

WHITEWATER KAYAKING

ACA INSTRUCTOR DEVELOPMENT and CERTIFICATION COURSE

DATES: Wednesday July 29th to Sunday August 2nd, 2009

PLACE: Potomac Paddlesports, Potomac River

COST: \$475.00 (Plus \$65.00 ACA membership) **for paid registration by 6/19/09.**

\$495.00 (Plus \$65.00 ACA membership) **after 6/19/09 if space is available.**

INSTRUCTORS:

Kent Ford- Author, and Videographer, former U.S. Whitewater Team member.

Sunny Pitcher- President / ACA Level 4 Sea Kayak , ACA Level 4 Whitewater Instructor, Potomac Paddlesports

Joe Jacobi- Kayak School Director Ocoee Adventure Center, Olympic Gold Medalist, NBC commentator

PARTICULARS: The ACA (American Canoe Association) is the best-known certification in the U.S. for kayak instruction. This course will strengthen your kayaking skills, provide you with solid teaching methods and creates a solid background to be a whitewater kayak instructor.

Also, offered concurrent:

Instructor Update (Update) - to satisfy continuing education and testing requirements.
(Required every 4 years for an ACA instructor)
2-days – **Call for more information.**

CONTACT:

Potomac Paddlesports

<http://www.potomacpaddlesports.com>

11917 Maple Avenue Rockville, MD 20852

(301) 881-BOAT (2628)

info@potomacpaddlesports.com

ACA Whitewater Kayak Instructor Training & Certification

Course Description: American Canoe Association (ACA) River Kayak Instructor Development and Certification Workshop with Instructor Trainer Kent Ford. Kent's unique background includes twenty years of international whitewater racing and coaching, combined with similar experience teaching recreational boating to all levels of paddlers. His twenty videos and books on paddlesports have influenced the education of half a million paddlers. Also instructing are Sunny Pitcher- Founder & President / Level 4 ACA Whitewater Instructor, Potomac Paddlesports, and Joe Jacobi- US Olympic Gold Medalist, Kayak School Director Ocoee Adventure Center and Owner Gold Medal Camps.

Course Locations: Potomac River, Old Anglers Inn. In July the river can be very hot, so be prepared with fluids and enough to keep comfortable during water sessions and during outdoor classroom sessions.

Prerequisite Skills: Class III paddling skills are required with a solid river roll. Bring a boat you will use for teaching. (Generally, it is better to paddle a creek or river running boat). Study Kent Ford's River Runner's Edge, and Kayak Roll DVD/video and the Kayaker's Playbook for stroke mechanics and techniques (DVD/Videos & book may be ordered through Potomac Paddlesports when registering)

Pre-course Assignment: Important: Join ACA online www.acanet.org (\$40 for ACA individual membership and \$25 for Instructor Membership of Safety Education Instruction Committee and \$25 for Instruction Manual). Bring receipt and ACA number to class. Review instruction section of the ACA website, including course registration and reporting, course outlines, and insurance information.

Instructor Updates:

Current ACA instructors may join the first two (and on approval last two) days of the class to fulfill every 4 year update requirements. Call for additional information (space available basis).

Course Includes:

Five full days of instruction. In addition, instructor candidates must pay ACA membership and Instructor fees (\$65), and purchase ACA Instruction Manual (\$25). Participants are expected to provide their own boats and gear. Rentals available on request.

Overall Health:

Participants should be in good physical health and should be in condition to paddle for long hours.

Meals:

You will be responsible for all of your own meals. Please pack a lunch for each day plus any snacks you need to get you through the day. These days can be long and hot, so eat accordingly. We often eat lunch on the river, so if you can pack your food in a small dry bag please do so. Also, don't forget a water bottle.

Lodging:

Reduced rate lodging is available on a limited basis. Contact Potomac Paddlesports for details.

ITINERARY

Wednesday July 29th to Sunday August 2nd, 2009
Typical Day 8:30 AM to 6:30 PM

- Day 1:
- Meet at Potomac Paddlesports Retail Store 8:30 AM It is **VERY** important that everyone be present and on time for this orientation as this will be an overview of the entire class. **IMPORTANT:** Please bring a completed Potomac Paddlesports Waiver and Medical form.
 - Stroke mechanics and video recording on flat water.
Video
review and analysis in the evening
- Day 2:
- Rolling instruction practice in the morning. River instruction in the afternoon on the Maryland Chute Run (Class III). Evening review.
- Day 3:
- Classroom instruction in the morning. River instruction in the afternoon. Evening review.
- Day 4:
- Classroom instruction in the morning. River instruction in the afternoon. Evening review.
- Day 5:
- Final day river test. Course ends at 4:00 p.m.