



ACA Week June 4 - 11 2006

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 8, 2006 these are the programs scheduled please check with us as more may be added soon.

June 4 1/2 day classes	June 5 full day classes	June 6 - 9 multi day	June 6 full day class
Quick Start Canoe	Introduction to Kayaking	IDW/ICE Introduction & Essential:	Navigation
Quick Start Kayak	Introduction to Canoe	Touring River Canoe & Kayak	
Kayak Rolling			

June 10 full day class
 Essential of Kayak Touring
 Essential of Canoe Touring
 Traditional Skills
 ACA Level 1 +2 Skills Award Assessment

June 11 1/2 day classes
 Quick Start Canoe
 Quick Start Kayak
 Kayak Rolling
 ACA Level 3 Skills Award Assessment

June 10&11 Mult day
Trip leader Training

Classes are 1/2 day, full day, or multi day
Space is limited so call early to reserve your place and save money with early registration discounts.

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

Early Registration

If you register before April 15 - discount of \$50 off mult day class, \$25 off full day \$10 off 1/2 day calss
Before May 1 - discount of \$25 off mult day class, \$15off full day \$5 off 1/2 day calss
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.sksa-ltd.com/events.htm> or <http://aca-atlanticdivision.net/>

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

Scotty Greifenberger 516-781-8889 camp phone number 845-3519802 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 Kayak touring 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.

Traditional skills course is an 8 hour course designed to introduce paddlers to the techniques used in kayaks by Arctic peoples. The course is limited to sea kayaks with bulkheads of flotation in calm conditions. The skills to be covered are unlimited rolling, stroke techniques, and history of Kayaking

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 IDW/ICE INTRO & ESSENTIALS; TOURING, RIVER CANOE & KAYAK

American Canoe Association Instructor development workshops and certification examination for club level instructors and professional outdoor educators. Combining all four Essentials level certifications, ACA Essentials Kayak Touring, Canoe Touring, River Kayak and River Canoe, accommodates those who may need to teach on both flat and moving water and in canoes, generally tandem, and solo kayaks. Certification in specific watercraft and or venue will be available, as will Intro Kayak and Intro Canoe. Candidates not desiring River certification may be able to leave camp Sebago the evening of 08 June.

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 Canoe touring 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.

Navigation If you go out on the open water you should know how to read a chart, and determining bearings. Can you plotting course, calculating distance,time and speed, taking range. This and more will all be apart of this course.

Sea Kayak Assesment 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



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