



Cross Currents Sea Kayaking

Presents the 11th Annual

Kiptopeke Sea Kayaking Symposium



September 22 – 24, 2023

Cape Charles, Virginia

Welcome to the 11th 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 and Kathryn Lapolla from Georgia
- Jeff Atkins, Ashley Brown and Bev Coslett from South Carolina;
- James Kesterson from North Carolina,
- Rick Wiebush, Paula Hubbard and Laurie Collins from Maryland,
- Brian Blankinship and Tom Suppan from Virginia
- Drew Trousdell from Florida, Mike Cavanaugh from New York and Chris Raab from NJ

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

- A two-day series on Advanced Open Water (L5) skills with Dale Williams
- Two new fun courses with Ashley Brown
- Reading and Understanding Water with Dale
- Redpoint: Exploring Barrier Island Inlets with James Kesterson
- Wreckage in the Wave Train with Jeff Atkins
- Three new Teach N Trek courses
- A (tough) new Circumnavigation of Fisherman's Island with Drew Trousdell

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. You can also arrange your own housing or camp at the State Park

Activities

There will be activities on Friday and Saturday nights. On Friday evening, we'll hear about expeditions to Alaska and/or Patagonia.

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 \$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 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 L5 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 9/22	9 - 4	Beyond the Basics	Cavanaugh	Novice	
		Master Intermediate Skills	Blankinship	Intermediate	
		Intro to Surf	Trousdell, Collins	Intermediate	
		Redpoint, Day 1	Kesterson	Interm/Advanced	Pre-qualify*
		Teach & Trek Multi-Skill	Wiebush, Lapolla	Intermediate	
		Reading the Water	Williams	Interm/Advanced	Pre-qualify*
	9 - 12	Wreckage in the Wave Train.	Atkins, Brown	Interm/Advanced	Pre-qualify*
	9 - 12	Assisted Rescues	Hubbard	Novice/Interm	
	9 - 12	Intro to Rolling	Coslett	All	
	1 - 4	Self-Rescues	Hubbard	Novice/Interm	
1 - 4	Rolling Refinement	Coslett	Interm/Advanced		
Saturday 9/23	9 - 4	Adventures in Boat Control	Cavanaugh	Novice/Interm.	
		Intro to Rough(er) Water	Blankinship, Suppan	Intermediate	
		Greenland Skills	Raab, Coslett	All	
		Teach and Trek Multi Skill	Laurie Collins	Intermediate	
		Adv. Open Water Skills (L5)	Williams, Atkins	Advanced	Pre-qualify*
		Fisherman's Is. Circumnav	Trousdell, Lapolla	Interm/Advanced	Pre-qualify*
	9 - 12	Red Point – Day 2	Kesterson	Interm/Advanced	Pre-qualify*
	9 - 12	Creative Maneuvering	Brown	Novice/Interm	
	9 - 12	Intro to Rolling	Hubbard	Novice/Interm	
	1 - 4	Ministry of New Rescues	Brown	Novice/Interm	
1 - 4	Rolling Refinement	Hubbard	Interm/Advanced		
Sunday 9/24	9 - 4	Barrier Island Exploration	Wiebush, Cavanagh	All	
		Intro to Surf	Coslett, Collins	Intermediate	
		Teach and Trek Multi-Skill	Lapolla, Suppan	Intermediate	
		Interm+Advanced Surfing	Atkins, Trousdell	Interm/Advanced	Pre-qualify*
		Adv. Open Water Skills (L5)	Williams, Brown	Advanced	Pre-qualify*
		Rolling, Rescues in Bounce	Kesterson	Advanced	Pre-qualify*
	9 - 12	Dancing With The Water	Hubbard	All	
	9 - 12	Forward Stroke Clinic	Blankinship	All	
	9 - 12	Intro to Rolling	Raab	All	
	1 - 4	Women's Strategies	Hubbard	All women	
	1 - 4	Advanced Strokes	Blankinship	Intermediate	
1 - 4	Rolling Refinement	Raab	Interm/Advanced		

*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 22

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.

Instructors: Drew Trousdell, Laurie Collins For: Intermediate Venue: Ocean



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: Rick Wiebush, Kathryn Lapolla For: Intermediate Venue: ocean side, but protected

Redpoint: Exploring Barrier Island Inlets – Day 1

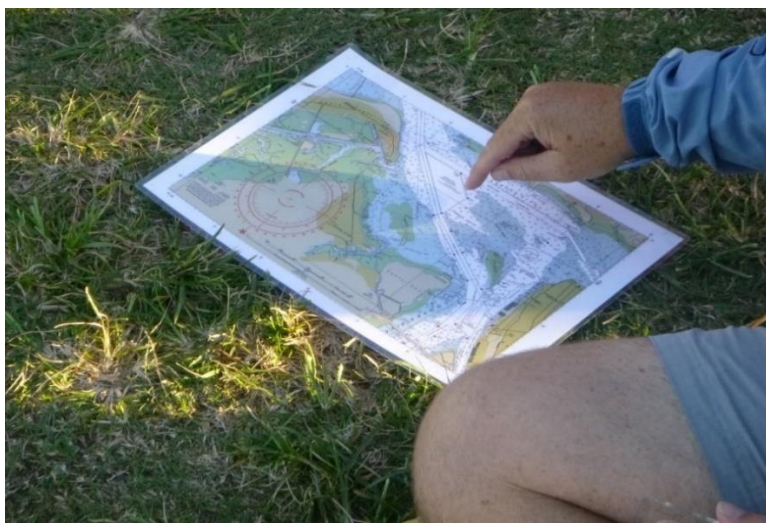
This is a two-day class that will focus on the skills needed to navigate to and through two different inlets in the Virginia Barrier Islands. The first day's trip will be to a familiar inlet (Metompkin) and is designed in part to prepare participants for the second day's trip to Quinby Inlet. The trip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



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: Dale Williams For: Advanced Intermediate/Advanced Venue: Ocean (Wise Pt.)

Wreckage in the Wave Train

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, in rougher water. 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 do some surfing, and 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, Ashley Brown For: Advanced Intermediate and 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: Bev Coslett

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: Bev Coslett

For: Interm/Advanced

Venue: Bay

Saturday, September 23

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: Brian Blankinship, 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. We might even have time to throw a few harpoons. You'll also have a chance to try a skin on frame Greenland boat.

Instructor: Chris Raab, Bev Coslett

For: All

Venue: Bay

Teach and Trek Multi Skill

This course has the same format and Teach and Trek on Friday but will include some new content areas. We are likely to go to new places and encounter different conditions from those experienced in the Friday version of this class. The idea is to do a journey, practice a wide variety of skills and 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. We might learn how to negotiate wind and current and make them work for us. There will be some navigation work like using ranges and triangulation to find out where we are. New ideas for handling assisted rescues will be introduced. 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 Venue: ocean side, but protected

Circumnavigation of Fisherman's Island

It's an 8.5 nm trip. You can't land. You will have to negotiate slicing through 3 – 4 foot surf on the south (ocean) side of the island. On the way back, when you're tired, you may have to deal with strong current. And before you get on the water, you'll have to help plan this trip, taking into account wind, waves, current and the skills of the people in the group. Sound like fun? It will be a blast! However, to do this trip, you must have a lot of experience dealing with surf and strong current. Your assisted rescues have to be flawless. You should have a reliable self-rescue in rougher water.

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

Instructors: Drew Trousdell, Kathryn Lapolla For: Advanced and Intermediate with surf/current experience



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.

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.



Advanced Open Water (L5) Skills

This is day one of a two-day *series* of courses 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 both 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, Jeff Atkins For: Advanced Venue: Ocean

Saturday Half-Day Courses; Morning

Creative Maneuvering

This course is about learning and applying strokes and maneuvers in new, challenging and fun ways. I mean, this is Ashley, right? Take some time to make your strokes function in new ways, make connections to other strokes, make up your own strokes, and use strokes you know so well in new ways. . We'll be working on finding new ways to go forward, backward, turning, and sideways. How about a reverse Figure 8? Learn the "Colorado Hook" and other cool strokes and maneuvers. There will be a lot of fun, challenging drills and games.

Instructor: Ashley Brown 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

Ministry of New Rescues

Ashley Brown is the Minister of New, Creative and Challenging Rescues. We all need to practice rescues to keep them fresh and ready to use, but sometimes it's just a chore. Come practice rescues by playing games, and getting involved in practical, if a bit silly, ways to get yourself and your friends back in a kayak. Come prepared to get wet!

Instructor: Ashley Brown

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 24

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 , Mike Cavanaugh

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: Coslett, Collins

For: Intermediate

Venue: Ocean

Teach and Trek Multi Skill

This is the third, yet undoubtedly quite different day, of combining a variety of skills instruction 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 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: Kathryn Lapolla, Tom Suppan For: Intermediate Venue: ocean side, but protected

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: Atkins, Trousdell For: Intermediate/Advanced Venue: Ocean



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, For: Advanced, with a reliable roll. Venue: Ocean

Advanced Open Water (L5) Skills

This is the second day of a two-day *series* of courses 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 both days. This is not open to people who want to do one day.

See the full description on page 13. **Note: you must have prior approval to take this course.**

Instructors: Dale Williams, Ashley Brown

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: Chris Raab

For: Novice Rollers

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: Chris Raab

For: Interm/Advanced Rollers

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”



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.



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.



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 on the ACA Coastal Kayaking Committee and is one of the main instructors for Cross Currents. She lives near Baltimore.



Bev Coslett – is an ACA L4 Instructor who lives in Charleston, SC. She runs Charleston Paddles, offering paddlesports instruction and kayaking adventure expeditions. Bev also serves on the ACA Board of Directors. Her other certifications include: Assistant Overnight Guide Cert - SKGABC, ACA L2 SUP & Canoe Instructor, Yoga Teacher (200 hour cert), Traditional Paddling Endorsement, and she is an ACA L2 Kayak Instructor Trainer Candidate.



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



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.



Chris Raab – runs Tuktuk Paddles in NJ. He is an ACA IT in both sea kayak and canoe, as well as a SUP instructor. One of Chris's main focuses is Greenland paddling and, in addition to making harpoons and Norssaqs, Chris makes Greenland and Aluetian paddles that are stunningly beautiful



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 also love the Colorado River, and kayak surfing anywhere. I love kayaking and I can't keep my mouth shut. I teach so that the latter is an asset instead of a liability."



Drew Trousdell – is an ACA L4 instructor and surf aficionado who will be undertaking an Alaska expedition this summer. We'll hear all about it on the Friday night of the symposium. Drew lives in St. Augustine.



Rick Wiebush – runs Cross Currents Sea Kayaking and produces *Coastbusters* the newsletter for mid-Atlantic paddlers. He is an ACA L3 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.

