



ACA Week June 3 - 8 2008

Sebago Lake
Harriman State Park
Sloatsburg NY 10974



The **Atlantic Division** of **ACA** is offering, a week of fun and training for all levels of paddlers. A variety of classes with top level instructors, is being offered in different disciplines and levels from beginner to instructor candidates. There will be something for everyone. Get a friend and join in the fun. Look over the schedule find what interest you and give a call to register for the class of your choice. The training week is being held at the ACA camp on Lake Sebago in Sloatsburg, New York. This camp is located 32 miles north of New York City in Harriman State Park. It encompasses 15 acres of park land surrounded on three sides by water. It has been a camp of the American Canoe Association for over five decades. The camp is managed through the Atlantic Division Board of Directors camp committee. As of March 1, 2008 these are the programs scheduled please check with us as more may be added soon.

Instructor Certification

June 3-6 Multi day IDW/ICE Essential: Touring Canoe

June 3-6 Multi day IDW/ICE Essential: Touring Kayak

June 3+4 Instructional Development Workshop (IDW) June 5 +6 Instructor Certification Exam (ICE)

You must take an IDW to take an ICE

Skill Course

June 7

1. Essential of Canoe Touring Part 1 (Quick Start Canoe)
2. Essential of Kayak Touring Part 1 (Quick Start Kayak) *You must take part 1 to take part 2*
3. Essential of Canoe Touring Part 2 (Part 1 + 2 =Introduction to Canoe) (Level 1)
4. Essential of Kayak Touring Part 2 (Part 1 + 2 =Introduction to Kayak) (Level 1)
5. Kayak Rolling (Level 3)

June 8

You must take part 1 & 2 to take part 3

1. Essential of Kayak Touring Part 3 (Level 2)
2. Essential of Canoe Touring Part 3 (Level 2)
3. ACA Level 1,2 or 3 Skills Award Assessment

June 7 & 8 Mult day

Trip leader Training

Cost :1/2 day classes: \$75

Full day classes: \$150

Multi day classes: \$ 125 per day

Equipment rental: \$20 per day or \$15 per day for multi day classes

If you don't see a class that you would like to take, please let us know.

Early Registration

If you register before May 1 - discount of \$50 off mult day class, \$25 off full day \$10 off 1/2 day class

Before May 15 - discount of \$25 off mult day class, \$15 off full day \$5 off 1/2 day class

One discount per registration

Food and lodging are the responsibility of participants. A list of local lodging and directions available on web site <http://www.skسا-ltd.com/events.htm> or <http://aca-atlanticdivision.net/>

All questions call or e-mail Elizabeth O'Connor 631-563-6654 e-mail skسا@optonline.net

or

Scotty Greifenberger 516-781-8889 e-mail scottcanoe@aol.com



Course Descriptions



Quick Start is a three- hour introduction to paddling canoe or kayak. Covering basic strokes, wet exits and simple rescues. Basic information on dressing to paddle safely, potential hazards or also covered. This in minimal skill set allowing paddler to safely and comfortable maneuver on still water.

Introduction to Kayaking is a course focusing on basic skill need for any type of kayak including but not limited to sit on tops, recreation, folding and inflatable. Presentations include dressing to paddle safely and potential paddling hazards. Simple rescues are demonstrated by the instructor combined with the paddling skills practiced by students to maneuver safely and comfortable on still water practice time will be included

Essentials of Touring Kayak focuses on helping the paddler learn to travel safely on efficiently by kayak of the types designated as sit on tops, folding inflatable and recreational. There is more emphasis on practicing a simple rescue sequence, understanding the very basic of tides and currents, use of a compass , rules for paddling in channels with and without boat traffic, use of VHF radio and weather radio and other emergency equipment.

Sea Kayak Assessment Awards Level 1,2 and 3 information and criteria can be found on the ACA web site http://www.americancanoe.org/instruction/kayak_instruction.lasso

ACA Coastal Kayak Day Trip Leader

This workshop is intended to provide minimum skills and training necessary for an adult leader with at least ACA basic coastal kayak skills to safely lead a trip for participants and beginner level paddling skills on lakes, rivers, and other protected coastal environments in gentle conditions and water levels.

ACA Instructor Training IDW/ICE Essentials of Touring Canoe or Kayak

American Canoe Association Instructor development workshops and certification examination is for club level instructors, camp counselors and professional outdoor educators. You must participate in an IDW before you can take as ICE. The IDW prepares you to take the ICE. Although each discipline has specific skills requirements, all Instructor Candidates are evaluated and tested on teaching ability, interpersonal skills, attention to safety, modeling skills and general paddlesport knowledge. Certification workshops require the ACA's Instructor's Manual, as well as discipline-specific materials. Certification in specific watercraft and or venue will be available, as will Intro Kayak and Intro Canoe.

Introduction to Canoe focuses on basic tandem or solo canoe skills for sitting paddlers. Presentations include dressing to paddle safely and potential paddling hazards. Practice of simple rescues and a basic set of paddling skills prepare students to maneuver safely and comfortably on still. Due to the increase of time over Quick Start, the students have more practice time and some of the presentations go into a little more depth.

Essentials of Touring Canoe

The purpose of Touring Canoe instruction program is to prepare people to travel on semi-protected waters safely and efficiently. For freestyle canoe the purpose is to develop advanced techniques for technical quiet water boat control.



Registration

Separate form for each person Please



Name _____

Address _____

Phone # day _____ evening _____

E-Mail address _____

Course:

1. _____ date _____

2. _____ date _____

3. _____ date _____

4. _____ date _____

5. _____ date _____

Rental equipment (PFD and Paddle will be included). ___Kayak ___Canoe

Height _____ Weight _____

Medical information: is there anything that we should be aware _____

In case of emergence contact information

Name _____

Address _____

Phone# day _____ evening _____

Please make checks payable to: ACA Atlantic division and send to Elizabeth O'Connor PO Box 25 West Sayville NY 11716

ACA waiver <http://www.americancanoe.org/PDF/adultwaiver.pdf>

Signed ACA waiver MUST accompany this form



Tentative and subject to change
Please call to confirm times

Kayak Schedule

Skills

Course	Date	Time	Instructor
Part 1 Quick Start	June 7	9:00 am - 12:00 noon	
Part 1 & 2 Introduction to Kayak	June 7	9:00 am - 5:00 pm	
Part 1,2,& 3 Essential of Touring Kayak	June 7 & 8	9:00 am - 5:00 pm	
Rolling	June 7	1:00 am - 4:00 pm	
Trip Leader Training	June 7 & 8	9:00 am - 5:00 pm	

Skills Assessments

Level 1 & 2	June 8	9:00 Start	
Level 3	June 8	9:00 start	

Instructor Certification

Essential: Touring Kayak IDW	June 3 - 4	9:00 am - 5:00 pm 6:00 pm - 10:00 pm	
Essential: Touring Kayak ICE	June 5 - 6	9:00 am - 5:00 pm	



Tentative and subject to change
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Canoe Schedule

Skills Courses

Course	Date	Time	Instructor
Part 1 Quick Start	June 7	9:00 am - 12:00 noon	Gordon Dayton
Part 1 & 2 Introduction to Canoe	June 7	9:00 am - 5:00 pm	Gordon Dayton
Part 1, 2, & 3 Essential of Touring Canoe	June 7 & 8	9:00 am - 5:00 pm	Gordon Dayton

Instructor Certification

Essential: Touring Canoe IDW	June 3 - 4	9:00 am - 5:00 pm	Chris Stec
Essential: Touring Canoe ICE	June 5 - 6	9:00 am - 5:00 pm	Chris Stec