the 750 member Chesapeake Paddlers Association (CPA). He founded CPA’s SK 102, an annual weekend-long skills clinic for over 100 participants. As a kayak racer, Brian came in fourth at the Mayor’s Cup, a race around Manhattan Island and the Blackburn Challenge. He has many local and regional racing victories under his belt.



Ken Fandetti – is an ACA L3 Coastal Kayaking Instructor and a BCU Level 2 coach. He lives in Rhode Island and is the head instructor at the Rhode Island Kayak Centre. He has paddled and led groups in several southern locations like Belize, Bonaire, Tortola and in Eleuthera and the Exumas. His favorite paddling spot remains the 400 + miles of rocky coastline making up Rhode Island and Narragansett Bay.



Ashley Brown - is one of only five women in the US to hold the prestigious Level 5 ACA Advanced Open Water Coastal Kayaking certification. Ashley is also an ACA L4 IT. 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.



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.



Greg Hollingsworth - is an ACA L4 Open Water Instructor and a BCU 4* paddler who got hooked on the sport in 1990 when he paddled the length of Alaska's Glacier Bay. Since then, he has paddled most of the Chesapeake Bay and he particularly enjoys rough water paddling. To support his rough water paddling habit, Greg recently formed the Force 5+ meetup group.



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.



Randi Kruger – is an artist and paddler who lives in Accokeek MD. She holds a number of ACA accreditations. She specializes in foundation skills, rolling, and playing in the waves. The Potomac River and Chesapeake Bay are her local waters but her heart’s home is Southport NC.



Tom Noffsinger - is an ACA Advanced Open Water Instructor and aspiring boat captain who lives in Chesapeake, VA or wherever his boat happens to be. He teaches at a variety of symposia and excels at helping paddlers take their skills to the next level. He's known for his surfing ability and boat handling skills. Tom's favorite areas to teach and paddle include Alaska, inlet surf zones along the Atlantic coast and Wales.



Ed Schiller – is a former ACA Open Water Instructor, an L-3 Instructor Trainer and has served as Chairman of the ACA's Coastal Kayak Committee. He’s also a BCU 4 star paddler. He has honed his skills in the wild waters off Anglesey, Wales as well as Nova Scotia and St. Lucia in the Caribbean.



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.

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Sponsor	Location	What they offer
Annapolis Canoe and Kayak	Annapolis, MD	Canoe, kayak and SUP sales and rentals. Absolutely fabulous advice and help on a range of topics paddling related.
Bay Kayaking	Woodbridge, VA	Individual or private instruction. Kayak trips and tours. Paddle and paddle tours. Rep for Epic kayaks.
Capital City Kayak	Accocek, MD	Sea Kayak and River instruction. Sales of NDK kayaks, Celtic paddles and Reed gear.
Coastal Kayak	Fenwick, DE	Sea kayak and sailing instruction. Kayak and SUP eco-tours. Rentals.
Cross Currents Sea Kayaking	Baltimore, MD	Instruction and trips. ACA Instructor certification. Unconscious Competence series.
Kayak Centre of Rhode Island	Wickford, RI	Sea kayak, SUP instruction and tours Sales and rentals. Full line of paddling equipment.
Sea Kayaking USA	Tybee Is, GA	Distributor of Nigel Dennis kayaks, Celtic paddles and Reed products. Advanced instruction in open water skills, surfing, currents play. High-level ACA instructor certification.