

**Schedule for Frank & Calla Bell Scholarship Foundation  
Fundraiser Canoe/Kayak Clinic  
Friday, May 3 - Sunday, May 5, 2019**

**Friday**

- 4 - 6:30 pm    Check in at Mondamin office underneath the gym.
- 6:30 pm        Dinner. Introductions, ritual exchanging of stories about past rapids run and bold intentions for the weekend
- 7:30 pm        Meeting in the Assembly Room: Division of group by skill level and interest. Discussion of new ideas in canoe instruction; principles of rotation and balance, and some thoughts on the new rate of student progression
- 8:30 pm        Paddling videos for entertainment and instruction

**Saturday**

- 8:00 - 8:30    Breakfast
- 8:30 - 9:30    Division of groups and outfitting personal gear, canoes, and paddles
- 9:30 - 12:00   Lake/River/Video: The novice group will be on the lake, covering basic strokes and skills, until each person has solid execution of the basics. They will be recorded on video for evaluation before lunch; this kind of immediate visual feedback is extremely useful. The Intermediates may, if needed, run a quick review program of strokes, or may leave directly for a river.
- 12:00 - 12:30 Lunch, at camp or on the river, depending on where you are...
- 1:00 - 5:30    River time! While the more advanced paddlers are out on a solid Class III river, the less experienced group will be working Class II water.
- 7:00 - 7:30    Dinner back at camp, and even louder story telling about the day's activities. ("Well, we *would've* been okay if *Gordon* hadn't grabbed the gunwales...")
- 7:30 - ?        Wrap up of the day's activities, selection of next day's rivers, based on group needs and skills and possibly some video watching.
- Late evening: star gazing and conversation on the tower, followed by collapse into the bunks.

**Sunday**

- 8:00            Breakfast
- 9:00            Depart for river. Good options: The Novice Group might spend the entire day on the Green, the Tuck Gorge, part of the Nantahala or part of the Chattooga. The Intermediates might go on to Section 9 of the French Broad, Section III of the Chattooga, the Nantahala, or the Pigeon.
- 10:00 - 3:00   On the rivers: learning through play!
- 3:00 - 5:00    Return to camp, unload trailers and shower and change for return to the real world, careers, and other considerations lesser than canoeing. (Note: Often, folks need to leave early to catch planes, etc. We can work out a drop off at the Asheville airport or a quick trip to other airports if you need to make an early departure.)

# Canoe/Kayak Clinic Application and Information Sheet

May 3 – May 5, 2019

Name \_\_\_\_\_

Date: \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City, St., Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Arrival plans (car, air, need to be met?): \_\_\_\_\_

Will you be here for dinner at 6:30 Friday night? (If you say "yes", and plans change, please let us know! If you're going to be late and would like us to save food, let us know!) \_\_\_\_\_

Are you a camp alum? (When?) \_\_\_\_\_

Age: \_\_\_\_\_ (Just write "adult" if you prefer!)

Please describe your paddling experience: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many days a year do you paddle? \_\_\_\_\_

What rivers have you paddled? \_\_\_\_\_

What class whitewater (I - VI) do you paddle with confidence? \_\_\_\_\_

What kind of boat (canoe, kayak, C-1) do you paddle most? \_\_\_\_\_

What kind of boat do you want to paddle in the clinic? \_\_\_\_\_

What are your objectives for this clinic?

\_\_\_\_\_

\_\_\_\_\_

**Mail to:**  
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**Fax to:**  
828-696-8895  
**Email to:**  
kim@mondamin.com

## **Clothing and Equipment Considerations, Canoe Clinic**

Spring and fall are beautiful in the mountains, but be prepared for some real temperature swings. We won't be camping out, but you should be prepared for temperatures from the low 40's at night to 80's in the daytime. You'll want a sweater or pile jacket for the evenings. Rain is ALWAYS a possibility, so bring appropriate raingear.

For the river: We might spend the weekend concerned about sunburn, but it is always wise to prepare for cooler temperatures.

1. Bathing suit/shorts
2. River shoes. (Neoprene boots with good soles are best; thin wet suit booties don't offer enough protection.) Sneakers that you don't mind getting wet are fine. River sandals are ok, though kneeling with your feet behind you isn't particularly comfortable in them.
3. Paddle jacket and pants - Camp can provide a few basic paddle jackets, but if you plan to spend a lot of time in the sport, it is well worth getting these simple shells. They really help trap heat and keep the wind out. Many makers have these: Kokatat and Stohlquist offer some of the best values. The price point jacket and pants, such as the Kokatat Breeze jacket and Splash pants, cost about \$100; you can pay up to twice that for the fancier Patagonia rigs.
4. One set synthetic underwear, tops and bottoms (capilene, polypropylene, or other proprietary fabrics from Patagonia, REI, LL Bean, etc.). This layer is exceptionally versatile and will help you handle a wide range of temperatures.
5. Heavier weight synthetic pullover from any number of outdoor manufacturers, including those listed above.
6. Baseball cap or some form of hat for sun. (Make a fashion statement! Cowboy hats and Vietnamese rice paddy worker's cones are okay too.) If you're in a kayak, of course, you'll wear a helmet.
7. Sunscreen, water bottle, and bandanna.

### **Good Sources of Paddling Gear**

Nantahala Outdoor Center Store: They have a huge selection, a fast mail order department, and knowledgeable phone people: 800/367-3521. They're over at the Nantahala, near Bryson City.

Diamond Brand 800/459-6262, near Asheville, where Mondamin's own Gary Eblen works. A good boating store, and a great place to get general outdoor gear and warm clothing.

*Both of these stores are out in Colorado, but they have good service and knowledgeable folks. Check them out if you can't find what you want locally:*

Colorado Kayak: Makers of Stohlquist Paddling gear: 800/535-3565

Four Corners River Sports: 800/425-7637.