

## Pool Kayak Strokes Work

Start time: 11:30am (Forker)

Get changed: shorts, paddling shirt/rash guard – 3min (11:33am)

On water time: 11:33pm to 3:00pm (Forker pool)

Check paddles, kayaks (snug hips and thighs fit, spray skirts – 2min (11:35am)

Paddles: discuss offset (control hand, knuckles with edge of active blade, grips at 90, duct tape hand widths inside grips – 3min), mention length relative to boat and type of paddling (top hand at head on forward stroke with full paddle face in water, stroke rate, distance of blades from boat versus vertical – 2min), show power face and non-power face (relationship to elbows and knuckles, sculling, leading edge, trailing edge – 3min), discuss power box and joint safety (torso rotation, flex in joints – 2min) (11:40am)

Wet exit comfort? (0-5min)

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 (11:50pm)

Body weight location and posture: center of gravity versus center of buoyancy (importance of head position and head/knee relationship – head over center of gravity when edging, head low when bracing and rolling), back straight with angled pelvis (forward, neutral, backward body positions, video each person), cheek weighting (head and knee activities, torso rotation, video each person), deck weighting (boat trim), paddle weighting (can't use paddle for propulsion and play if using for balance) – 10min (12:00pm)

- 1) Balance posture
- 2) Edging

Edging versus leaning: balance on boat edge (J lean versus bellboy, body weight over boat on one butt cheek, head and knee relationships, torso muscles, video each person) – 5min (12:05pm)

Torso rotation: separation of the upper and lower body (ride with the water, loose hips or not), looking or not (sweeps versus forward and back strokes), torso power, joint safety (power box and joint flex) – 5min (12:10pm)

Strokes: moving the boat versus the paddle, (catch, power, recovery)

forward stroke: vertical shaft (top hand forehead), torso rotation (sternum toward each knee, head with torso, torso only), elbows maintain some bend (shoulder forward, feel top elbow drop slightly as catch), in at toes, out at hip, complete catch before power (blade fully in before power), flat boat (allow some wobble, discuss boat differences, forward posture, front deck release), edged boat, 24 pool lengths (video each person for 2 lengths flat and 1 length holding each edge) – 30min (12:40pm)

- 1) Posture
- 2) Torso rotation
- 3) Toes to hips
- 4) Vertical shaft

back stroke: vertical shaft (top hand shoulder to eye height), torso rotation (sternum toward each knee, head with torso, torso only, shoulder duct tape), elbows maintain some bend, in behind hip (complete catch before power), out at toes, body forward, look over shoulder, flat boat, edged boat, 22 pool lengths (video each person for 2 lengths flat and 1 length holding each edge) – 30min (1:10pm)

- 1) Posture
- 2) Torso rotation
- 3) Boat end to boat end
- 4) Horizontal shaft

sweep strokes: more horizontal shaft (top hand at nose height or lower), lead with head (look) and body (wind up, torso rotation, power box, forward or neutral posture, shoulder caveat – strength and boat swing weight), follow blade with head (entire 180 sweep, shoulder safer, complete stern draw component), components (out, across, in), blade faces (forward – power face, reverse – non-power face), flat boat versus pivot turns (edges and power phase), 6 flat of each type on each side in each direction (video each person doing each) – 30min (1:40pm)

- 1) Face work
  - 2) Paddle face to boat
  - 3) Pivot hand
  - 4) Vertical shaft
- draw strokes: vertical shaft, forearm across forehead (top hand relatively quiet), face the work (torso rotated, shoulders with long axis of boat), paddle power face toward boat, types (static, dynamic – knifing and sculling, bow, normal, stern, open, neutral, closed, sideways and pivot effects relate to location and blade face position, feel water pressure and blade faces), knifing and sculling full pool length each side (3 boats at a time, video each person doing each) – 30min (2:10pm)

turns and slips: lead with head and body (look where you want to go), initiate on the outside with a sweep, spinning versus carving (momentum issues, edging), control from the inside with draws (stroke recovery, carving with bow draws to power with in water recovery), figure eights around obstacles (each person videoed), side slipping past obstacles (body rotation, static normal neutral draw, video each person) – 15min (2:25pm)

- 1) Posture
  - 2) Knuckles
  - 3) Elbows
  - 4) Horizontal shaft
- bracing: normal paddling grip, shaft horizontal (no fish spearing), blade faces and elbows (elbows always on power face side, forearms perpendicular to blades), high brace (power face down, elbows below power face, each person videoed), low brace (power face up, elbows above power face, each person videoed), sculling braces (leading paddle edge on rising angle, balance on boat edge – body weight over boat on one butt cheek, head and knee relationships, video each person), high brace/static forward stroke in the hole (minimize paddle weighting), low brace/static back stroke in the hole (minimize paddle weighting) – 20min (2:45pm)

Rinse boats, skirts, paddlers, and clear the pool area – 15min (3:00pm)

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

Torso rotation (shoulder line and paddle shaft), joint safety, head position, posture, boat versus paddle motion, shaft vertical versus horizontal, catch, power, recovery, looking, blade faces, elbows, hands, edging versus leaning

Main emphasis: strokes work

Stick the paddle, move the boat. Keep it safe, in balance, and on target.