



Dear Kayak Enthusiast,

Thank you for your interest in enrolling in the ACA Traditional Skills Instructor Endorsement ICE on July 13, 2009. Brought to you in partnership from OLTOA and Tuktu Paddles, this program will allow successful candidates to add the "Traditional Endorsement" to their list of ACA Instructor certifications. Please note that you must be currently certified in Coastal Kayaking at the "Basic" level or above to participate in this workshop. Below is a rough outline to give you an idea of what topics the class will cover. Due to weather, group needs, and time constraints we sometimes move the order of things around once the workshop gets under way.

In this one-day program, we will be assessing your skills as a "Traditional Instructor". You will be asked to teach topics related to the history of traditional paddling, several strokes, balance braces, and rolling. Our day together will look something like this:

Introductions

Student presentations: dry land topics (Topics to be mailed to you in advance)

IT reviews topics to fill in details and ideas as needed

Candidates teach strokes

Candidates teach sculling, balance brace etc

Lunch

Candidates do rolling demo and explain progression of learning as well as roll origin during demo

Video taping session

Rolling star game for fun and evaluation

Closing comments

Evaluations and recommendations

In addition to having the "Basic Certification", students should arrive well versed in traditional paddling skills. If you have not yet taken a Traditional skills workshop, be it with us or another reputable outfitter, we strongly encourage you to sign up for at least day 2 of our traditional weekend which is July 12, 2009. (If you sign up for day 1 you will learn how to make your own Greenland style paddle!)

Enclosed you will find some key pieces of information that will help you and us be better prepared for your workshop. Please take the time right now to read through the **entire package** and call me if you have any questions. We will ask you to fill out a release form and a medical information form on the first day of your program. The workshop cost is \$150.00.00. If you register before June 1st you receive a \$25.00 discount. Early registration *Payment of \$125.00 will confirm a spot for you in the class. Space is limited and we encourage you to register early! Payment is needed to hold your spot! Registration after June 1st is \$150.00.*

We will plan to meet at White's Beach Campground in Brunswick Maine at 0800 sharp on the day of the workshop. We will be working on the back side of the pond. (Directions at the bottom of page 2) To participate in this workshop you will need to be able to spend several hours in a kayak, have the physical ability to perform self and assisted rescues and carry one end of a kayak 100 yards over uneven terrain. You should plan to come to this workshop well rested and leave very tired. We try to end at 5:00 PM but depending on the number of students in the course and how things flow, we may end up staying a little late. If you are coming to this workshop from a distance, we recommend that you plan to sleep somewhere close by the night before. Lodging for this workshop is at your expense.

Camping is available at White's Beach for a small fee. Call the campground at 207- 720-0415 to make your reservation. If you would like a warm bed and a hot breakfast we would like to recommend Maple Hill Bed and Breakfast in Freeport Maine, only about 15 minutes away from the campground. You can call the owners Chip and Janet at 207-865-3730. Tell Chip that you are in a workshop with us and receive a 15% discount!

We will be providing high quality instruction and basic safety equipment. To enhance your learning experience and help you get the most from this workshop, we ask that you diligently follow the enclosed "Bring List." If you are missing something on the bring list, please call me and I will try to help you get what you need. ***This is extremely important!***

Note: This workshop will be held outside rain or shine, please bring what you need to stay warm and comfortable!

The goals of this workshop are to: help you polish your boating techniques, Help you learn to teach the roll and help you solidify another roll, or add a roll(s) to your paddling toolbox! We also hope to share with you some of the history of Greenland paddling.

Cancellation Policy: If you need to cancel:

- **Within 45 days of the start date of your class you will be given a full refund**
- **Within 35 days of the start date of your class you will be given a 50% refund**
- **If you cancel after the above times no refunds will be given**
- **We reserve the right to cancel any offering due to low enrollment.**
- **If we cancel due to low enrollment you will be given a full refund!**

Yours in adventure,

Bob Myron

Bob Myron,
ACA ITE Coastal Kayaking

"Bring List" for Greenland/Traditional Endorsement ICE

Required:

Boating

- Sea Kayak (with bulkheads or floatation)
- Spray Skirt
- Paddle
- Personal Flotation Device (with whistle attached)
- Nose Plugs
- Paddle float
- Pump
- Dry suit or Wet suit and paddling jacket
- Appropriate clothing & Footwear for paddling in a Maine pond in mid-summer
- Water bottles or hydration system (filled with water)
- Snacks & lunch
- Rain Gear and Fleece Jacket
- Sunscreen
- Sunglasses with safety strap
- Nose Plugs
- Notepad and Pen

Teaching Materials

- Visual aids for your teaching topic**
- Outlines of your teaching topics (10 Copies please)**

OPTIONAL:

Boating

- Nose Plugs (Yes, we know they are on here three times! ☺)
- Swimming face mask or goggles
- Scuba tank (just kidding!)

Other

- Towel
- Spare clothing for ride home
- Camp Chair

Revised 12-30-07