

Pool Kayak Rolling Work

Start time: 9am (912 Clark Ave, Ames, back porch)

Get changed: shorts?, paddling shirt/rash guard – 10min (9:10am)

Paddles: offset (control hand, knuckles with edge of active blade, grips at 90, duct tape hand widths inside grips – 3min), show power face and non-power face (relationship to elbows and knuckles, sculling, leading edge, trailing edge – 2min), power box and joint safety (torso rotation, flex in joints – 3min) (9:18am)

Dry land rolling: hull shape effects (edge and sliceable stern) – 2min (9:20am)

hand roll: bring boat over, set-up (hands against boat), rotate (hands on surface) and hip snap boat upright (minimum arm/elbow contact with floor), finish low – demo and then each person – 5min per person (9:50am)

C to C: bring boat over, set-up, 90 degrees with attention to head/hands/elbows/shoulders/paddle shaft, hip snap boat upright (minimum arm/elbow contact with floor, body and head pulled along by boat), finish low (sculling addition), Things should get closer together, not farther apart. – demo and then each person – 8min per person (10:38am)

sweep: bring boat over, set-up, move shaft out away from boat 6 inches, begin “snap” with continued body rotation to finish rotated all the way back, attention to head/hands/elbows/shoulders/paddle shaft, hip snap boat upright (minimum arm/elbow contact with floor, body and head pulled along by boat), finish sculling forward low – demo and then each person – 8min per person (11:26am)

back deck: maybe demo

Go to Forker 11:30am

On water time: noon to 3:00pm (Forker in the pool)

Hand of God: rescuer technique (keep paddle at waist on boat side, push down, reach over), receiver body positions (importance of head down and upper body relaxation, everything close to the rotational axis), everyone rescuer two times, everyone receiver two times (once relaxed, once body out from boat, video) – 10min (12:10pm)

Underwater comfort: underwater boat swimming by pool side (nose clips) – 5min (12:15pm)

1) Calm
2) Knees
3) Body
4) Head
Hip snapping: it’s all about the boat (upper body relaxed), pool side (hands rest on pool edge at hip, rotate body, head stays on hands – duct tape), boat noses (upper body to boat angle importance, head dip, head finished down – duct tape, knee activities, video each side) – 10min (12:25pm)

Wet exit comfort: tuck – 0-5min (12:30pm)

Water filled boat work (buoyancy, speed, and stability changes):

Swim the boat 360: laying back, tucking forward (head low and pulled from water by boat moving underneath, video) – 15min (12:45pm)

Bracing: normal paddling grip, shaft horizontal (no fish spearing), blade faces and elbows (elbows always on power face side, forearms relatively perpendicular to blades)

1) Posture
2) Knuckles
3) Elbows
4) Horizontal shaft
high brace: power face down, elbows bent (don’t “reach out”), elbows below power face (video each person) – 5min (12:50pm)

hand sculling: cupped palm down so similar to high brace sculling with elbow bent, leading hand edge always on slight rising angle (video each person) – 5min (12:55pm)

sculling high brace: power face down, elbows bent (don’t “reach out”), elbows below power face (maintain joint flex), leading paddle edge always on a slight rising angle (buttering bread) – balance on boat edge with some of support from sculling brace (body weight predominantly over boat on

one butt cheek, be aware of head and knee and weight and balance relationships – experiment), (video each side) – 10min (1:05pm)

- 1) Calm
- 2) Knees
- 3) Body
- 4) Head

Rolling paddle positions: it's all about the boat (upper body relaxed), paddle at surface, joint flex (shoulder safety, back hand doesn't cross sternum, back hand stays close to hip and boat – no fish spearing, no slash rolling, elbow of leading hand stays in front of shoulder of leading hand), paddle shaft stays close to body (like carrying boxes close to body versus away from body), weight stays close to rolling axis (don't extend body away from boat) – 5min (1:10pm)

C-to-C: paddle moves through 90 degrees (neutral or slightly rising leading paddle edge, back arm wraps around boat, elbow of leading hand stays in front of shoulder of leading hand), hip snap when paddle 90 degrees to boat, boat rolls under paddle, body pulled out of the water by the boat and finishes low on the boat bent forward, back hand merely a pivot point for the paddle, incorporate sculling (both sides, some moving and holding the paddle, video each person) – 25min (1:35pm)

sweep: head and body start rotation away from boat with paddle blade (neutral or slightly rising leading paddle edge, back arm tucked against body instead of around boat, elbow of leading hand stays in front of shoulder of leading hand), hip snap occurs as upper body rotation occurs with paddle blade moving in an arc out and away from front of boat on one side to back of boat on other side, body pulled out of the water by the boat and finishes low on the boat laying on the back deck (both sides, some moving and holding the paddle, video each person) – 25min (2:00pm)

sculling up: sculling high brace with paddle to move paddle blade upward or to maintain paddle blade at a fixed depth while rolling the boat, joint flex (power box with elbow “below” power face and shaft, leading hand elbow in front of leading hand shoulder), back hand merely a pivot point (stays close to hip and to boat), paddle shaft stays close to body, weight stays close to rolling axis (don't extend body away from boat), scull blade up from vertical to surface (both sides, video each person), scull while rolling boat up with paddle at progressively deeper depths (both sides, video each person) – 20min (2:20pm)

rolling air filled boats: it's all about the boat (upper body relaxed), hips, head, paddle (no shoulder stress)

C-to-C: 360, video – 15min (2:35pm)

sweep: 360, no “slash,” video – 15min (2:50pm)

Rinse boats, skirts, paddlers, and clear the pool area – 10min (3:00pm)

Video critiquing: 3:45pm onward (912 Clark Ave)

Joint safety, head positions, body positions, boat versus paddle motion, paddle shaft positions, elbows, back hand position

Main emphasis: roll enhancing techniques

It's all about the boat. Stick the paddle, move the boat. Keep it safe, in balance, and on target.