

## Kayak Play Boating Flat Water Skills

Start time: 10:15am (State Gym by the pool)

Get changed: shorts, paddling shirt/rash guard, helmet – 10min (10:25am)

Check paddles, kayaks (seat forward, foot pegs or bulk head (snug hips and thighs), duct tape top of bow and stern edges with arrows for leading boat edges (right bow with left stern, left bow with right stern), spray skirts – 10min (10:35am)

Paddles: discuss offset (control hand, knuckles, grips at 90, duct tape hand widths inside grips – 5min), mention length relative to boat and type of paddling (top hand at head on forward stroke with full paddle face in water, stroke rate – good catch and power, 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 – 5min) (10:50am)

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), head and body lead the moves, back straight with angled pelvis (forward, neutral, backward body positions, video each person), butt cheek weighting (head and knee activities, torso rotation, head and torso determine butt cheek weighting), deck weighting (boat trim, seat position), paddle weighting (can't use paddle for propulsion and play if using for balance) – 5min (10:55am)

On water time: 11:00am to 3:00pm (State Gym in the pool)

Check boat trims at neutral body posture (video pan), adjust as necessary – 5min (11:05am)

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

forward strokes: vertical shaft (top hand forehead), torso rotation (sternum toward each

- 1) Posture knee, head with torso, torso only, shoulder duct tape), elbows maintain some
- 2) Torso rotation bend (shoulder forward, feel top elbow drop slightly as catch), in at toes, out at
- 3) Toes to hips hip, complete catch before power (blade fully in before power), flat boat, edged
- 4) Vertical shaft boat, 1 pool length (video pan) – 5min (11:10am)

- 1) Posture back stroke: vertical shaft (top hand shoulder to eye height), torso rotation (sternum
- 2) Torso rotation toward each knee, head with torso, torso only, shoulder duct tape), elbows
- 3) Hips to toes maintain some bend, in behind hip (complete catch before power), out at toes,
- 4) Vertical shaft body forward, look over shoulder, flat boat, edged boat, 1 pool length (video pan) – 5min (11:15am)

- 1) Posture sweep strokes: more horizontal shaft (top hand at nose height or lower), lead with head
- 2) Torso rotation (look) and body (wind up, torso rotation, power box, forward or neutral posture,
- 3) Boat end to boat end shoulder caveat – strength and boat swing weight), blade faces (forward – power
- 4) Horizontal shaft face, reverse – non-power face), 2 flat of each type on each side in each direction (video pan) – 5min (11:20am)

- 1) Posture pivot turns: sweep stroke with boat on edge (edges and power phase, importance of
- 2) Torso rotation leveling the boat to use spin and buoyancy energy), body weight over boat with
- 3) Weight over boat knee pressure transitions and butt cheek weighting transitions (lead with head
- 4) Edge transitions and torso for single butt cheek weighting), forward stern pivot turns (video each person), reverse stern pivot turns (video each person), forward bow pivot turns (video each person), reverse bow pivot turns (video each person) – 30min (11:50am)

rock-a-byes: balance boat on edge (J lean), face and chest towards water surface, use

- 1) Shaft with shoulders sculling sweep with slight leading paddle edge rising angle to repetitively bob
- 2) Weight over boat bow and stern (small repeating bobs, not full double pumps), paddle shaft
- 3) On edge approximately chest/shoulder level on body, elbows flexed (forearms perpendicular to paddle power face), maintain power box (torso rotation, torso

power, shoulder safety), scissor legs relative to paddle (think head, chest, and paddle stationary and legs/feet moving up and down by swiveling occurring at waist), weight boat (no paddle weighting), both sides (video each person both sides) – 20min (12:10pm)

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, video each person), low brace (power face up, elbows above power face, video each person), sculling braces (leading paddle edge on rising angle, balance on boat edge – body weight over boat on one butt cheek, head and knee relationships, each person videoed), high brace/static forward stroke in the hole (minimize paddle weighting), low brace/static back stroke in the hole (minimize paddle weighting) – 10min (12:20pm)

- 1) Weight over boat
- 2) Knuckles
- 3) Elbows
- 4) Horizontal 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 half pool length each side (3 boats at a time, video each person doing each) – 10min (12:30pm)

- 1) Face work
- 2) Paddle face to boat
- 3) Pivot hand
- 4) Vertical shaft

stern squirts: forward momentum (2-3 forward strokes) → flat spin to 90° with forward sweep → look at stern (head and torso rotated, single butt cheek weighted, leading stern edge down) → reverse sweep/pivot turn (opposite side from forward sweep, deep catch, non-power face of paddle moves up and away from the boat to force stern underwater (maintain body weight over boat) → level the boat edges before the power phase of the reverse sweep is completed, should not require a brace (flipping or bracing indicates failure to match amount or duration of edging with power exerted by reverse sweep), body posture forward, 4 each direction (video each person doing at least 1 each side) – 20min (12:50pm)

- 1) Look
- 2) Weight over boat
- 3) Edge to level

back deck roll body motion: staggered parallel boats, lay on back deck looking at and holding nose of back boat, hip snap boat over top of body while continuing to hold nose of back boat (back boater protects own face), do both direction (video each person) – 10min (1:00pm)

ultracleans (hoola boats): alternate dipping of bow and stern → add active torso rotation with look over back shoulder (paddle shaft chest high or higher and arms somewhat active), alternately weight leading butt cheek (look over shoulder at stern, sink leading stern edge arrow) and leading knee (sternum over knee, sink leading bow edge arrow), use buoyancy energy (work with the boat's timing), do both directions (video each person both directions) – 10min (1:10pm)

- 1) Waist swivel
- 2) Edge transitions
- 3) Timing with boat

plowing bow stalls: put water in boat and seal spray skirt → 7 good forward strokes → pause (feel wake start to lift stern) → very aggressive forward body position (push feet down, don't lift up with knees as move upper body forward) combined with short strokes (keep boat straight) to dig bow down into water (want to go past vertical) → catch yourself on a brace (paddle shaft on water surface, both paddle blades engaged on either the non-power face or the power face), head and body position relative to boat verticality (when in stalled position – head and chest away from boat makes boat more vertical because feet

- 1) Pause
- 2) Go past stall
- 3) Head position

and legs pushing bow away underwater, head and chest close to boat makes boat more flat because feet and legs pulling bow towards surface of water), once each pool length (video pan) – 5min (1:15pm)

- 1) Legs under body
  - 2) Weight over boat
  - 3) Balance point
- pool side bow stalls: place paddle in pool side gutter → grasp pool side gutter with hands near paddle grips with chest and head facing water surface and boat on edge → rock-a-bye boat gaining bow depth with each bow down rock → scissor legs and bow down under chest (chest moves over arms, hands do not move along pool side gutter) → explore boat balance (nose of boat not touching pool side, work for relaxed arms with minimal hand pressure and face near water surface → transition hands to bow stall with paddle instead of pool side gutter, work on both sides (video each person) – 15min (1:30pm)

plowing bow stalls: going for bow stall balance point from pool side work, 4 pool lengths (video each person) – 10min (1:40pm)

- 1) Shoulder safety
  - 2) Shoulder safety
  - 3) Shoulder safety
  - 4) Crunch
- pool side stern stalls: more water in boat and seal spray skirt → place paddle in pool side gutter → grasp pool side gutter with closest hand ahead of body → edge boat and grasp pool side gutter with other hand towards stern (thumbs are directed towards bow and stern) → rock-a-bye boat gaining stern depth with each stern down rock (protect your shoulders, keep boat edged and close to pool side, listen to your body) → pull bow up and stern down (keep boat close to pool side and listen to your shoulders) → proceed to crunch stomach muscles as needed to move stern of boat away from contact with pool side (boat more vertical, listen to your shoulders) → strive for minimum pressure with your hands in the pool gutter (use torso/stomach muscles to maintain stern stall, video pan) – 10min (1:50pm)

- 1) Weight over boat
  - 2) Edge transitions
  - 3) Body positions
- underwater cartwheels: completely fill boat with water and seal spray skirt → look over left shoulder and rotate torso as far left as possible (chest toward ceiling, shoulders running along long axis of boat, right butt cheek weighted, right stern edge leading down, paddle parallel to chest with shaft at chest or higher level relative to body) → do right side forward sweep (engage power face of paddle) to pull stern through underneath → quickly rewind torso (still looking over left shoulder) from shoulders perpendicular to long axis of boat to shoulders running along long axis of boat (edge transition to left thigh pressured/weighted and left bow edge leading down, chest toward pool bottom) → do left side reverse sweep (engage non-power face of paddle) to push bow through underneath → quickly rewind torso (still looking over left shoulder) from shoulders perpendicular to long axis of boat to shoulders running along long axis of boat (edge transition to right butt cheek weighted and right stern edge leading down, chest toward ceiling) → do right side forward sweep and continue pattern, work on boat edge transitions and torso and head positions, work on overall timing (upper and lower body and boat and paddle), do both directions (video each person) – 20min (2:10pm)

empty boats and do “loop” strategy off pool edge – 10min (2:15pm)

- 1) Weight over boat
  - 2) Shaft with shoulders
  - 3) Body forward
  - 4) On edge
- double pump: 2 easy forward strokes → put boat on edge and take bow upwards with 3<sup>rd</sup> forward/sweep stroke (first half of double pump, power face of paddle) → chest and face toward water surface (neutral to aggressive body position, do not open up the angle between bow deck and chest) → smash bow down (boat still on edge for bow stall balance point) with reverse sweep (second half of double pump, non-power face of same paddle blade, torso power to scissor legs and feet underneath and chest over top of bow into bow stall position) → stop boat

rotation with brace, head position matters just like in bow stall (plan for face into water on second half of double pump), do both directions (video each person) – 15min (2:30pm)

reverse pull overs (reverse double pump): 4 good back strokes → put boat on edge and take bow downwards with 5<sup>th</sup> back/sweep stroke (first half of reverse double pump, non-power face of paddle) → chest and face toward ceiling (neutral to aggressive body position, do not open up the angle between bow deck and chest) → pull stern down and through underneath (boat still on edge) with forward sweep (second half of reverse double pump, power face of same paddle blade, torso power to pull legs and feet through the air, crunch stomach muscles) → boat should “land” on edge with bow pointing in direction of boat travel, do both directions (video) – if have time – 15min (2:45pm)

- 1) Weight over boat
- 2) Shaft with shoulders
- 3) Body forward
- 4) On edge

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

Video critiquing: 3:30pm onward (912 Clark Ave)

Torso rotation, joint safety, head position, posture, boat versus paddle motion, paddle shaft orientations, paddle blade orientations, looking, boat edging, edge transitions

Main emphasis: skills needed to get vertical

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